

# NEW

## Enrollment Process for RAS!

**For those that complete the Biometric Health Screening, the criteria to be incentive eligible is one of the following:**

1. First time participant.
2. Health Score is 70 or above.
3. Improvement of 5 points from previous year.
4. Complete Reasonable Alternative Standard (RAS) Health Coaching program.

**If you'd like to enroll into the RAS Health Coaching program, follow these steps:**

1

On the home page of your wellness portal, scroll down to the gold section of your reward point section. Click where it says, "Click here to sign up for the RAS Coaching Program."

2

Select "Join a Program."

3

Complete the Health and Life Profile Form. This is a 3 page form that must be completed and select the finish button on the last page.

4

Schedule your initial call by selecting the "RAS Call 1/Initial Appointment- Phone" button.

5

Select a coach from the drop down menu.

6

Select a time and book your appointment. You can review the coaches' availability by selecting the ellipses at the bottom of each day to choose what works for the both of you. Reschedule, cancel, or add your appointment to your calendar by selecting the respective option on your screen.



Scan the QR code to  
log in to your  
wellness portal and  
enroll now.

STILL HAVING TROUBLE OR JUST  
NEED SOME ASSISTANCE?  
EMAIL US AT:  
STRIVE@KAPNICK.COM