

# Earning Your 2025 Wellness Incentive

Participants who completed the 2024 biometric screening are automatically incentive eligible if they meet one of the below criteria:

- **All participants** need to complete the HRA and biometric health screening, view their health report, and meet one of the criteria below:
  - Achieve a health score of 70 or higher **OR**
  - Improve your previous score by 5 or more points **OR**
  - Satisfactorily complete the Reasonable Alternative Standard (RAS) 6-week health coaching program

If you are a repeat participant and **DID NOT score 70 or higher OR increase your score by 5 points**, you may enroll in the 6-week Reasonable Alternative Standard (RAS) Health Coaching program to earn your incentive:



Want to enroll in the RAS Health Coaching program? Contact:

**877-233-2296**  
**strive@kapnick.com**



## Important RAS Deadline

Please enroll in the RAS program by **December 31, 2024** and have it completed by **February 28, 2025**.

