

Strive Wellness Programs

Comparison guide

Strive Wellness Programs

The comparison guide provides templates for our standard types of wellness programs. You may select from point-based, reward choice, milestone or activity-based programs. Select a template and follow the instructions to create your employee's wellness journey.

Instructions:

Select your program type:

- Point-Based – Program includes a mix of required and optional activities. There is a target point value based on template type selected for employees to work towards to earn their incentive.
- Reward Choice – Program can include a mix of required and optional activities. There are point values based on template type selected for employees to work towards to earn their incentive(s). Employees get to choose their incentive(s).
- Milestone – Employees will have the option to complete any activities to reach different milestones.
 - Programs can include gateway required activities. Gateway activities are activities that need to be completed prior to becoming eligible for incentives (i.e. employees to complete an HA before being eligible for incentive(s) redemption).
- Activity-Based – Employees will complete a specific activity and earn an incentive. Gateway or required activities are not an option for this program type. There are no points associated with this program type. Employees are eligible for all incentives listed in the program, incentive redemptions cannot be capped.

Select template type:

- Explorer (this program can be used to promote Strive and incentives are not required)
- Starter
- Premier
- All Star

Select point values:

- You may keep the suggested values or modify as needed. Example you may change all the values from 10 to 100 or 1000. You will then need to do the same for the 20-point values.
 - If you change the point values make certain it aligns with the template type selected.
 - Points are only applicable for point-based, reward choice and milestone programs.

Select frequency activities can be completed:

- You may keep suggested frequency indicated on template types or modify as needed. Some limitations on frequency applies based on activity type.

Select Rewards:

- Point-based – Specify the type of incentive value, how and when this will be disbursed.
- Reward Choice – Specify point value for each incentive, frequency it can be redeemed, value, how and when this will be disbursed.
 - Example: Employees are required to earn 120 points to be eligible for redemption. Points can be redeemed for the following rewards:
 - 40 points – Receive \$25 (limit: up to 3 redemptions)
 - 80 points – Receive 2 hours of PTO (limit: 1 redemption)
 - 120 points – Receive 4 hours of PTO (limit: 1 redemption)

Please note: Incentives can be combined to total the target point value.

- Milestone – Specify the type of incentive for each milestone, value, how and when these will be disbursed.
- Activity-based – Specify the incentive type for each activity, value, how and when these will be disbursed.

Complete the companion documents:

- Complete the welcome letter associated with your program template selected.
- Use the Strive standard text document for any selected activities not included in the standard template.

Strive - Explorer program

You may opt not to incentivize this program. This option is designed to promote Strive and various tools available on the platform.

Plan activity	Milestones	Strive
Registration	1	<input checked="" type="checkbox"/>
Health assessment	1	<input checked="" type="checkbox"/>
Health topic of choice	1	<input checked="" type="checkbox"/>

Required activity Optional activity

Please indicate points and required activities.

Plan activity	Milestones	Strive
Registration		<input type="checkbox"/> Required <input type="checkbox"/> Optional
Health assessment		<input type="checkbox"/> Required <input type="checkbox"/> Optional
Health topic of choice		<input type="checkbox"/> Required <input type="checkbox"/> Optional

Required activity Optional activity

Strive - Point-based program

Program consists of required and optional activities to accumulate points needed to meet wellness program requirements. Strive Starter accumulate 40 total points; Strive Premier accumulate 80 total points; Strive All-Star accumulate 120 points. Here is a sample program lineup:

Plan activity	Points	Strive Starter	Strive Premier	Strive All-Star
Online health assessment completion	10	✔	✔	✔
Biometric screening	10	✔	✔	✔
Annual preventative exam	10	✔	✔	✔
Educational activity	10	✔	✔	✔
Strive daily habits completion	20		✔	✔
Community service	20			✔
Wellness event	10	✔	✔	✔
Additional annual prevention exam	10		✔	✔
Nicotine attestation	10		✔	✔
Nicotine cessation program completion	20		✔	✔
Community fitness event	10		✔	✔
Financial well-being	20		✔	✔
Activity or wellness challenge	10			✔
BCBSKS nurse coaching program completion	20	✔	✔	✔
Sides Quest Challenges	10			✔
Additional education activity	10			✔
View health topic	10			

