



# How to Enroll in Tobacco RAS Health Coaching

## STEP 1: GO TO THE KAPNICK STRIVE PORTAL

Log into your Kapnick Strive Portal:

- [www.Kapnickstrive.com/Henniges](http://www.Kapnickstrive.com/Henniges) (or) Scan the QR Code (below)

## STEP 2 : ENROLL IN THE TOBACCO RAS HEALTH COACHING PROGRAM

On your Portal Homepage:

- Click **"Enroll on the Coaching Page"**

Kapnick Strive Points Program

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

✗ Complete the RAS Tobacco Health Coaching Program  
[Enroll on the Coaching page](#)

On the Coaching Page:

- Scroll down to Tobacco RAS Health Coaching Programs
- Click **"View Program Details"**

Tobacco RAS Health Coaching Program / Tobacco RAS Health Coaching Program Year 2025

[View Program Details](#)

Congratulations! You are enrolled in the RAS Tobacco Health Coaching program. Select **View Program Details** above to learn more about your next steps.

Session Tobacco RAS Initial Call with Intake Form is overdue.

- Select a time and date that is convenient for you to speak with a coach for your initial appointment & **fill out your intake form**

**Pick Your Appointment Time**

[Tobacco RAS Initial Call with Intake Form / Call 1 - Initial Appointment \(Any Available RAS Coach\)](#)

## STEP 3: COMPLETE SIX TOBACCO HEALTH COACHING CALLS VIA TELEPHONE

The coaching calls will typically last 10-15 minutes.

## STEP 4: TOBACCO SURCHARGE IS REMOVED AND REFUNDED

After all six coaching calls are completed by 9/30/2026, the tobacco surcharge will be removed, and the full amount of the surcharge previously charged **will be refunded**.

### DEADLINES:

ENROLL IN THE PROGRAM BY AUGUST 1, 2026

COMPLETE THE PROGRAM BY SEPTEMBER 30, 2026

Questions regarding enrolling?

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

Scan For Strive Portal

