



## Did You Know?

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



**WELLNESS PORTAL**



**LUNCH & LEARNS  
AND  
WELLNESS CHALLENGES**



**REWARD POINTS  
PROGRAM**

## Included in Your Kapnick Strive Wellness Portal



### HEALTH RISK ASSESSMENT (HRA)

Complete your HRA today by going to [www.kapnickstrive.com/rtt](http://www.kapnickstrive.com/rtt)



### SOCIAL TOOLS

Sharing your Wellness Success Stories helps everyone stay motivated! It's also a great way to keep track of all the wellness activities available to you on the calendar.



### HEALTH & WELLNESS LIBRARY

You have access to wellness resources, recipes and self-help guided programs, right at your fingertips!



### TRACKING

Stay accountable by using our nutrition and activity tracking. And yes, it can sync up to your personal Fitbit, Google Fit, or Apple Watch!

## STRIVE REWARD POINTS

QUESTIONS? CONTACT  
[LEAH.BIRCHFIELD@KAPNICK.COM](mailto:LEAH.BIRCHFIELD@KAPNICK.COM)

Engaging in healthy behaviors not only helps promote better health, but it can earn you prizes too!

### Quarterly Raffle

Earn 300+ points from participating in wellness activities to qualify for a raffle to win a **\$50 gift card!**

### Grand Prize Raffle

Earn 4000+ points from participating in wellness activities to qualify for a raffle to win a **\$250 gift card**