

Empowering well-being

Strive Rewards Program: Strive Advanced

Well-being is personal and it means something different to everyone.

Strive, powered by WebMD ONE, can help you reach your well-being goals and be the best “you.”

Your organization’s rewards program can help you get there. Use this guide to complete activities to earn rewards and achieve your unique health goals.

Strive Advanced requires 60 points to receive a reward.

Rewards Name: Strive Advanced

To earn incentive/reward, complete the first three required activities plus three optional activities to accumulate a total of 60 pts.

Points	Activity
Required – 10 pts	Biometric screening
Required – 10 pts	Online health assessment completion
Required – 10 pts	Annual preventative exam – self-report with documentation in Strive. Limit one for credit.
Select from optional activities below to get remaining 30 points. Each event may only be credited x 1.	
Optional – 10 pts	Strive Daily Habits Goal met.
Optional – 10 pts	Educational activity – defined by group.
Optional – 10 pts	Activity challenge (Wellness Challenge). May be within Strive or developed by group.
Optional – 10 pts	Tobacco free (by attestation/testing) or completed cessation program (6 calls or face-to-face program). Must enroll within 4 months before end of wellness program.
Optional – 10 pts	Health Coaching (min 6 calls) with Blue Cross nurses (members only – not including tobacco cessation). Must enroll within 4 months before end of wellness program.

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