



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 (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 “Join a Program”

TOBACCO RAS HEALTH COACHING PROGRAMS ⓘ

If you are a tobacco user you may enroll in the RAS Tobacco Health Coaching program and complete the program to avoid the 2026 tobacco surcharge.

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

The Tobacco RAS Health Coaching program includes 6 telephonic coaching calls within a 12-week window. Each participant that enrolls will receive 6 outbound calls from a health coach to focus on what is most important to them when it comes to being tobacco free. Participants will have access to tools and support to help them move forward in the quitting tobacco process.

- 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 5-10 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 (or) Call: 877-233-2296

Scan For Strive Portal

