

Earn Prizes for Prioritizing Your Well-Being!

Kapnick Strive Points Program

1. Go to kapnickstrive.com/spiratex 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.

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!

The screenshot shows the 'Eye Exam Proof of Completion Form' with the following fields and instructions:

- 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!

Monthly Prize

Level 1 - larger prize for ALL that earned over 300 points, Level 2 - smaller prize for less than 200.

Quarterly Prize

3 Drawings at each location every quarter for all those that participate in earning points

Prize: \$50 gift card

Annual Prize

2 Drawings at each location for those that earn 4000+ points

Prize: \$250 gift card



- **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 point per day
- **Track 3 servings of vegetables and fruit** - 6 point 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 and marathons, volunteering, going to a financial wellness class/advisor, working with a therapist, etc.