

Empowering well-being

Strive Rewards Program: Strive All-Star

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 All-Star requires 120 points to receive a reward.

Rewards Name: Strive All-Star

To earn incentive/reward, complete the first five required activities plus additional optional activities to accumulate a total of 120 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 in “required” category.
Required – 20 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.
Required – 10 pts	Required educational activity. Limit one for credit in “required” category.
Select from optional activities below to get remaining 60 points.	
Optional – 10 pts	Additional Annual Preventive Exam (any) – self-report with documentation. Limit one.
Optional – 10 pts	Strive Daily Habits Goal met. May complete two times for credit.
Optional – 10 pts	Educational activity – defined by group. Limit one for credit in “optional” category.
Optional – 10 pts	Activity challenge (Wellness Challenge). May be within Strive or developed by group. May complete two times for credit.
Optional – 10 pts	Fitness/Community event. May complete two times for credit.
Optional – 10 pts	Community service. May complete two times for credit.
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.

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