

Earn Prizes for Prioritizing Your Well-Being!

Kapnick Strive Points Program



1. Go to kapnickstrive.com 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.

Total

1,201

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!

A screenshot of the "Eye Exam Proof of Completion Form". The form is titled "Eye Exam Proof of Completion Form" and contains the following fields:

- Please complete the below information in order to earn your 200 Eye Exam points**
- * Eye Exam date:** A date field with the value "3/11/2023".
- * Name of provider:** A text field with the value "Dr. Name Physician".
- Optional:** A section for uploading verification of visit for your records (ex. Receipt, appointment card, etc.) No personal health information is required. There is a "Select files..." button.
- * Acknowledgment:** A checkbox labeled "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

Drawings every quarter for all those that participate in earning points!



\$25 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.



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