

# Kapnick Strive®

## Reasonable Alternative Standard Exempt Form

**Criteria for Exemption:** Participants enrolled in any of the following programs are exempt from participating in and completing the Reasonable Alternative Standard (RAS) program with Kapnick Strive:

- Omada
- Livongo
- Livongo Whole-Person

<b>Participant instructions:</b> Complete this form and email to Strive@kapnick.com	Start date of Program (mm/dd/yyyy)
Participant Last Name	Participant First Name
Daytime Telephone Number	Date of Birth (mm/dd/yyyy)
Employer Name	Participant email address
<b>Coach/Professional Name:</b>	
I acknowledge that I have participated in the approved programs for a minimum of 6 weeks. I would like to use this as my Reasonable Alternative Standard requirement for Kapnick Strive.	
Participant Signature: _____	
Date: _____	