

# Empowering well-being

## Strive Rewards Program: Strive Premier

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 Premier requires 90 points to receive a reward.

### Rewards Name: Strive Premier

To earn incentive/reward, complete the first three required activities plus additional optional activities to accumulate a total of 90 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.
Select from optional activities below to get remaining 60 points.	
Optional – 10 pts	Additional Annual Preventive Exam – self-report with documentation in Strive.
Optional – 10 pts	Strive Daily Habits Goal met.
Optional – 10 pts	Educational activity – defined by group. May complete two times for credit if approved by group.
Optional – 10 pts	Activity challenge (Wellness Challenge). May be within Strive or developed by group. May complete two times for credits.
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	Healthy coaching, not including tobacco cessation, with Blue Cross nurses. Members only. Must enroll within 4 months before end of wellness program.
Optional – 10 pts	Community Fitness or other wellness event. Limit one for credit.

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