



Earning Your 2025 Wellness Incentive

Participants who completed the 2024 biometric screening and complete the online Health Risk Assessment (HRA) are automatically incentive eligible if they meet one of the below criteria:



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 December 31, 2024.



Reminder

Don't forget to schedule your biometric health screening.

Let's do it.

I'm on it!

1.

www.kapnickstrive.com/dfm

- **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.

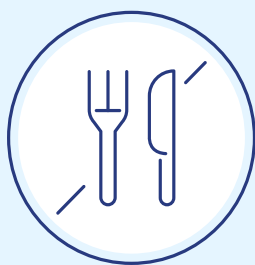


Please wash or sanitize your hands prior to your appointment and practice social distancing while waiting for your appointment.



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

PREPARE FOR YOUR HEALTH SCREENING

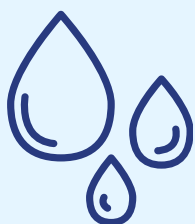


FAST FOR 8-12 HOURS

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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- **First time participants:** Select sign-up
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Schedule Your Appointment

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

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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.



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Reminder! Schedule Your Health Screening



Visit: www.kapnickstrive.com/dfm



-Repeat participants: sign in with username & password

-First time participants: select sign-up

-Complete the Health Risk Assessment

For assistance, contact strive@kapnick.com or 877-233-2296

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 ½ your body weight in ounces of H₂O 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