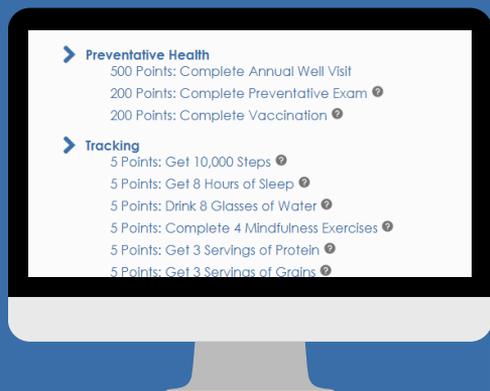


Earn Rewards for Prioritizing Your Well-being!



Spira-Fit ~ Kapnick Strive Points Program

1. Go to kapnickstrive.com/Spiratex and sign in or create an account.
2. Scroll down on the homepage until you see the Healthy Activities Section.

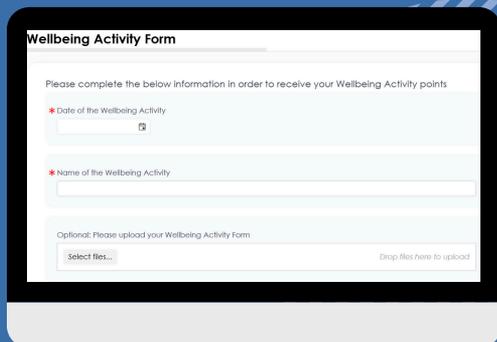


3. Find the category for the activity you're going to record – e.g. go to "Tracking" if your tracking water intake or "Wellness Activities" if you completed a 5k or other well-being activity.

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 raffle prizes!



Eligible Wellness Activities & Prizes

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

Monthly Prizes

Earn 300 points in a month
and receive a

\$50 Amazon Gift Card

Earn 200 points in a month
and receive a

\$30 Amazon Gift Card

Quarterly Prizes

Three (3) winners at each
location will receive a

\$50 gift card

How to qualify:
Earn 200+ points
in a quarter

Annual Prizes

One (1) winner at each
location will receive a

\$250 gift card

How to qualify:
Earn 4000+ points for the
program year

- **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.

SCAN TO PORTAL



CLICK TO PORTAL

Questions?
Reach out to your Wellness Coordinator:
Renee.Johnson@Kapnick.com