

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.

QUESTIONS?

For questions or more information, contact the Strive team.



877-233-2296



strive@kapnick.com



Scan the QR code to explore your Health Hub and learn about the health screenings.



HEALTH SCREENING INFORMATION 2025



SCREENING DATES & TIMES

LOCATION	DATE(S)	TIME(S)
Adrian	June 5 Thursday	6:30 - 11:00 AM EST
	June 14 Saturday	7:30 - 11:00 AM EST
Ann Arbor	June 12 Thursday	6:30 - 11:00 AM EST
	June 21 Saturday	7:30 - 11:00 AM EST
Grand Rapids	June 10 Tuesday	7:30 - 11:00 AM EST
Lansing	June 11 Wednesday	8:00 - 9:00 AM EST
Troy	June 7 Saturday	7:30 - 11:00 AM EST
	June 19 Thursday	6:30 - 11:00 AM EST

Screening Logistics

On-site health screenings will be offered on scheduled dates and times, with each lasting 10-15 minutes. Screenings are conducted by professional, certified nurses and phlebotomists.

If you wish to participate in this program and work outside of one of the locations above, you may request an At-home screening kit by **June 30, 2025**. To request a kit, please email Renee.Johnson@kapnick.com.

All at-home screening kit requests are subject to employer approval.

NEED TO KNOW

How to Schedule Your Screening

Starting **May 19, 2025**, schedule your biometric health screening appointment through your wellness portal at www.kapnickstrive.com.

We highly recommend scheduling an appointment to secure your spot.

Completing Your HRA

To qualify for the incentive, complete an online Health Risk Assessment (HRA) in addition to your health screening. The HRA appears at your first portal login each year, with a lifestyle report available on the assessment page after completion.

Accessing Your Health Report

Within **7-10 business days after your screening**, you can access your confidential health report on the wellness portal at www.kapnickstrive.com.

Your report includes your personal health score, a number based solely on your screening results, ranging from 0-100, with 100 being 'ideal' health. This score reflects only modifiable risk factors, empowering you to improve your health through lifestyle changes.

Reasonable Alternative Standard (RAS)

If you are a repeat participant who has not met the incentive criteria, you can still qualify for the incentive by enrolling in the Reasonable Alternative Standard (RAS) program. This 6-week telephonic program pairs you with a health coach to review your results and create a personalized well-being plan. Enrollment deadline: **August 31, 2025**. Completion deadline: **October 31, 2025**.

2026 Wellness Incentive	
Enrolled in Kapnick Medical Plan	
Employee	Covered Spouse
\$600 per year	\$300 per year
\$25 per pay period	\$12.50 per pay period
Not Enrolled in Kapnick Medical Plan	
Full-time	Part-time
\$300 per year	\$120 per year
\$12.50 per pay period	\$5.00 per pay period

First Time Participants

- ✓ Complete the online Health Risk Assessment (HRA)
- ✓ Complete the biometric health screening and obtain a baseline health score

Repeat Participants

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