



# Earning Your Wellness Incentive

Participants who completed the 2024 biometric screening are automatically incentive eligible if they meet one of the below criteria:

- ✓ **First-time participant**
- ✓ **Scored 70 or higher on health report**
- ✓ **OR increased health score by 5+ points from previous year**

If you are a repeat participant and **DID NOT score 70 or higher OR increase your score by 5 points**, you may enroll in the 6-week RAS Health Coaching program to earn your incentive:



Want to enroll in the RAS Health Coaching program? Contact:

**877-233-2296**  
**strive@kapnick.com**



## Important RAS Deadline

Please enroll into the program by February 29, 2024.

# Reminder

**Don't forget to schedule your  
biometric health screening.**

Let's do it.

I'm on it!

1.

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

- **Repeat participants:** Sign in with username & password
- **First time participants:** Select sign-up
  - **Complete the Health Risk Assessment (HRA)**

2.

## Schedule Your Appointment

- Pick the location, date, and time that will work best for you.

3.

## Prepare For Your Screening



Fasting is critical for accurate results. **Do not eat or drink anything besides water for 8-12 hours** prior to your appointment.



Drink plenty of water the day before and morning of your screening. Aim for 1/2 your weight in ounces of water every day.



While you're fasting, **maintain your medication regimen** as prescribed by your doctor.

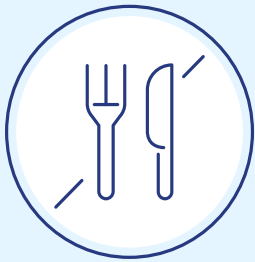


Please wash or sanitize your hands prior to your appointment and practice social distancing while waiting for your appointment.



Arrive 5-10 minutes prior to your scheduled appointment for registration.

# PREPARE FOR YOUR HEALTH SCREENING

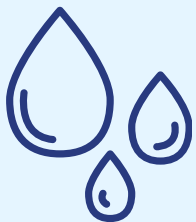


## FAST FOR 8-12 HOURS

Fasting is critical for accurate results. Do not eat or drink anything besides water for 8-12 hours prior to your appointment.

## MAINTAIN YOUR MEDICATION REGIMEN

While you're fasting, maintain your medication regimen as prescribed by your doctor. If your doctor or medications advises against fasting, listen to their recommendations and adjust your preparations accordingly.



## DRINK PLENTY OF WATER

Stay well-hydrated by drinking 8-10 cups (64-80 oz) of water daily, starting 72 hours before and on the day of your appointment for a successful blood draw.

## ARRIVE 5-10 MINUTES EARLY TO YOUR APPOINTMENT

Please wash or sanitize your hands prior to your appointment.



# Schedule Your Health Screening Appointment



1.

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## Schedule Your Appointment

Select the location, date, and time that works best for you.



## Prepare For Your Screening



Fasting is critical for accurate results. **Do not eat or drink anything besides water for 8-12 hours** prior to your appointment



While you're fasting, **maintain your medication regimen** as prescribed by your doctor



**Drink plenty of water** the day before and morning of your screening. Aim for  $\frac{1}{2}$  your body weight in ounces of H<sub>2</sub>O every day



**Arrive 5-10 minutes prior** to your scheduled appointment for registration



Please **wash or sanitize your hands prior to your appointment and practice social distancing** while waiting for your appointment