

# 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](http://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:	
<input checked="" type="checkbox"/> HRA Completed!	
<input checked="" type="checkbox"/> Completed: Annual Well Visit	
<input checked="" type="checkbox"/> Meet One of the Outcomes Below:	
<input checked="" type="checkbox"/> Receive 2 or Fewer Health Risks	
<input checked="" type="checkbox"/> Complete the RAS Health Coaching Program	
<a href="#">Enroll on the Coaching page</a>	

Reasonable Alternative Standard Health Coaching / RAS Coaching Program Year 2025	Join a Program
<p>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.</p>	

## 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**

**Questions regarding enrolling?**

**Email: [strive@kapnick.com](mailto:strive@kapnick.com) (or) Call: 877-233-2296**

Scan For Strive Portal

