



Eversight Strives for Wellness

To: All Benefits Eligible Eversight Employees

March 1, 2024

We are pleased to provide the Eversight STRIVE for Wellness onsite biometric screenings again to all benefits eligible Eversight employees. This wellness biometric screening program is designed to better enable you to know your numbers and manage your existing health or improve on areas that demonstrate future risk. In addition to offering this program to you at no charge, we will again provide an incentive for meeting the qualifying criteria and improving your health over time.

After completing your health screening, you will receive a health report via your wellness portal account containing your biometric measurements to give you an objective view of your health risks and link those risk factors to your lifestyle choices. **The information obtained is strictly confidential and will not be shared with anyone at Eversight.**

How To Schedule Your Screening

Scheduling your biometric screening appointment is easy and found within your Eversight wellness portal at www.kapnickstrive.com/eversight. You will be able to schedule your appointment starting **April 1, 2024**. All screenings are conducted by a professional, certified team of nurses and phlebotomists.

Completing Your Health Risk Assessment (HRA)

Incentive criteria also includes completing an online Health Risk Assessment (HRA) prior to completing the biometric health screening. You will be able to complete the 2024 plan year HRA starting **January 1, 2024**. A lifestyle report will be generated from your HRA responses and available for review on the assessment page of your portal account. If you are concerned that you have not completed your plan year HRA, please contact Kapnick Strive at 877-233-2296 or email at strive@kapnick.com.

ONSITE SCREENINGS WILL TAKE PLACE AT THE FOLLOWING LOCATIONS:

Tuesday, April 16th, 2024

Ann Arbor Location: 7:00 AM - 11:00 AM EST

Wednesday, April 17th, 2024

Ann Arbor Location: 7:00 AM - 10:00 AM EST

Thursday, April 18th, 2024

Cleveland Location: 7:00 AM - 10:30 AM EST

Tuesday, April 23rd, 2024

Chicago Location: 7:00 AM - 10:30 AM CST

Thursday, April 25th, 2024

Ann Arbor Location: 7:00 AM - 11:00 AM EST

If you wish to participate in this program and work remotely, outside of one of the locations above, you may request a walk-in clinic screening kit by **April 26, 2024**. To request a kit, please contact Kapnick Strive at 877-233-2296 or email strive@kapnick.com.





Accessing Your Health Report

Seven to ten business days after completing your screening, your health report can be accessed on the wellness portal at www.kapnickstrive.com/eversight. Your report will contain your personal health score, a number derived from only your biometric screening results on a scale from 0-100, with 100 being ideal.

2024 Financial Incentive

Participants are eligible to receive a \$500 deduction on their health insurance premium by meeting the qualifying criteria. The \$500 wellness incentive is deducted incrementally from your 2024 bi-weekly health insurance premium. For those who waive coverage, the incentive is added to your waiver dollars.

Compliant indicates that the participant completed their plan year HRA as well as a biometric health screening and received a health score of 70 or higher OR improved their previous score by 5 points.

Non-Compliant indicates that the participant completed their plan year HRA as well as a biometric screening but did NOT score 70 or higher OR improve by 5 points from their previous score.

Reasonable Alternative Standard (RAS) Programs

Incentive Structure	Incentive
First-Time Participant	Eligible for \$500 Incentive
Repeat Participant - Compliant	Eligible for \$500 Incentive
Repeat Participant - Non-compliant & completes RAS Program	Eligible for \$500 Incentive
Repeat Participant - Non-compliant & does not complete RAS program	Not Eligible for \$500 Incentive

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 by contacting Kapnick Strive at strive@kapnick.com or call 877-233-2296. Please enroll in this program by **May 17, 2024** and have it completed by **July 12, 2024**.

