

Strive Wellness Program

Comparison guide

Strive Wellness Programs

The comparison guide provides templates for our standard types of wellness programs. You may select from point-based, 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.
- Milestone – Select a template type for employees to work toward to earn their incentives. Employees will have the option to complete any activity to earn the different milestones. This program type does not distinguish between required and optional.
 - Programs can include gateway required activities, but no points can be tied to the activities. Gateway activities are activities that need to be completed prior to becoming eligible for incentives (i.e. employees to complete an HRA before being eligible for reward redemption). This required activity would not count toward milestone point earnings.
- Activity-Based – Employees will complete a specific activity and earn a reward. Gateway or required activities are not an option for this reward type. There are no points associated with this program type. Employees are eligible for all rewards listed in the program, reward 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 and milestone programs.

Select frequency activities can be completed:

- You may keep suggested frequency indicated on template types or modify as needed.

Select Rewards:

- Point-based – Provide reward type, value, how and when this will be disbursed.
- Milestone – Provide reward types for each milestone, value, how and when these will be disbursed.
- Activity-based – Provide reward type for each activity, value, how and when these will be disbursed.

Complete the companion documents:

- Point-based complete the welcome letter associated to your program template selected.
- Milestone and activity-based complete the Strive standard text document.

Strive - Explorer programs

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

Plan activity	Points	Strive All-Star
Registration	10	<input checked="" type="checkbox"/>
Health assessment	10	<input checked="" type="checkbox"/>
Health topic of choice	10	<input checked="" type="checkbox"/>

Required activity Optional activity

Please indicate points and required activities.

Plan activity	Points	Strive All-Star
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 programs

Strive rewards point-based wellness programs - 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			✔
Text based health coaching after 30 day milestone	20			✔
Additional education activity	10			✔
View health topic	10			

✔ Required activity ✔ Optional activity

Strive - Point-based programs

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
Text based health coaching after 30 day milestone		<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

 Required activity  Optional activity

Strive - Milestone Programs

Point-based intervals that allow employees to earn rewards as they reach set milestones. Please note employees decide which activities to complete to earn their rewards. Select activities you want included in your program and the reward 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 type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
Text based health coaching after 30 day milestone		20	<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 entry						40
\$25 gift card						60
Free PTO day						80

Strive - Milestone Programs

Note: Fill in your selected activities, points and frequency. At the table at the bottom, select the reward type and milestone amount corresponding to that reward. 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"/>	
Text based health coaching after 30 day milestone			<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 earn a reward. Please keep in mind there is no way to cap rewards for individuals, they are eligible for all reward 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"/>		
Text based health coaching after 30 day milestone	<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 rewards as they reach set milestones. Please note employees decide which activities to complete to earn their rewards. Select activities you want included in your program and the reward 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"/>		

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