✔ Required activity ✔ Optional activity

Reward type/value	Points
8 hours PTO	120

Strive - Point-based program

Select a program, mark your plan activity choices and complete the companion welcome letter.				
Plan activity	Points	Strive Starter	Strive Premier	Strive All-Star
Online health assessment completion		<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional
Biometric screening		<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional
Annual preventative exam		<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional
Educational activity		<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional
Strive daily habits completion		<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional
Community service		<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional
Wellness event		<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional
Additional annual prevention exam		<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional
Nicotine attestation		<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional
Nicotine cessation program completion		<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional
Community fitness event		<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional
Financial well-being		<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional
Activity or wellness challenge		<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional
BCBSKS nurse coaching program completion		<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional
Side Quest Challenges		<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional
Additional education activity		<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional
View health topic		<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional

Sample selections: Required activity Optional activity

Reward type/value	Points

Strive - Reward Choice program

Program can consist of required and optional activities to accumulate points needed to meet wellness program requirements. Employees get to choose their incentive(s). Strive Starter accumulate 40 total points; Strive Premier accumulate 80 points total; Strive All-Star accumulate 120 points. Here is a sample program lineup:

Plan activity	Points	Strive Starter	Strive Premier	Strive All-Star
Online health assessment completion	10	✔	✔	✔
Biometric screening	10	✔	✔	✔
Annual preventative exam	10	✔	✔	✔
Educational activity	10	✔	✔	✔
Strive daily habits completion	20			✔
Community service	20			✔
Wellness event	10	✔	✔	✔
Additional annual prevention exam	10		✔	✔
Nicotine attestation	10		✔	✔
Nicotine cessation program completion	20		✔	✔
Community fitness event	10		✔	✔
Financial well-being	20		✔	✔
Activity or wellness challenge	10			✔
BCBSKS nurse coaching program completion	20	✔	✔	✔
Side Quest Challenges	10			✔
Additional education activity	10		✔	✔
View health topic	10			

✔ Required activity ✔ Optional activity

Reward type/value	Points
\$25 (redeem up to 3x)	40
4 hours PTO (redeem 1x)	80
8 hours PTO (redeem 1x)	120

Strive - Reward Choice program

Program can consist of required and optional activities to accumulate points needed to meet wellness program requirements. Employees get to choose their incentive(s). Strive Starter accumulate 40 total points; Strive Premier accumulate 80 points total; Strive All-Star accumulate 120 points. Here is a sample program lineup:

Plan activity	Points	Strive Starter	Strive Premier	Strive All-Star
Online health assessment completion		<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional
Biometric screening		<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional
Annual preventative exam		<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional
Educational activity		<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional
Strive daily habits completion		<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional
Community service		<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional
Wellness event		<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional
Additional annual prevention exam		<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional
Nicotine attestation		<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional
Nicotine cessation program completion		<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional
Community fitness event		<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional
Financial well-being		<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional
Activity or wellness challenge		<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional
BCBSKS nurse coaching program completion		<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional
Side Quest Challenges		<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional
Additional education activity		<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional
View health topic		<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional	<input type="checkbox"/> Required <input type="checkbox"/> Optional

Sample selections: Required activity Optional activity

Reward type/value	Points

Strive - Milestone program

Point-based intervals that allow employees to earn incentives as they reach set milestones. Please note employees decide which activities to complete to earn their incentive(s). Select activities you want included in your program and the incentive type and value for each milestone. Here is a sample:

