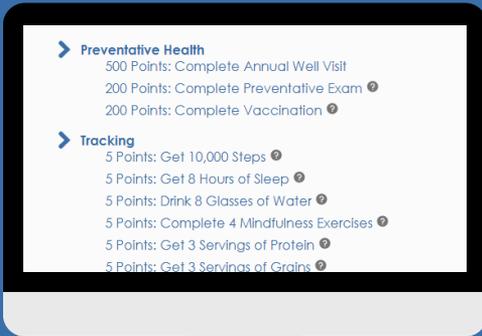


Earn Rewards for Prioritizing Your Well-being!



Kapnick Strive Points Program

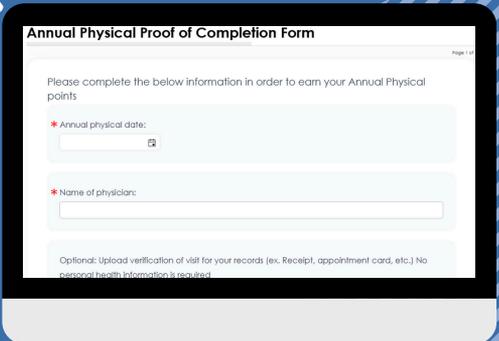
1. Go to kapnickstrive.com/bankmichigan and log in or create an account.
2. Scroll down on the homepage until you see the points program.



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

4. Click the icons to track your daily activity. They reset daily.

Or click the relevant form and fill out the required information. Optionally you may provide verification of the activity you completed, and hit "Close." Congrats on earning points toward prizes!



Eligible Wellness Activities

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

HRA Prize

Two winners of a
\$25 gift card

How to qualify:
Complete your Health Risk
Assessment

Quarterly Prize

Two winners of a
\$25 gift card

How to qualify:
Earn 300+ points

Annual Prize

Two winners of a
\$25 gift card

How to qualify:
Two top point winners for
the year

Gift cards will come via Tango

- **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** - 5 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.