



2026 STRIVE WELLNESS PROGRAM GUIDE

Brazeway is committed to helping our employees focus on their well-being. We've partnered with Kapnick Strive to offer you the tools and resources to help you build your best self!



Program Year



Start date:
January 1, 2026



Track activities
that build your well-being



Deadline to complete Strive
Health Screening
September 18, 2026



Deadline to earn points:
December 18, 2026



Pat yourself on the back for a
year well done

Strive Screening Incentive

Complete your Health Risk Assessment (HRA) and annual biometric health screening to reduce your premium contribution! To earn the screening incentive you must complete the incentive requirements outlined on the following pages.

Tobacco RAS Health Coaching

If you're a tobacco user, you can earn your 2026 Tobacco Incentive by completing six health coaching phone calls with a Kapnick Strive Health Coach.



SCREENING INCENTIVE

Know your numbers

Complete the requirements below to earn the 2027 Strive Screening Incentive and reduce your employee contribution.

Health screenings are available to all employees and spouses covered on a medical plan at Brazeway. After completing your health screening, you will receive a health report containing your biometric measurements. This report will give you an objective view of your health risks and link those risk factors to your lifestyle choices. **The information obtained is strictly confidential and will not be shared with anyone at Brazeway or any third party.**

Requirement	Action(s) to Complete Requirement
<p>Health Risk Assessment</p>	<p>Complete this brief online survey to assess your lifestyle, its impact on your health, and risk factors. The Health Risk Assessment (HRA) immediately pops up for completion when you log in to your portal for the first time in 2026. The portal can be accessed at kapnickstrive.com/brazeway. Deadline to complete is December 18, 2026.</p>
<p>Biometric Health Screening</p>	<p>In addition to offering this program to you at no cost, we will again provide an incentive in the form of a discounted health insurance premium to those who participate in the health screenings and meet qualifying criteria. In order to be eligible to receive the 2027 financial incentive, you must meet the qualifying criteria.</p> <ul style="list-style-type: none"> • First-time participants of the Strive program will need to complete the HRA and biometric health screening. • Repeat participants need to complete the HRA, biometric screening, and meet one of the criteria below. <ul style="list-style-type: none"> ◦ 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) health coaching program through Kapnick Strive <p>Biometric screenings need to be completed by the following date: September 18, 2026*</p> <p>If you are a repeat participant and non-compliant, you are still eligible to receive the incentive by enrolling into the Kapnick Strive Reasonable Alternative Standard (RAS) program. This is a 6-week program in which you will speak with a health coach once a week over the phone to review your health results and create or manage your health goals. After receiving your health report, you may enroll in this program via the wellness portal at www.kapnickstrive.com/sme. Please enroll in this program by September 30, 2026 and have it completed by November 13, 2026.</p> <p>*Screening dates, times, and locations will be announced at a later date. Check the 'Health Screening Information' page of your Health Hub (see pg. 5) for the most updated information.</p>

Questions? Email strive@kapnick.com

2026 Health Screening Incentive		
	Participates in Health Screening	Meets Health Screening Criteria
Employee	\$360 (\$30/Month)	\$600 (\$50/Month)
Spouse	\$120 (\$10/Month)	\$240 (\$20/Month)

TOBACCO INCENTIVE

Take a deep breath

If you're a tobacco user, you can earn your 2026 Tobacco Incentive by completing six health coaching phone calls with a Kapnick Strive Health Coach.

Requirement	Action(s) to Complete Requirement
Step 1: Enroll in the Program	<p>There's two ways to enroll in the Tobacco RAS Health Coaching program:</p> <ul style="list-style-type: none"> Email strive@kapnick.com with your Full Name & Primary Phone Number Call 877-233-2296 and ask to enroll in the Brazeway Tobacco Coaching Program <p>After enrollment, your health coach will reach out to you to schedule your remaining coaching calls. Enroll in the program by March 31, 2026.</p>
Step 2: Complete Six Health Coaching Calls	<p>In these brief phone calls, you'll work with a health coach to focus on what is most important to you when it comes to being tobacco free. As a participant, you'll have access to tools and support that can help you move forward in your quitting journey.</p> <p>Complete the program by May 31, 2026.</p>

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EARNING STRIVE POINTS

One healthy day at a time

Earn points for completing and submitting any of the below activities on your Kapnick Strive Wellness Portal (kapnickstrive.com/brazeway), and submit your own activities using the "Well-being Activity" section. Compete with co-workers or find an accountability partner!

