



# 2022 KAPNICK STRIVE WELLNESS PROGRAM



**Common Ground**  
*helping people move from crisis to hope*



**Kapnick**  
Strive



# Kapnick Strive is a quick, convenient, and **CONFIDENTIAL** way to take charge of your own health!

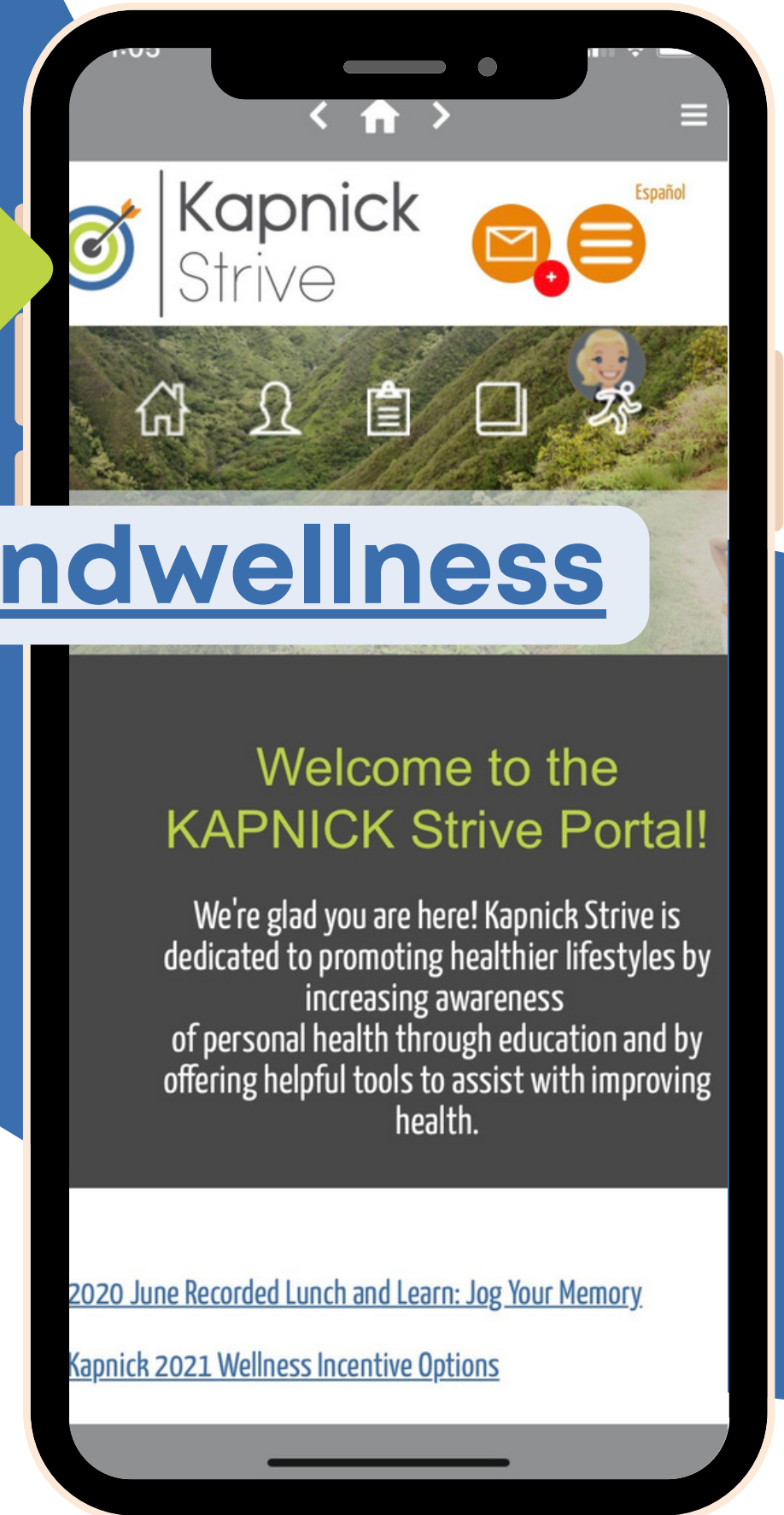


- Your health and well-being are very important to Common Ground, and they want to provide you with the best resources and tools possible to help improve your quality of life
- Wellness initiatives are offered for all employees to participate in throughout the year
- **NO identifiable health information will be shared with your employer**

# Access Your Wellness Portal

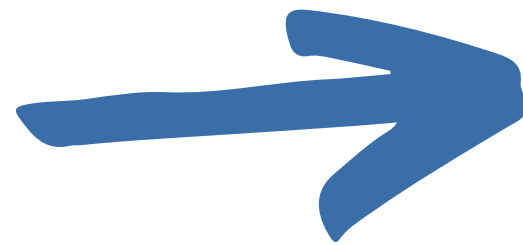
[www.kapnickstrive.com/commongroundwellness](http://www.kapnickstrive.com/commongroundwellness)

- Select "Sign-Up"
- Enter: Last Name, DOB, & Last 4 of SSN
- Agree to Terms & Conditions
- Enter remaining information & create your username and password





# DOWNLOAD THE APP!



Visit [www.kapnickstrive.com](http://www.kapnickstrive.com) to gain your mobile access code  
Click on your avatar, select mobile access code, select new code



Download My WellApp by CoreHealth and enter your mobile access code



You're all set! The app will automatically login each time you use it.



# What's on the Portal?

Wellness Challenges

Strive Presentations  
& Webinars

Educational Resources

Annual Health Risk  
Assessment

Sync Fitbit or  
Google Fit devices

Annual Lifestyle  
Report

# Why participate?

- Learn and track healthy behaviors!
- Engage in fun competition!
- Encourage others!
- Win prizes!
- It's free!





**Common Ground**  
helping people move from crisis to hope

**All your health & wellness resources in one place.**

### What's Inside?

Between your insurance provider, worksite wellness offerings, and a la carte add-ons, it can be difficult to remember all the resources available to you, so we've made it easy!

Click on the buttons to be linked to the health resources available to you.



Physical Health Resources

Mental Health Resources

Kapnick Strive Wellness Resources

Carrier/Vendor Resources

# HealthHub

**Access everything Health & Wellness in one place:**

- **Physical Health Resources**
  - Gympass, Tobacco Coaching, Weight Management Guide, etc.
- **Mental Health Resources**
  - EAP, Calm, Meditation Moments Series, & more.
- **Strive Portal & More**
- **Insurance**



[www.info.kapnick.com/commonground](http://www.info.kapnick.com/commonground)