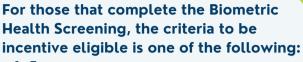


Enrollment Process for RAS!



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



Kapnick Strive

- 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:

> 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."

Select "Join a Program."

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.

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

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.