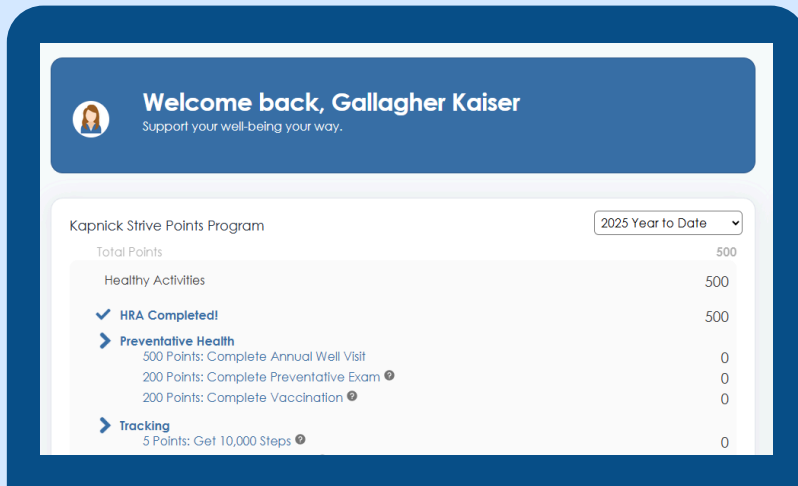


Submit Your Well-Visit Form

1. Go to kapnickstrive.com/gkupi and log in or create an account.
2. Scroll down on the homepage until you see the points program.



Wellcome back, Gallagher Kaiser
Support your well-being your way.

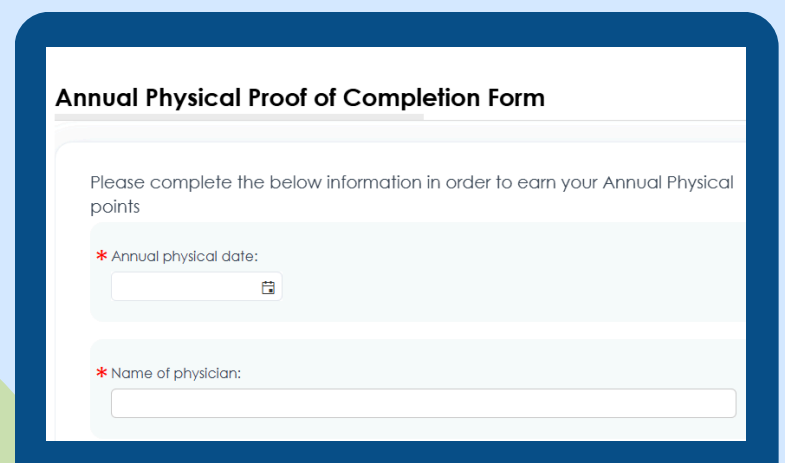
Kapnick Strive Points Program 2025 Year to Date

| | |
|--|-----|
| Total Points | 500 |
| Healthy Activities | 500 |
| ✓ HRA Completed! | 500 |
| ➤ Preventative Health | |
| 500 Points: Complete Annual Well Visit | 0 |
| 200 Points: Complete Preventative Exam | 0 |
| 200 Points: Complete Vaccination | 0 |
| ➤ Tracking | |
| 5 Points: Get 10,000 Steps | 0 |

3. Find the category for the activity you're going to record. **Go to "Earn 500 Points for Completing Your Annual Well Visit" to submit your well-visit form** or track other various wellness activities to earn additional points.

- **Preventative Health**
- 500 Points: Complete Annual Well Visit
 - 200 Points: Complete Preventative Exam ?
 - 200 Points: Complete Vaccination ?

4. Click "Complete Form", fill out the required information, submit your completed well-visit form signed by your physician under "Optional: Upload verification of visit for your records" and hit "Finish." **Well-visits must be completed between 1/01/2025- 12/19/2025 to be accepted.**



Annual Physical Proof of Completion Form

Please complete the below information in order to earn your Annual Physical points

* Annual physical date:

* Name of physician:

Access Your Wellness Portal

1

VISIT: WWW.KAPNICKSTRIVE.COM

- 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 2021, 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.



What to expect at a WELL-VISIT appointment



VITAL SIGNS

A nurse or doctor will record your temperature, blood pressure, heart & breathing rates.



PHYSICAL EXAM

Your doctor will inspect your eyes, ears, throat, abdomen, and back for any potential issues.



BOOSTERS

You may need new vaccines or booster shots.



PREVENTION & TREATMENT

Your doctor will talk with you about how to improve or maintain your health, reduce risk for disease, and schedule any tests or screenings.



MEDICATION

Your doctor will discuss any current and new prescriptions to make sure they're working for you.