



Cooperative Elevator

To: All Employees

We are pleased to continue providing the Kapnick Strive wellness program to all employees at Cooperative Elevator. This wellness program is designed to better enable you to know your numbers and manage your existing health or improve on areas that demonstrate future risk. In addition to offering this program to you at no charge, we will provide an incentive for meeting the qualifying criteria and improving your health over time.

To become eligible for your 2024 wellness incentive, you may participate in a biometric health screening at one of the locations and dates listed below and complete an online Health Risk Assessment (HRA). After completing your health screening, you will receive a health report containing 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 Cooperative Elevator.

2024 ONSITE SCREENINGS WILL TAKE PLACE AT THE FOLLOWING LOCATIONS:

**Wednesday,
January 10th**

Location: Akron Plant
Time: 7:00 - 9:30 AM

**Thursday,
January 11th**

Location: Pigeon Office
Time: 7:00 - 11:00 AM

**Friday,
January 12th**

Location: Ruth Plant
Time: 7:00 - 9:30 AM

If you are unable to attend any of the following dates, please contact Angela Summers in HR at angela.summers@coopelev.com or call at EXT. 590.

How To Schedule Your Screening

Scheduling your biometric health screening appointment is easy and found on your Cooperative Elevator wellness portal at www.kapnickstrive.com/cooperativeelevator. You will be able to schedule your appointment starting **Tuesday, January 2, 2024**. All screenings are conducted by a professional, certified team of nurses and phlebotomists.

Completing Your Health Risk Assessment (HRA)

Incentive criteria also includes completing an online Health Risk Assessment (HRA) prior to completing your health screening. To complete your 2024 HRA, simply login to your account and it will immediately pop up for completion.

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/cooperativeelevator. 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.





2024 Wellness Incentive

First-time participants of the STRIVE program need to complete the online Health Risk Assessment (HRA) and biometric health screening to obtain a baseline health score.

Repeat participants, who choose to participate must complete the online HRA, biometric health screening, and achieve a health score of 70 or higher OR improve your previous score by 5 or more 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/or do not improve your previous score by 5 points, you are still eligible to receive the incentive by completing the Reasonable Alternative Standard (RAS) program. This is a telephonic 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 health and well-being plan. You may enroll in this program after receiving your health report by contacting Kapnick Strive at strive@kapnick.com. Please enroll in this program by **February 29, 2024**.

Scenario #1: Full-time employee participates and meets scoring criteria of 70+ points, participates for the first time, or improves previous year health score by 5 points:

- Receives \$50 for participation
- Receives wellness incentive of \$10 per pay period
- Qualifies for the reduced cost sharing
- Can receive \$75 for annual preventive physical exam during calendar year (must submit proof of visit)

Scenario #2: Full-time employee participates in the screening, but does not meet scoring criteria:

- Receives \$50 for participation
- Qualifies for reduced cost sharing
- Can receive \$75 for annual preventive physical exam during calendar year (must submit proof of visit)
- Can choose to participate in the Reasonable Alternative Standard Program to still qualify for the wellness incentive of \$10 per pay period

Important Dates to Remember

Schedule Opens for Health Screening Appointments	January 2, 2024
Deadline to Enroll into RAS Program	February 29, 2024

If you have questions or would like more information please contact your Kapnick Strive wellness team at strive@kapnick.com or call 877-233-2296.

We look forward to active participation and improved health here at Cooperative Elevator!

