

How to Eliminate Your 2026 Tobacco Surcharge

If you self-reported as a tobacco user in BenXpress during open enrollment, you can eliminate your 2026 Tobacco Surcharge by completing six telephonic health coaching calls with a Kapnick Strive Health Coach.



STEP 1: ENROLL IN THE TOBACCO RAS COACHING PROGRAM

How to enroll in the program:

- **Enroll on your Kapnick Strive Portal:** www.Kapnickstrive.com/Henniges
- After enrollment, your health coach will reach out to you at the date and time you selected.

Email strive@kapnick.com for help or questions regarding enrolling

Scan For Strive Portal



STEP 2: 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 being tobacco free. **As a participant, you'll have access to tools and support that can help you move forward in your quitting journey.**



**DEADLINES: ENROLL IN THE PROGRAM BY AUGUST 1, 2026
AND COMPLETE THE PROGRAM BY SEPTEMBER 30, 2026**

Questions?

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