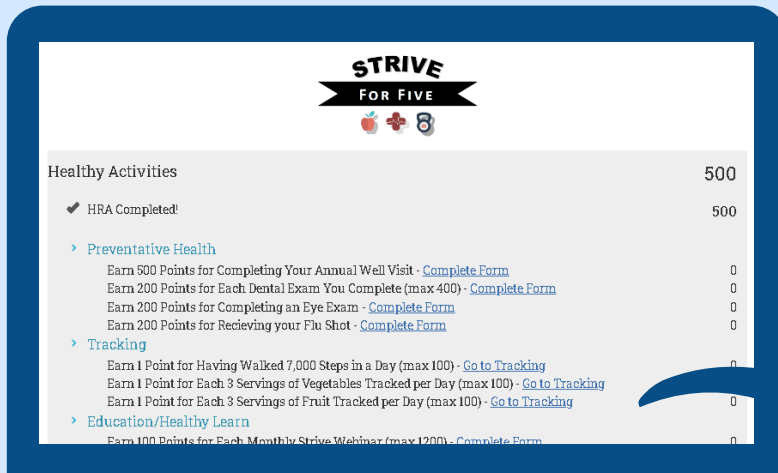


# Submit Your Well-Visit Form

1. Go to [kapnickstrive.com/powell](https://kapnickstrive.com/powell) and log in or create an account.
2. Scroll down on the homepage until you see the points program.



3. Find the category for the activity you're going to record. Go to **"Earn 500 Points for Completing Your Annual Well Visit"** to submit your well-visit form or track other various wellness activities to earn additional points.

> Preventative Health		
Earn 500 Points for Completing Your Annual Well Visit - <a href="#">Complete Form</a>		0
Earn 200 Points for Each Dental Exam You Complete (max 400) - <a href="#">Complete Form</a>		0
✓ You've Earned the Maximum Number of Points for Completing an Eye Exam		200
✓ You've Earned the Maximum Number of Points for Receiving your Flu Shot		200
> Tracking		
Earn 1 Point for Having Walked 7,000 Steps in a Day (max 100) - <a href="#">Go to Tracking</a>		1
Earn 1 Point for Each 3 Servings of Vegetables Tracked per Day (max 100) - <a href="#">Go to Tracking</a>		0

4. Click "Complete Form", fill out the required information, submit the completed well-visit form signed by your physician under "Upload verification of visit," and hit "Finish." Follow the same process for recording other wellness activities. Congrats on earning points!

A screenshot of the "Annual Physical Proof of Completion Form". The form has a title bar with icons for home, user, list, and a star. The main heading is "Annual Physical Proof of Completion Form". Below it, a blue bar says "Please complete the below information in order to earn you 500 Annual Physical points". The form contains several sections: "Annual physical date:" with a date picker; "Name of physician:" with a text input; "Optional: Upload verification of visit for your records (ex. Receipt, appointment card, etc.) No personal health information is required" with a "Select files..." button; and "Acknowledgement:" with a checkbox and the text "By checking this box I acknowledge that I have completed my annual physical".

# Access Your Wellness Portal

1

## VISIT: [WWW.KAPNICKSTRIVE.COM/POWELL](http://WWW.KAPNICKSTRIVE.COM/POWELL)

- Repeat participants, select "Log In" and enter existing username and password to access the Strive portal
- First-time participants, select "Sign-Up" and follow the steps below

2

## ENTER LAST NAME, DOB, LAST 4 SSN

- Select lookup account
- Agree to terms & conditions

3

## CREATE YOUR PROFILE

- Create a username and password
- Enter remaining information to complete your profile

4

## COMPLETE THE HEALTH RISK ASSESSMENT

- Upon accessing the Strive portal for the first time in 2021, you will automatically be prompted to complete the HRA before advancing into the rest of the portal.

Get the  
Mobile  
App!



### STEP 1

Go to your portal to get your mobile access code:

- Click on your avatar
- Select Mobile Access
- Select New
- Save your code



### STEP 2

Visit your phone's app store and download **MyWellApp by CoreHealth** & enter your mobile access code after waiting 1-2 minutes.



# What to expect at a WELL-VISIT appointment



## VITAL SIGNS

A nurse or doctor will record your temperature, blood pressure, heart & breathing rates.



## PHYSICAL EXAM

Your doctor will inspect your eyes, ears, throat, abdomen, and back for any potential issues.



## BOOSTERS

You may need new vaccines or booster shots.



## PREVENTION & TREATMENT

Your doctor will talk with you about how to improve or maintain your health, reduce risk for disease, and schedule any tests or screenings.



## MEDICATION

Your doctor will discuss any current and new prescriptions to make sure they're working for you.