

We are pleased to provide the Kapnick Strive on-site 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.



## Important Dates to Remember

### 2024 On-Site Health Screenings

Location	Date(s)
Adrian	X
Troy	X
Ann Arbor	X
Brighton	X
Lansing	X
Grand Rapids	X

### Deadlines

Schedule Opens for Health Screening Appointments	May 7, 2024
Deadline to Complete Health Screening	July 31, 2024
Deadline to Enroll into RAS Program	August 20, 2024
Deadline to Complete RAS	November 1, 2024

You're invited...



### 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



# to the 2024 Health Screenings!



## 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 health screening and obtain a baseline health score

### Repeat Participants

- ✓ Complete the online Health Risk Assessment (HRA)
- ✓ Complete the health screening
  - ✓ Score 70 or higher OR
  - ✓ Improve previous score 5 or more points OR
  - ✓ Complete the Reasonable Alternative Standard (RAS) health coaching program

## How to Schedule Your Screening

Scheduling your health screening appointment within your Kapnick wellness portal at [www.kapnickstrive.com/kapnick](http://www.kapnickstrive.com/kapnick).

You will be able to schedule your appointment starting May 7, 2024.

**Note:** a covered spouse who plans to receive a health screening, will need to log onto the portal under their own account and schedule their own appointment. The deadline for completing the health screening is July 31st, 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.

**Note:** Walk-In Clinic Screenings are no longer available. We encourage you to attend one of the scheduled on-site screening events.

If you are unable to attend any of the on-site health screening, please reach out to your Kapnick Strive Wellness Coordinator, Leah Birchfield at [leah.birchfield@kapnick.com](mailto:leah.birchfield@kapnick.com).

## 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 health report can be accessed on the wellness portal at [www.kapnickstrive.com/kapnick](http://www.kapnickstrive.com/kapnick).

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.

The report will provide you with a basic understanding of your health and offers resources for you to proactively address any existing conditions. The information obtained is strictly confidential and will not be shared with anyone.

### 2025 Wellness Incentive

#### Enrolled in Kapnick Medical Plan

Employee

Covered Spouse

#### Not Enrolled in Kapnick Medical Plan

Full-Time

Part-Time

