



2024 STRIVE WELLNESS PROGRAM GUIDE

Brazeway is committed to helping our employees focus on their well-being. We've partnered with Kapnick Strive to offer you the tools and resources to help you build your best self!



Program Year



Start date:
January 1, 2024



Track activities
that build your well-being



Deadline to complete biometric
health screening:
Repeat: **September 20, 2024**
First-time: **October 31, 2024**



Deadline to complete RAS:
November 15, 2024



Pat yourself on the back for a
year well done

Wellness Incentive

Complete your Health Risk Assessment (HRA) and annual biometric health screening to earn up to **\$840 annually!** To earn the wellness incentive you must complete the incentive requirements outlined on the following pages.



WELLNESS INCENTIVE

Prevention is the best medicine

Complete the requirements below to earn the 2025 wellness incentive and earn up to **\$840** annually.

Requirement	Action(s) to Complete Requirement
Health Risk Assessment	Complete this brief online survey to assess your lifestyle, its impact on your health, and risk factors. The Health Risk Assessment (HRA) immediately pops up for completion when you log in to your portal for the first time in 2024. The portal can be accessed at kapnickstrive.com/brazeway Deadline to complete is November 17, 2024 .
Biometric Health Screening	<p>In addition to offering this program to you at no cost, we will again provide an incentive in the form of a discounted health insurance premium to those who participate in the health screenings and meet qualifying criteria. In order to be eligible to receive the 2025 financial incentive, you must meet the qualifying criteria.</p> <ul style="list-style-type: none">• First-time participants of the Strive program will need to complete the HRA and biometric health screening.• Repeat participants need to complete the HRA, biometric screening and meet one of the criteria below.<ul style="list-style-type: none">◦ Achieve a health score of 70 or higher OR◦ Improve your previous score by 5 or more points OR◦ Satisfactorily complete the Reasonable Alternative Standard (RAS) health coaching program through Kapnick Strive <p>Biometric screenings need to be completed by the following dates:</p> <ul style="list-style-type: none">• Repeat participants: September 20, 2024• First-time participants: October 31, 2024 <p>If you are a repeat participant and non-compliant, you are still eligible to receive the incentive by enrolling into the Kapnick Strive Reasonable Alternative Standard (RAS) program. This is a 6-week program in which you will speak with a health coach once a week over the phone to review your health results and create or manage your health goals. After receiving your health report, you may enroll in this program via the wellness portal at www.kapnickstrive.com/brazeway. Please enroll in this program by September 30, 2024 and have it completed by November 15, 2024.</p>

Questions? Email strive@kapnick.com



WELLNESS ACTIVITIES

One healthy day at a time

Earn points for completing and submitting any of the below activities on your Kapnick Strive Wellness Portal, and submit your own activities using the "Well-being Activity" section!

2024 Wellness Activities	
Challenges	Points
Complete your Annual Well-Visit	500
Complete a Preventative Health Exam <ul style="list-style-type: none">Examples include: eye exams, mammograms, dental exams, cancer screenings, and more.	200 each (up to 1200 annually)
Receive a Vaccination	200 each (up to 1200 annually)
Presentations	
Reach 10,000 Steps/Day	5 per day (up to 1200 annually)
Eat 3 Servings of Fruits & Vegetables/Day	6 per day (up to 1200 annually)
Other	
Watch the Monthly Strive Webinar	100 (up to 1200 annually)
Read an article in the HealthyLearn Library	25 (up to 300 annually)
Attend a Wellness Presentation	200 (up to 800 annually)
Complete a Wellness Challenge	200 (up to 1200 annually)
Complete a Well-being Activity <ul style="list-style-type: none">Examples include: volunteering, running a 5k, seeing a therapist, attending a financial wellness class, etc.	200 (up to 1200 annually)

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WELLNESS RESOURCES

Kapnick Strive Wellness Portal

www.kapnickstrive.com/brazeway



Description	
HealthyLearn Library	The HealthyLearn Library offers a variety of educational resources and tools to improve your health and well-being, including articles on stress management, sleep, financial wellness, and more. Access self-guided promotion programs from quitting tobacco to managing weight. Check your symptoms, find walking plans, search healthy recipes, utilized the ask a health coach feature, and more!
Tracking	Learn healthy behaviors and build habits in wellness challenges while you log your activities.
Social	Post on the message board, read testimonials, view upcoming health & wellness events, and more on the social page of the Wellness Portal.

MyWell App

Access the Kapnick Strive Wellness Portal from your phone with the MyWellApp.

- Visit your phone's app store and download **"MyWellApp"** by CoreHealth
- After the app has downloaded, go to your Wellness Portal account to get your mobile access code:
 - Click on your avatar
 - Select **"Mobile Access"**
 - Select **"New"** and save your code
- Enter your mobile access code into the app after waiting 1-2 minutes.

Health Hub

Access all your health & wellness resources in one place.

info.kapnick.com/brazewayhealthhub

Description	
Strive Library	Access webinar recordings, health and wellness newsletters, register for specialized presentations including the Meditation Moments series, and more.
Mental Health Resources	Access your EAP, find a mental health care provider, and explore the Mental Health Guide - an educational material providing information on symptoms, treatment, seeking help, and more.
Physical Health Resources	Find resources that are available to you for your physical health including the Blue Cross Tobacco Coaching Program, the Livongo diabetes management program, exercise resources, and the Weight Management Guide.
Carrier Resources	Quickly find links to your providers, including Blue Cross Blue Shield, Unum EAP, Fidelity, and more.

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FREQUENTLY ASKED QUESTIONS

Q: How do I access my wellness portal?

A: Visit www.kapnickstrive.com/brazeway

- If you've logged in before, select **"Log In"** and enter your existing username and password.
- If you're a first-time user, select **"Sign-Up"** and follow the below steps:
 - Enter your **last name, date of birth, and the last 4 digits of your social security number**. Select **"Lookup Account"** and agree to the terms and conditions.
 - Create a username and password. Enter remaining information to complete your profile.
 - The first time you log in, you will be prompted to complete the HRA before advancing into the rest of the portal.

If you are unable to access your account for any reason, please reach out to strive@kapnick.com.

Q: How do I know how many points I've earned this quarter?

A: The Kapnick Strive Wellness Portal keeps track of points on a cumulative basis during the calendar year. In order to know how many points you've earned in a quarter, we recommend keeping track of your total points at the end of each quarter (March 31, June 30, September 30, and December 31). For example, if you have 650 points on March 31st and 1400 points on June 30th, you've earned 750 points during Quarter 2 ($1400 - 650 = 750$).

Q: Will my information and interaction with Kapnick Strive remain private?

Your personal and health information is kept strictly confidential and will not be shared with anyone at Brazeway, Kapnick Insurance Group, or affiliates.

Q: I didn't qualify for the wellness incentive - how do I sign up for RAS Health Coaching?

After receiving your health report, you may enroll in this program via the wellness portal at www.kapnickstrive.com/brazeway. Please enroll in this program by **September 30, 2024** and have it completed by **November 15, 2024**.

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