

We are pleased to provide the Kapnick Strive on-site biometric health screenings again this year to all employees and covered spouses. This offering enables you to:

- Know your numbers
- Manage your existing health
- 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 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 Kapnick Insurance Group or your employer.



2024 On-Site Health Screenings		
Location	Date(s)	Time
Michigan	Tuesday, August 20	6:30 am - 11:30 am
	Thursday, August 22	
Kentucky	Tuesday, August 20	4:00 am - 8:30 am and 3:00 pm - 6:00 pm (both days)
	Wednesday, August 21	
Indiana	Tuesday, August 20	6:00 am - 9:00 am and 5:00 pm - 6:00 pm (both days)
	Wednesday, August 21	
Deadlines		
Schedule Opens for Health Screening Appointments		August 1, 2024
Deadline to Request At-home Screening Kit		August 31, 2024
Deadline to Enroll into RAS Program		September 30, 2024
Deadline to Complete RAS		November 18, 2024
Deadline to View & Acknowledge Health Report		November 18, 2024

Questions?

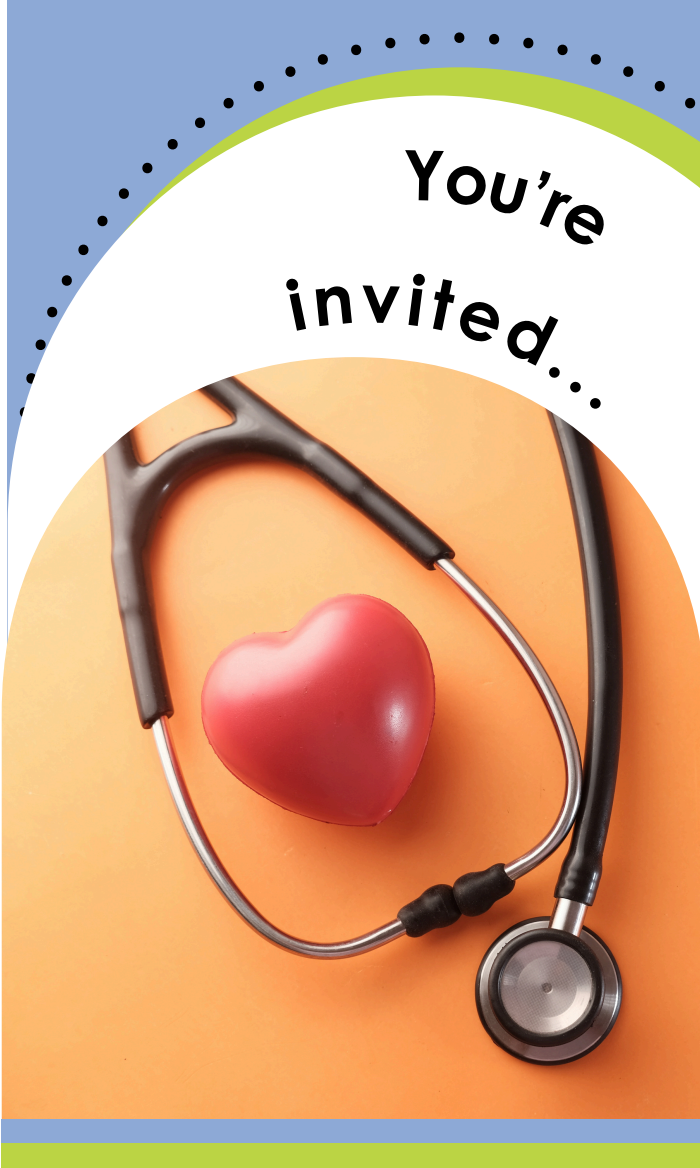
If you have questions or would like more information, reach out to the Strive team today! Scan the QR code to access your Health Hub.



Phone Number
877-233-2296



E-mail Address
Strive@Kapnick.com



Join us at the 2024 Health Screenings!



Kapnick
Strive



BRAZEWAY

Criteria to Earn the Wellness Incentive

Complete the following requirements to earn the 2025 Wellness Incentive:

First Time Participants

- ✓ Complete the online Health Risk Assessment (HRA)
- ✓ Complete the biometric health screening and obtain a baseline health score
- ✓ View & acknowledge your health report in the Kapnick Strive Wellness Portal no later than November 18, 2024

Repeat Participants

- ✓ Complete the online Health Risk Assessment (HRA)
- ✓ Complete the biometric health screening
 - ✓ Score 70 or higher OR
 - ✓ Improve previous score 5 or more points OR
 - ✓ Complete the Reasonable Alternative Standard (RAS) health coaching program
- ✓ View & acknowledge your health report in the Kapnick Strive Wellness Portal no later than November 18, 2024

2025 Wellness Incentive		
	Participation	Meets Criteria
Employee	\$360 (\$30/month)	\$600 (\$50/month)
Spouse	\$120 (\$10/month)	\$240 (\$20/month)

How to Schedule Your Screening

Scheduling your biometric health screening appointment within your Kapnick wellness portal at www.kapnickstrive.com/brazeway.

You will be able to schedule your appointment starting August 1, 2024.

Screening Logistics

Health screenings will be held onsite during predetermined dates and times. Each appointment takes approximately 10-15 minutes.

All screenings are conducted by a professional, certified team of nurses and phlebotomists.

Employees and spouses are able to attend screening events at other locations if they are unable to attend the designated screening event(s) at their facility.

We encourage you to attend one of the scheduled on-site screening events. If you are unable to attend any of the events and would like to receive an at-home screening, please reach out to your Kapnick Strive Wellness Coordinator, Emma Lough at emma.lough@kapnick.com or by calling 734-929-6587.



Completing Your Health Risk Assessment (HRA)

Incentive criteria also includes completing an online Health Risk Assessment (HRA) prior to completing your health screening. The HRA immediately pops up for completion upon the first wellness portal log-in each year. A lifestyle report will be generated from your HRA responses and available for review on the assessment page of your portal account.

Accessing Your Health Report

Seven to ten business days after completing your screening, your confidential health report can be accessed on the wellness portal at www.kapnickstrive.com/brazeway.

Your report will contain your personal health score, a number derived from only your health screening results on a scale from 0-100, with 100 being 'ideal' health. The health score is comprised of only modifiable risk factors that allow you to improve your health with lifestyle changes.

Reasonable Alternative Standard (RAS) Program

If your Health Score is below 70 or doesn't improve by 5 points, you can still qualify for the incentive by joining the Reasonable Alternative Standard (RAS) program. It's a 6-week telephonic program with a health coach, where you'll review your results and develop a well-being plan. Enrollment deadline: September 30, 2024.