

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 **"View Program Details"**
- 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	view program details
Congratulations! You've already taken the first step to improving your health and well-being. Click View Program Details above to learn more about your next steps. Session RAS Initial Call with Intake Form is overdue.	

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 10-15 minutes.

DEADLINES:

ENROLL IN THE PROGRAM BY OCTOBER 15, 2026

COMPLETE THE PROGRAM BY NOVEMBER 30, 2026

Questions regarding enrolling?

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

Scan For Strive Portal

