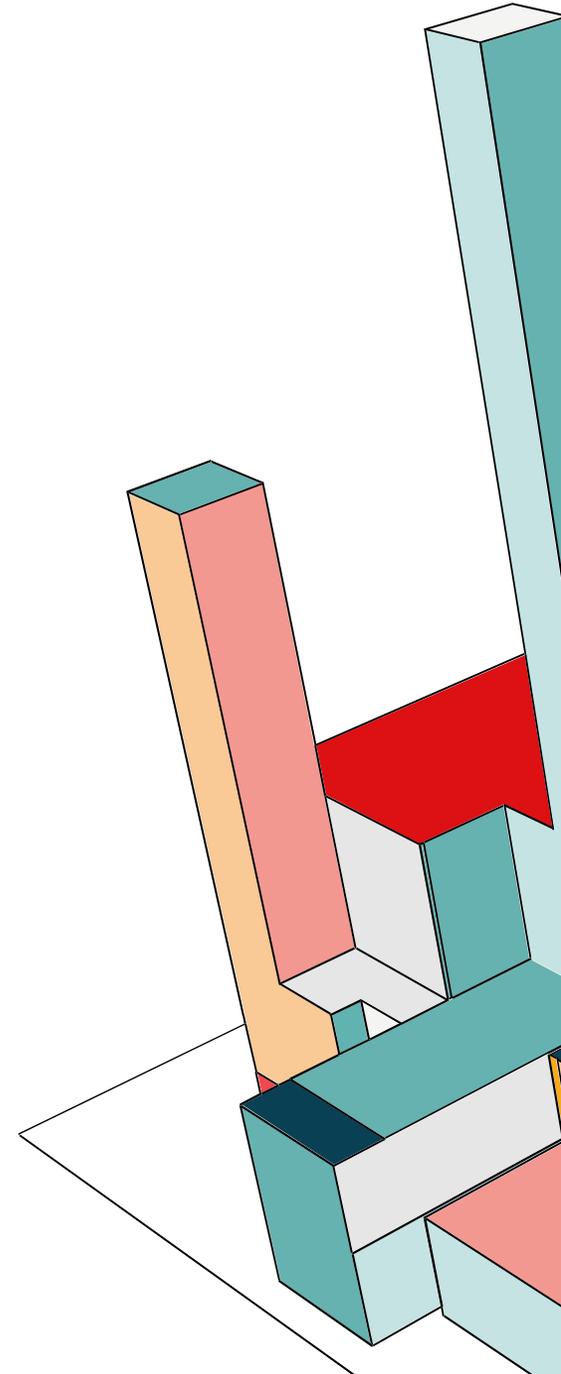


2026 STRONGLIFE OVERVIEW WITH AMENDED & NEW RULES

LAST YEAR

- We had over 300 new registrations last year-this didn't include kids
- Around 80% active participation
- StrongLife is for enrolled community members 5+ years
- Your non-member immediate family member can also participate in StrongLife, must be immediate family & reside in home
- Non-married couples must be in a relationship over 5 years



StrongLife is pillared around 5 themes:

1. Family Wellness

2. Emotional/Social Wellness

3. Cultural/Social Wellness

4. Physical Wellness

5. Financial Wellness

You track and report your own activities online or written

All activity places are not limited only to SRPMIC

- After month is over, you can report your activity sheet either online or written
- The Wellness Manager tallies points and gets back with you if you are eligible for points.
- If eligible, you can pick up a gift card at Administration located at Two Waters, Bldg A. 3rd floor
- Wait at least a month to check if you have a gift card

IN A NUTSHELL



"A Journey Of A Thousand Miles Starts With One Step"



At the END of each month, use online activity sheet to list your activities

Gift cards are paid in \$25 increments. Extra points left over at end of month will roll into next month are

Wellness Mgr tallies your activity points & gets back to you if you're eligible for gift card

You can pick up your gift card at Administration. You need to bring id and sign for your card

#1 Fill out registration online. You are enrolled and can start activities. (See idea sheet to help)

STRONGLIFE PROCESS



Your life is a gift from the Creator.
Your gift back to the Creator is
what you do with your life.

