



Strive Wellness Program



Online Wellness Portal



Wellness Presentations & Challenges



Reward Points Program



Health Risk Assessment (HRA)



Health and Wellness Library



Monthly Strive Webinar and Newsletter

What's included?

Our wellness program offers a variety of tools and resources to help you achieve your best wellness.

Earn Your 2025 Wellness Incentive

Employees (and covered spouses) who complete the steps below will receive the wellness incentive to be applied in 2025:

1

VISIT YOUR
WELLNESS PORTAL

www.kapnickstrive.com/dfm

First-time users: click
"Sign Up"
Repeat users: click
"Log In"

2

COMPLETE YOUR
HEALTH RISK
ASSESSMENT

The Health Risk
Assessment (HRA)
immediately pops up for
completion when you log
in to your portal for the
first time.

3

PARTICIPATE IN THE
BIOMETRIC HEALTH
SCREENING ON ONE
OF THE FOLLOWING
DATES.

DATES:
• TBD

More
information
coming soon!

Scan to access your portal



QUESTIONS? CONTACT
STRIVE@KAPNICK.COM



Access Your Wellness Portal

Your health and well-being are very important to DFM Solutions, and they want to continue to provide you with the best resources and tools possible to help improve your quality of life.

Included in your wellness portal:



- Health Risk Assessment
- Wellness Challenges & Presentations
- Physical Activity & Nutrition Tracking
- Reward Points Program
- Health & Wellness Resources
- Self-Help Guided Programs
- and much more!

1

VISIT: WWW.KAPNICKSTRIVE.COM/DFM

- Repeat participants, select "Log In" and enter existing username and password to access the Strive portal
- First-time participants, select "Sign-Up" and follow the steps below

2

ENTER LAST NAME, DOB, LAST 4 SSN

- Select lookup account
- Agree to terms & conditions

3

CREATE YOUR PROFILE

- Create a username and password
- Enter remaining information to complete your profile

4

COMPLETE THE HEALTH RISK ASSESSMENT

- Upon accessing the Strive portal for the first time in the program year, you will automatically be prompted to complete the HRA before advancing into the rest of the portal.

Get the
Mobile
App!



STEP 1

Go to your portal to get your mobile access code:

- Click on your avatar
- Select Mobile Access
- Select New
- Save your code



STEP 2

Visit your phone's app store and download

MyWellApp by CoreHealth

& enter your mobile access code after waiting 1-2 minutes.



Scan to watch an intro video and how-to to sign up on your wellness portal!



Eligible Wellness Activities

Participate in any of the activities listed below to earn points to help promote better health!

- **Complete your annual well-visit** - 500 points
- **Complete a preventative exam** - 200 points each (max 1200 points)
 - Examples of preventative health screenings include:
Mammograms, Dental Exams, Eye Exams, OBGYN Exams, Prostate Exams, etc.
- **Get a vaccination** - 200 points each (max 1200 points)
 - Examples of Vaccinations include: Flu, Covid-19, Chicken Pox, Hepatitis A & B, HPV, Measles, etc
- **Walk 10,000 steps in a day** - 5 point per day
- **Track 3 servings of vegetables and fruit** - 6 point per day
- **Watch or attend a monthly Strive Webinar** - 100 points each (max 1200)
- **Read an article in the HealthyLearn Library** - 25 points (max 300 points)
- **Attend a Wellness Presentation** - 200 points (max 800 points)
- **Complete an online Strive Challenge** - 200 points (max 800 points)
- **Submit a well-being activity** - 100 points (max 800 points)
 - Examples of well-being activities include: 5Ks, triathlons and marathons, volunteering, going to a financial wellness class/advisor, working with a therapist, etc.

Submit the completed activities on your wellness portal!

