

# Get ready to explore your Strive Wellness Portal!

1

VISIT: [WWW.KAPNICKSTRIVE.COM](http://WWW.KAPNICKSTRIVE.COM)

- Repeat participants and/or spouses, select "Log In" and enter existing username and password to access the Kapnick Strive portal
- First-time participants, select "Sign-Up" and follow the steps below

2

ENTER LAST NAME, DOB, LAST 4 SSN

- Select lookup account
- Agree to terms & conditions

3

CREATE YOUR PROFILE

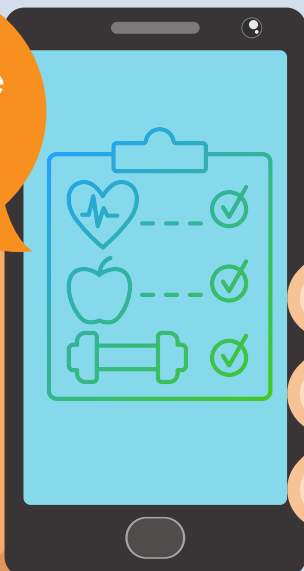
- Create a username and password
- Enter remaining information to complete your profile

COMPLETE THE HEALTH RISK ASSESSMENT

4

- Upon accessing the Kapnick Strive portal for the first time in 2023, you will automatically be prompted to complete the HRA before advancing into the rest of the portal.

Get the  
Mobile  
App!



## STEP 1

Go to your portal to get your mobile access code:

- Click on your avatar
- Select Mobile Access
- Select New
- Save your code



## STEP 2

Visit your phone's app store and download MyWellApp by CoreHealth & enter your mobile access code after waiting 1-2 minutes.



# Why Should I Use My Wellness Portal?

In an era characterized by demanding schedules, increased stress levels, and a growing awareness of the significance of overall well-being, your wellness portal can be a game changer. Within your wellness portal, we offer an array of resources and tools aimed at enhancing any and all dimensions of your well-being. Why don't you take a glance at what's really in it for you to utilize your wellness portal.

## PERSONALIZED WELL-BEING

The beauty of your wellness portal lies in our ability to provide you tailored recommendations. Through the analysis of your preferences, health goals, and personal data, we have been able to curate content and activities that align with your individual journey, thereby optimizing your well-being efforts.



## EDUCATIONAL RESOURCE

Accessing your wellness portal is akin to attending a virtual wellness workshop. The information shared encompasses the latest insights from health experts, psychologists, and nutritionists. This knowledge equips you with a deeper understanding of your body and mind, empowering you to make informed choices.

## ACCESSIBLE ANYTIME, ANYWHERE

The convenience of your wellness portal cannot be understated. In a busy world, having a treasure trove of wellness resources available at your fingertips enables you to integrate healthy practices seamlessly into your daily routine, irrespective of your location or schedule.

We even made you an app for easier access to your portal!

Scan the QR code to download it now.

## PREVENTATIVE CARE

Prevention is the cornerstone of a healthy life.

Your wellness portals offer preventative strategies helping you take proactive measures to mitigate health risks.

