

# Did You Know?

Our Strive wellness program offers a variety of tools and resources to help you achieve your best wellness.



## Included in Your Kapnick Strive Wellness Portal



### HEALTH RISK ASSESSMENT (HRA)

Complete your HRA today by going to [www.kapnickstrive.com/sme](http://www.kapnickstrive.com/sme)



### SOCIAL TOOLS

Sharing your Wellness Success Stories helps everyone stay motivated! It's also a great way to keep track of all the wellness activities available to you on the calendar.



### HEALTH & WELLNESS LIBRARY

You have access to wellness resources, recipes and self-help guided programs, right at your fingertips!



### TRACKING

Stay accountable by using our nutrition and activity tracking. And yes, it can sync up to your personal Fitbit, Google Fit, or Apple Watch!



### WELLNESS PORTAL



### LUNCH & LEARNS AND WELLNESS CHALLENGES



### REWARD POINTS PROGRAM

## 2024 STRIVE REWARD POINTS

QUESTIONS? CONTACT  
[STRIVE@KAPNICK.COM](mailto:STRIVE@KAPNICK.COM)

Engaging in healthy behaviors not only helps promote better health, but it can earn you prizes too!

### Quarterly Raffle

Earn 100+ points from participating in wellness activities to qualify for a raffle. **2 winners per quarter!**

### Grand Prize Raffle

Earn 400+ points from participating in wellness activities by 12/31/2024 to qualify for a raffle to win a **grand prize!**

### 2024 Wellness Incentive

Complete your Health Risk Assessment (HRA) and participate in the biometric health screenings to earn **up to \$500!**