

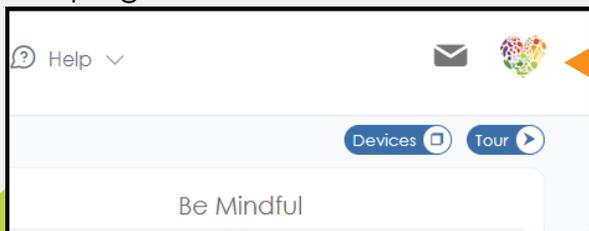
DOWNLOAD THE APP FOR THE KAPNICK STRIVE WELLNESS PORTAL

STEP 1: REGISTER YOUR KAPNICK STRIVE ACCOUNT

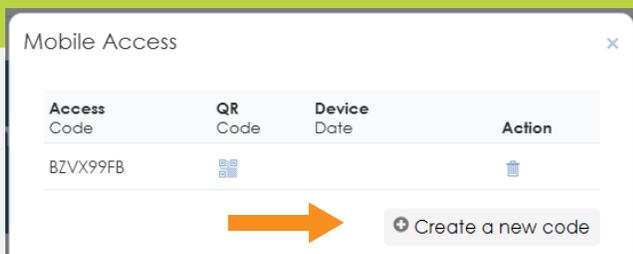
1. Go to the Kapnick Strive Portal at (www.Kapnickstrive.com/Kapnick)
2. Click 'Register' and fill in the prompts

STEP 2: FROM A WEB BROWSER

1. Go to the Kapnick Strive Wellness Portal (www.kapnickstrive.com/Kapnick) and Login
2. Click on **Your Profile Image** in the top right corner.

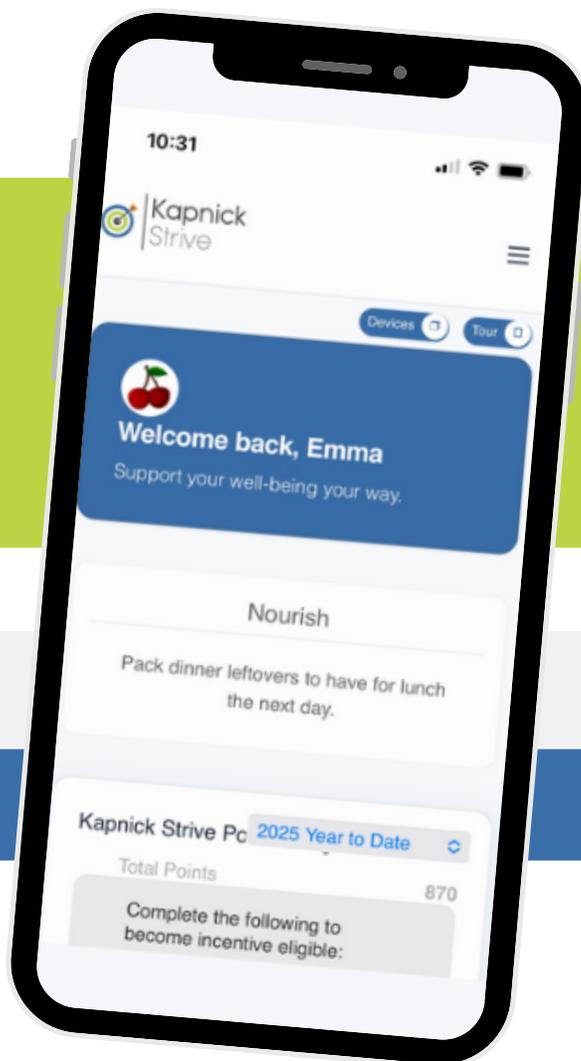


3. Select '**Mobile Access**'.
4. Click '**Create a new code**' to generate your access code.



STEP 3: FROM YOUR SMARTPHONE

1. Download and install the **MyWellApp** from the [Apple Store](#) or [Google Play](#).
2. Open the MyWell App on your phone.
3. **Enter the Access Code** generated in the previous step.
4. You're connected!



HAVE QUESTIONS OR NEED ASSISTANCE?

Contact Us!

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Kapnick
Strive