

How to Enroll in RAS Health Coaching for your 2027 Wellness Incentive

STEP 1: COMPLETE YOUR HEALTH RISK ASSESSMENT ON THE PORTAL

The Health Risk Assessment (HRA) is confidential and appears when you log in to your portal for the first time every year.

STEP 2: REVIEW YOUR HEALTH REPORT ON THE PORTAL

Employees and covered spouses who have **three (3) or more health risks** on their health report can earn their well-visit incentive by completing six telephonic RAS health coaching calls with a Kapnick Strive Health Coach.

STEP 3: ENROLL IN THE RAS HEALTH COACHING PROGRAM

Enroll on your Kapnick Strive Portal:

- www.Kapnickstrive.com/Henniges (or)
- Scan the QR Code below
- On the homepage, click **“Enroll on the Coaching Page”**

On the Coaching Page:

- Click **“Join a Program”**
- Select a time and date that is convenient for you to speak with a coach for your initial appointment

Kapnick Strive Points Program

2025 Year to Date

Total Points

Complete the following to become incentive eligible:

- ✓ HRA Completed!
- ✓ Completed: Annual Well Visit ?
- ✗ Meet One of the Outcomes Below:
 - Receive 2 or Fewer Health Risks
 - Complete the RAS Health Coaching Program ?

[Enroll on the Coaching page](#)

Reasonable Alternative Standard Health Coaching / RAS Coaching Program Year 2025

The Reasonable Alternative Standard Health Coaching Program is a 6 week telephonic health coaching program where a health coach will call once per week to work on health related goals you have in mind, help you with exercise and nutritional questions and review your health report/answer questions you may have. Upon completion of the 6 health coaching calls, you will become incentive eligible.

STEP 4: COMPLETE SIX HEALTH COACHING CALLS VIA TELEPHONE

In these calls, you'll work with a health coach to focus on what is most important to you when it comes to your well-being. The calls will typically last 5-10 minutes.

DEADLINES:

ENROLL IN THE PROGRAM BY OCTOBER 15, 2026
COMPLETE THE PROGRAM BY NOVEMBER 30, 2026

[Scan For Strive Portal](#)



Questions regarding enrolling?

Email: strive@kapnick.com (or) Call: 877-233-2296