Wellness Activities	Points Earned
Preventative Health	
Complete your Annual Well-Visit	500
Complete a Preventative Health Exam <ul style="list-style-type: none">Examples include: eye exams, mammograms, dental exams, cancer screenings, and more.	200 each/1200 max.
Receive a Vaccination	200 each/1200 max.
Tracking	
Reach 10,000 Steps/Day	5 each/1200 max.
Eat 3 Servings of Fruits & Vegetables/Day	6 each/1200 max.
Education	
Watch the Monthly Strive Webinar	100 each/1200 max.
Read an article in the HealthyLearn Library	25 each/300 max.
Attend a Wellness Presentation	200 each/800 max.
Activities	
Complete a Wellness Challenge	200 each/1000 max.
Complete a Well-being Activity <ul style="list-style-type: none">Examples include: volunteering, running a 5k, seeing a therapist, attending a financial wellness class, etc.	100 each/1200 max.



WELLNESS RESOURCES

Kapnick Strive Wellness Portal

www.kapnickstrive.com/brazeway



	Description
HealthyLearn Library	The HealthyLearn Library offers a variety of educational resources and tools to improve your health and well-being, including articles on stress management, sleep, financial wellness, and more. Access self-guided promotion programs from quitting tobacco to managing weight. Check your symptoms, find walking plans, search healthy recipes, utilized the ask a health coach feature, and more!
Tracking	Learn healthy behaviors and build habits in wellness challenges while your log your activities for points.
Social	Post on the message board, read testimonials, view upcoming health & wellness events, and more on the social page of the Wellness Portal.

MyWell App

Access the Kapnick Strive Wellness Portal from your phone with the MyWellApp.

- Visit your phone's app store and download "**MyWellApp**" by CoreHealth
- After the app has downloaded, go to your Wellness Portal account to get your mobile access code:
 - Hover over your avatar in the upper right corner of the page
 - Select "**Mobile Access**"
 - Select "**Create a new code**" and save your code
- Enter your mobile access code into the app after waiting 1-2 minutes.

Health Hub

Access all your health & wellness resources in one place.

info.kapnick.com/brazewayhealthhub



	Description
Kapnick Strive Links	Access webinar recordings, health and wellness newsletters, register for specialized presentations including the Meditation Moments series, and more. You can also be directed to the wellness portal, health guides, and more!
Documents	Download your benefit guide to learn what's available to you as a Brazeway employee. Access a digital copy of the program guide and find any other relevant documents.
How-To & FAQs	Uncover support on logging into the Kapnick Strive Wellness Portal, instructions for downloading the app, and more frequently asked questions.
Health Benefits	Get quickly linked to your healthcare providers, from medical to dental, vision and more!
Health Screening Information	Find the most up-to-date information on the annual Strive Health Screenings.

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FREQUENTLY ASKED QUESTIONS

Q: How do I access my wellness portal?

A: Visit www.kapnickstrive.com/brazeway

- If you've logged in before, select **"Log In"** and enter your existing username and password.
- If you're a first-time user, select **"Sign-Up"** and follow the below steps:
 - Enter your **last name, date of birth, and the last 4 digits of your social security number**. Select **"Lookup Account"** and agree to the terms and conditions.
 - Create a username and password. Enter remaining information to complete your profile.
 - The first time you log in, you will be prompted to complete the HRA before advancing into the rest of the portal.

If you are unable to access your account for any reason, please reach out to strive@kapnick.com.

Q: Will my information and interaction with Kapnick Strive remain private?

Your personal and health information is kept strictly confidential and will not be shared with anyone at Brazeway, affiliates, or any third party.

Q: I have a question that's not on this page.

Scan here to access our FAQ page.



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