Kapnick Strive

2024 Wellness Resources

Social Support
- Volunteer PTO
- KIG Kick-Off Meeting
- Community Events & Initiatives
- Complimentary Snacks
- Collaborative Workspaces

Financial Security and Comfort
- Kashable
- HSA Contributions
- TDC Offerings
- Wellness Incentive
- 401K Match

Physical Safety and Health Promotion
- Strive Initiatives (challenges, presentations, biometric screenings, health coaching, wellness portal)
- Livongo Whole-Person
- Nurse Deb
- Meditation Moments Series
- Option for Standing Desk
- Optional Flu Shots
- Teladoc

Training, Education, and Mentorship
- Total CSR
- Strive Monthly Webinars
- Wellness Lunch & Learns
- Livongo Webinars
- CancerExpert Now Webinars
- CPR Training

Emotional and Mental Health
- Employee Assistance Program (EAP)
- Paid Time Off
- 11 Holidays & Birthday Off
- Privacy/Mother/Meditation Room

Building Culture and Community
- RecogNation Platform
- Culture Playbook
- Health Hub
- Strive Corporate Challenge
- Kapnick Cares
- On-site Recreation (golf simulator, basketball hoop, Pacman, cornhole)

Occupational Growth
- Career Pathing
- Monthly KIG Career Goal Accounts
- Apprenticeship Program

Inclusion and Belonging
- DEI Focus Group
- Engagement Committee
- Cultural Ambassador Program