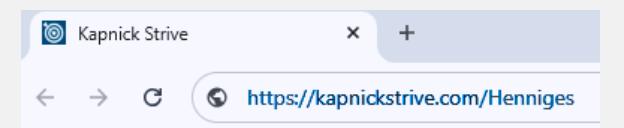


HOW TO LOG IN TO YOUR KAPNICK STRIVE WELLNESS PORTAL

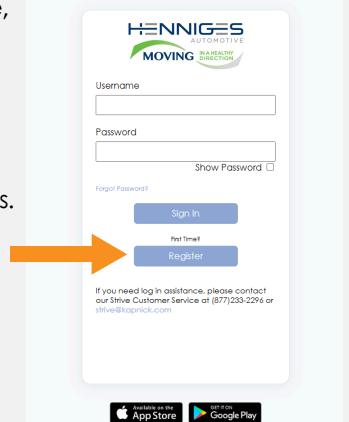
STEP 1: ACCESS THE WEBSITE

1. Open your web browser (Chrome, Firefox, Edge, Safari, etc.)
2. In the address bar, type [www.kapnickstrive.com/Henniges](https://kapnickstrive.com/Henniges) and press **ENTER**



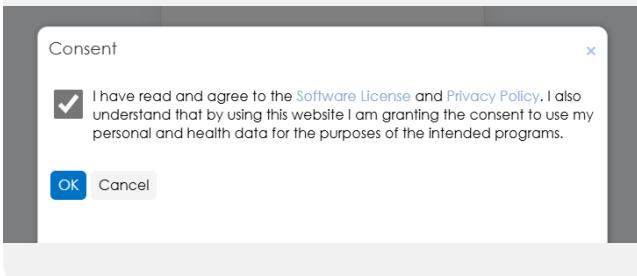
STEP 2: CLICK ON 'FIRST-TIME USER?'

1. On the homepage, locate the login section.
2. Click on the '**Register**' link to begin the registration process.
3. Enter your information and select '**Lookup Account**'.



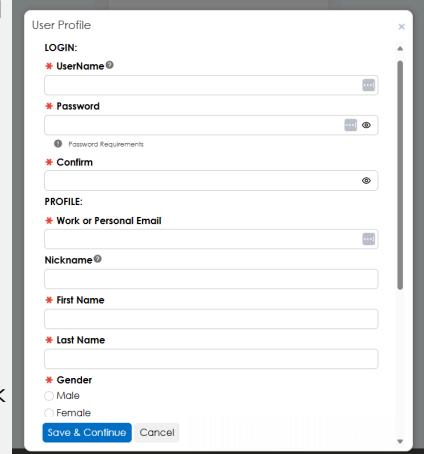
STEP 3: CHECK THE CONSENT BOX

1. Check the consent box and select '**OK**'



STEP 4: CREATE YOUR ACCOUNT

1. You will be prompted to provide the following:
 - a. Username
 - b. Password
 - c. Email (optional)
 - d. First & Last Name
 - e. Gender
 - f. Time Zone
 - g. Password Recovery Question
2. Once completed, click '**Save & Continue**'



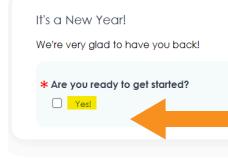
Note! Password must be:

- o at least 8 characters long
- o contain at least 1 numeric character
- o contain at least 1 special character
 - (e.g., !, @, #, \$)

STEP 5: WELCOME MESSAGE & HEALTH RISK ASSESSMENT

1. Check the box that says '**Yes**' to the welcome question: "Are you ready to get started?"
2. Once the box is checked, click '**Finish**'

Welcome to the New Program Year!



3. Complete the **Health Risk Assessment (HRA)**. The HRA is confidential and is used to customize your Wellness Portal recommendations and is **one of the required wellness activities to earn your wellness incentive**.

Welcome to the HealthyLife® Portal!

How would you like to log your physical activity?
(Don't worry, you can always change this later on the Track page.)



HAVE QUESTIONS OR NEED ASSISTANCE?

Contact Us!

Email
strive@kapnick.com

Phone
877-233-2296

STEP 6: SELECT OPTIONS FOR LOGGING ACTIVITY

1. Select how you would like to log your physically activity (you can always change this later).
2. Select '**Close**'
3. **Explore your Wellness Portal!**