



# Earn Prizes for Prioritizing Your Well-Being!

## Kapnick Strive Points Program

1. Go to [kapnickstrive.com/RIMA](https://kapnickstrive.com/RIMA) and log in or create an account.
2. Scroll down on the homepage until you see the points program.



3. Find the category for the activity you're going to record – e.g. go to "Wellness Activities" if you completed a 5k or other well-being activity.

Healthy Activities	Points
✓ HRA Completed	500
<b>Preventative Health</b>	
Extra 900 Points for Completing Your Annual Well Visit - <a href="#">Complete Form</a>	0
Extra 200 Points for Each Dental Exam You Complete (max 400) - <a href="#">Complete Form</a>	0
Extra 200 Points for Completing an Eye Exam - <a href="#">Complete Form</a>	0
Extra 200 Points for Reducing your FFA Risk - <a href="#">Complete Form</a>	0
<b>Tracking</b>	
Extra 4 Point for Having Walked 7,000 Steps in a Day (max 800) - <a href="#">Go to Tracking</a>	0
Extra 4 Point for Each 3 Servings of Vegetables Tracked per Day (max 800) - <a href="#">Go to Tracking</a>	0
Extra 4 Point for Each 3 Servings of Fruit Tracked per Day (max 800) - <a href="#">Go to Tracking</a>	0
<b>Education/Healthy Living</b>	
Extra 800 Points for Each Monthly Strive Wellness (max 800) - <a href="#">Complete Form</a>	0
<b>Wellness Activities</b>	
Extra 200 Points for Each Online Strive Challenge You Complete (max 800)	0
Extra 100 Points for Each Well-Being Activity Submitted (max 800) - <a href="#">Complete Form</a>	200
<b>Total</b>	<b>1,201</b>

4. Click the relevant form, fill out the required information, optionally provide verification of the activity you completed, and hit "Close" or "Finish." Congrats on earning points!

**Eye Exam Proof of Completion Form**

Please complete the below information in order to earn your 200 Eye Exam points

\* **Eye Exam date:** 3/11/2023

\* **Name of provider:** Dr. Name Physician

Optional: Upload verification of visit for your records (ex. Receipt, appointment card, etc.) No personal health information is required

Select files...

\* **Acknowledgment:** ☒ By checking this box I acknowledge that I have completed my eye exam

# Eligible Wellness Activities

*Engaging in healthy behaviors not only helps promote better health, but it can earn you prizes too!*



## Quarterly Prize

**Five winners of \$150 Gift Card**

**How to qualify:  
Earn 300+ points**

## Annual Prize

**Two winners of \$250 Gift Card**

**How to qualify:  
Earn 4000+ points**

- **Complete your annual well-visit** - 500 points
- **Complete a preventative exam** - 200 points each (max 1200 points)
  - Examples of preventative health screenings include Mammograms, Dental Exams, Eye Exams, OBGYN Exams, Prostate Exams, etc.
- **Get a vaccination** - 200 points each (max 1200 points)
  - Examples of Vaccinations include: Flu, COVID-19, Chicken Pox, Hepatitis A & B, HPV, Measles, etc
- **Walk 10,000 steps in a day** - 5 points per day
- **Track 3 servings of vegetables and fruit** - 6 points per day
- **Watch or attend a monthly Strive Webinar** - 100 points each (max 1200)
- **Read an article in the HealthyLearn Library** - 25 points (max 300 points)
- **Attend a Wellness Presentation** - 200 points (max 800 points)
- **Complete an online Strive Challenge** - 200 points (max 800 points)
- **Submit a well-being activity** - 100 points (max 800 points)
  - Examples of well-being activities include 5Ks, triathlons, marathons, volunteering, going to a financial wellness class/advisor, working with a therapist, etc.