



## Kapnick Insurance Group

To: All Kapnick Employees & Covered Spouses

We are pleased to provide the Kapnick Strive onsite biometric health screenings again this year to all employees and covered spouses. This offering enables you to know your numbers, manage your existing health, and/or improve on areas that demonstrate future risk. In addition to offering this program to you at no charge, we will again provide an incentive for meeting the qualifying criteria and improving your health over time.

After completing your health screening, you will receive a health report containing your biometric measurements to give you an objective view of your health risks and link those risk factors to your lifestyle choices. The information obtained is strictly confidential and will not be shared with anyone at Kapnick Insurance Group.

### 2023 ONSITE SCREENINGS WILL TAKE PLACE AT THE FOLLOWING LOCATIONS:

#### Thursday, June 8th

Ann Arbor Office: 6:30 AM - 11:00 AM

#### Saturday, June 10th

Ann Arbor Office: 7:30 AM - 11:00 AM

#### Thursday, June 15th

Adrian Office: 6:30 AM - 11:00 AM

#### Saturday, June 17th

Adrian Office: 7:30 AM - 11:00 AM

#### Wednesday, June 21st

Troy Office: 6:30 AM - 11:00 AM

#### Saturday, June 24th

Troy Office: 7:30 AM - 11:00 AM

#### Thursday, June 29th

Grand Rapids Office: 7:00 AM - 9:00 AM

**How To Schedule Your Screening** Scheduling your biometric health screening appointment within your Kapnick wellness portal at [www.kapnickstrive.com/kapnick](http://www.kapnickstrive.com/kapnick). You will be able to schedule your appointment starting **May 17, 2023**. Please note: covered spouse who plan to receive a health screening, will need to log onto the portal under their own account and schedule their own appointment. All screenings are conducted by professional, certified phlebotomists. The deadline for completing the health screening is **July 28th, 2022**. If you are unable to attend any of the on-site locations, please reach out to your Kapnick Strive Wellness Coordinator, Jenn Alexander at [jenn.alexander@kapnick.com](mailto:jenn.alexander@kapnick.com).



**Completing Your Health Risk Assessment (HRA)** Incentive criteria also includes completing an online Health Risk Assessment (HRA) prior to completing your health screening. The HRA immediately pops up for completion upon the first wellness portal log in each year. A lifestyle report will be generated from your HRA responses and available for review on the assessment page of your portal account. If you are concerned that you have not completed your HRA, please contact Jenn Alexander at [jenn.alexander@kapnick.com](mailto:jenn.alexander@kapnick.com).

**Accessing Your Health Report** Seven to ten business days after completing your screening, your health report can be accessed on the wellness portal at [www.kapnickstrive.com/kapnick](http://www.kapnickstrive.com/kapnick). Your report will contain your personal health score, a number derived from only your biometric screening results on a scale from 0-100, with 100 being the perfect picture of health.

**Financial Incentive** Completing a 2023 biometric health screening and meeting qualifying criteria will provide eligibility for the wellness incentive to be applied in 2024. First-time participants are automatically eligible for the wellness incentive upon completion of their biometric health screening. Participants that have completed a screening in the previous year will need to achieve a Health Score of 70 or higher OR improve their previous year Health Score by 5 points to become eligible for the incentive. If you are a repeat participant and do not receive a Health Score of 70 or higher and do not improve your previous year score by 5 points, you are still eligible to receive the incentive by completing our Reasonable Alternative Standard (RAS) program. This is a telephonic health coaching program in which you will speak with a health coach over the phone once a week for 6 weeks to review your health results and create a plan to achieve your health goals. You may enroll in this program after receiving your health report by contacting Jenn Alexander at [jenn.alexander@kapnick.com](mailto:jenn.alexander@kapnick.com). Deadline to enroll in the RAS program: **August 25th, 2023**.

### 2024 Wellness Incentive Structure

Enrolled in Kapnick Medical Plan		Not Enrolled in Kapnick Medical Plan	
Employee	Covered Spouse	Full-Time	Part-Time
\$600 per year	\$300 per year	\$300 per year	\$120 per year
\$25 per pay period	\$12.50 per pay period	\$12.50 per pay period	\$5 per pay period