Plan activity	Gateway activity	Points	Strive Starter	Strive Premier	Strive All-Star	Frequency
Health assessment	Yes	0	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	1x
Biometric screening		10	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	1x
Annual preventative exam		10	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Educational activity		10	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Strive daily habits completion		20	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Community service		20	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
Wellness event		10	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Additional annual prevention exam		10	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Nicotine attestation		10	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Nicotine cessation program completion		20	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Community fitness event		10	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Financial well-being		20	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Activity or wellness challenge		10	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
BCBSKS nurse coaching program completion		20	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Side Quest Challenges		10	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
Additional education activity		10	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
View health topic		10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Reward type/value	Points
1 raffle ticket entry	40
1 raffle ticket entry	80
Free PTO day	120

Strive - Milestone program

Note: Fill in your selected activities, points and frequency. At the table at the bottom, select the incentive type and milestone amount corresponding to that incentive. Strive Starter milestones at 20/40; Strive Premier milestones at 40/60/80; Strive All-Star milestones at 80/100/120

Plan activity	Gateway activity	Points	Strive Starter	Strive Premier	Strive All-Star	Frequency
Health assessment			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1x
Biometric screening			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1x
Annual preventative exam			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Educational activity			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Strive daily habits completion			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Community service			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Wellness event			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Additional annual prevention exam			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Nicotine attestation			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Nicotine cessation program completion			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Community fitness event			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Financial well-being			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Activity or wellness challenge			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
BCBSKS nurse coaching program completion			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Side Quest Challenges			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Additional education activity			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
View health topic			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Reward type/value						Points

Strive - Activity-based program

Complete an activity or set of activities to earn an incentive. Please keep in mind there is no way to cap incentives for individuals, they are eligible for all incentive types available in the program. Designating required vs optional activities is also not available with this program type.

Plan activity	Include in program	Frequency	Reward Type/Value
Health assessment	Yes	1x	2 hours PTO
Biometric screening	Yes	1x	Raffle ticket entry
Annual preventative exam	<input type="checkbox"/>		
Educational activity	<input type="checkbox"/>		
Strive daily habits completion	<input type="checkbox"/>		
Community service	<input type="checkbox"/>		
Wellness event	<input type="checkbox"/>		
Additional annual prevention exam	<input type="checkbox"/>		
Nicotine attestation	<input type="checkbox"/>		
Nicotine cessation program completion	<input type="checkbox"/>		
Community fitness event	<input type="checkbox"/>		
Financial well-being	<input type="checkbox"/>		
Activity or wellness challenge	<input type="checkbox"/>		
BCBSKS nurse coaching program completion	<input type="checkbox"/>		
Side Quest Challenge	<input type="checkbox"/>		
Additional education activity	<input type="checkbox"/>		
View health topic	<input type="checkbox"/>		

Strive - Activity-based program

Point-based intervals that allow employees to earn incentives as they reach set milestones. Please note employees decide which activities to complete to earn their incentives. Select activities you want included in your program and the incentive type and value for each milestone.

Plan activity	Include in program	Frequency	Reward Type/Value
Health assessment	<input type="checkbox"/>	1x	
Biometric screening	<input type="checkbox"/>	1x	
Annual preventative exam	<input type="checkbox"/>		
Educational activity	<input type="checkbox"/>		
Strive daily habits completion	<input type="checkbox"/>		
Community service	<input type="checkbox"/>		
Wellness event	<input type="checkbox"/>		
Additional annual prevention exam	<input type="checkbox"/>		
Nicotine attestation	<input type="checkbox"/>		
Nicotine cessation program completion	<input type="checkbox"/>		
Community fitness event	<input type="checkbox"/>		
Financial well-being	<input type="checkbox"/>		
Activity or wellness challenge	<input type="checkbox"/>		
BCBSKS nurse coaching program completion	<input type="checkbox"/>		
Text based health coaching after 30 day milestone	<input type="checkbox"/>		
Additional education activity	<input type="checkbox"/>		
View health topic	<input type="checkbox"/>		

Visit us at bcbsks.com



MC621E 01/26



1133 SW Topeka Blvd, Topeka, KS 66629

An independent licensee of the Blue Cross Blue Shield Association.