Billy Mills

YOU CAN GET OVERVIEW OF STRONGLIFE AT [WELLNESS PROGRAMS | SALT RIVER PIMA-MARICOPA INDIAN COMMUNITY](#)

You can register and also submit your monthly activity sheet online at this site.

If you were not active for 2025, you will be deactivated

This is StrongLife's official logo

StrongLife also uses a unique logo



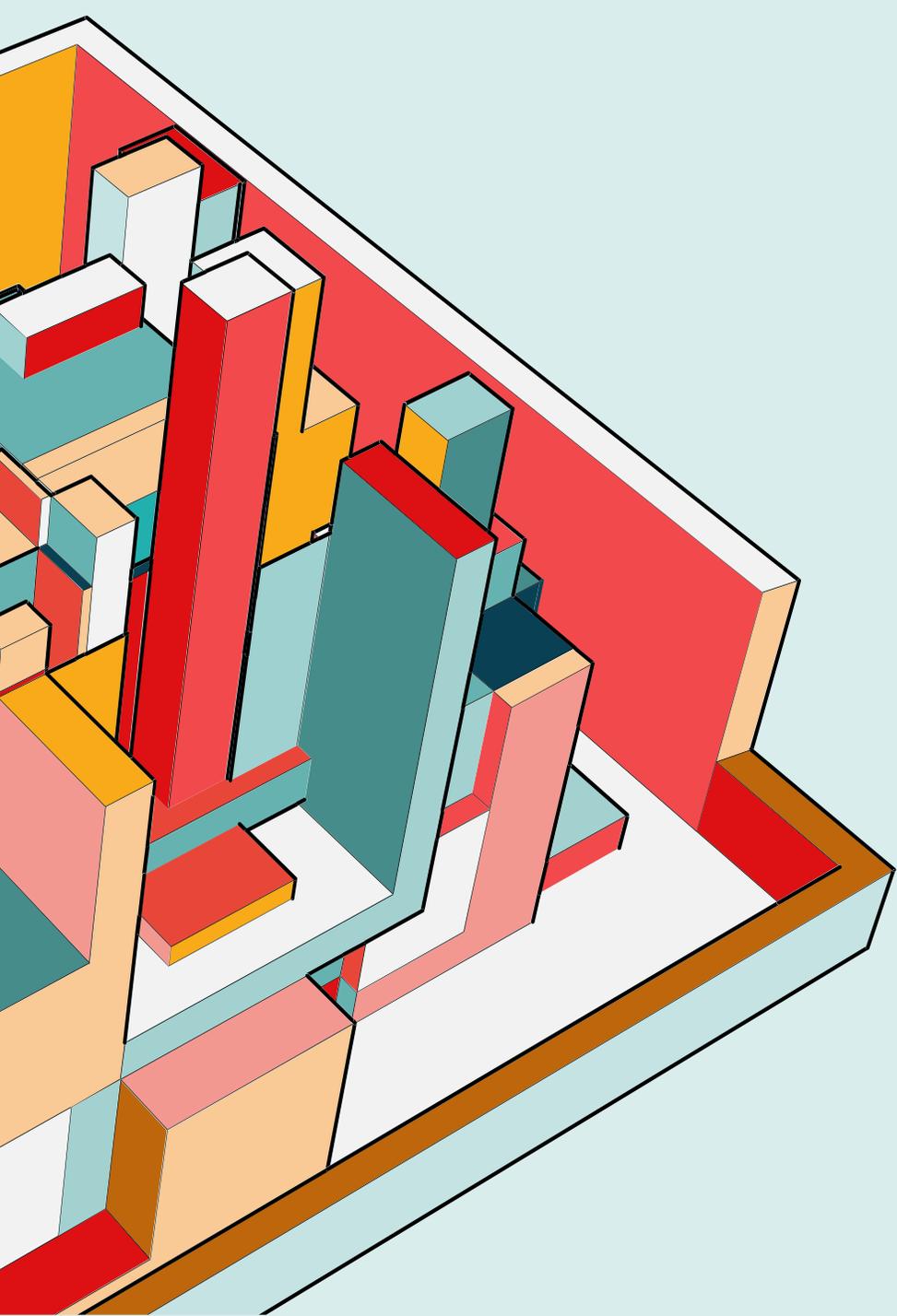
ABOUT THE INCENTIVES

Eligible participants have the opportunity to earn \$550

This program is not intended for financial dependence.
This is an INCENTIVE PROGRAM, therefore, please wait at least a month before checking on late incentives.

November 2025 STRONG LIFE FAMILY REPORT – **example of family reporting**

Activity	Theme	
Pray with family 30x daily	Family	All
Having dinner together as family x30 daily	Family	All
Family movie night 4xs 2 hr ea	Family	All
School Actvity 1x 2hr	Family	Mom/son/daughter
Family outing Botanical gardens 1x 3 hrs	Family	Dad/Mom/Son/daughter
Reading bed time stories 15xs	Family	Mom/son/daughter
Playing at the park x6 1hr ea	Family	son/daughter
Fam. talked about being grateful & thankful 3x 20 min	Emotional	Dad/Mom/Son/daughter
Reading with family Bible 4x 1hr ea	Emotional	Dad/Mom/Son/daughter
Attended therepy sessions 4x 1hr ea	Emotional	son/daughter
Attended mental health session 5x 1hr ea	Emotional	son
Reading daily affirmations x 30 daily	Emotional	Mom
Walking 4x 30 min	Physical	Mom/son/daughter
Playing basket ball 2x 1hrs ea	Physical	son/daughter
Walking 9 x 2hrs	Physical	Son
Taking prescribed medication daily 30x	Physical	Son
Taking Vtamins Daily 30x	Physical	Mom
Taking prescribed medication daily 30x	Physical	Mom
Physical Work out at gym 6x 1 hr ea	Physical	Mom



NEW RULES

- You can only submit the current month and 1 month previous.
- If you submit your activity sheet online by family, submit every single thing you did together in all themes first, THEN
- List the family member unique activity at the end of line to get credit individually.

IF YOU **DON'T** USE THE ONLINE FORM...



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Don't turn your report into PDF

PLEASE PLEASE write clearly, use your own sheet

State the MONTH and name you are reporting for

Do not run your activities together, please report each activity on separate line

Report everything you did together in each theme to avoid repetitive reporting, THEN report each family member unique activity separately

Methods to Send in report:

1. Email: to Stronglife@srbmic-nsn.gov
2. Text: to 602-587-9133
3. Drop off your report at Administration, Two Waters, Bldg A, 3rd floor reception



Q: When can I join StrongLife?

A: Now! You can join anytime throughout the year

Q: How do I sign up?

A: Fill out Online Registration form

Q: How do I sign up my kids?

A: There is space on your registration to list your children 5+ years of age. All adults should register on their own

Q: Can my non-enrolled family member participate?

A: Yes, but they must be an immediate family member and live in same household

Q: What if I don't know tribal ids?

A: The Community Wellness Mgr will look up tribal id. If your family member is not enrolled write "N/A"

Q: When does StrongLife end?

A: StrongLife runs on a calendar year January-December. You can register anytime



Q: How do I report my monthly activities?

A: Report on the activity form online use your own sheet.

Q: What are the activities in each theme?

A: An “Ideas of Activities” sheet is available for your use or use your own idea

Q: How do I receive my Visa gift cards?

A: Once your turn in activity reports at end of month, it will be tallied for points by Comm Wellness Mgr. Visa gift cards will be paid in \$25 increments

Q: When can I receive my incentive?

A: The Comm Wellness Mgr will report your points to you for the month. Should you have points worth \$25 in 25 point increments, you will be notified to pick up your Visa Cards at Administration

Q: Can I count activities away from SRPMIC

A: Yes, any location will be eligible

Q: Will my points roll over each month?

A: Yes, any points not in a 25 increment, will roll over the next month and applied to following months. Points do not roll over after calendar year

THANK YOU

ENJOY THE JOURNEY!

You can contact Toni Harvier, Community
Wellness Mgr

Toni.harvier@srpmic-nsn.gov or 602-587-9133

