

How to Enroll in RAS Health Coaching

For those that complete the Health Screening, the criteria to be incentive eligible is one of the following:

1. First time participant.
2. Health Score is 70 or above.
3. Improvement of 5 points from previous year.
4. Complete Reasonable Alternative Standard (RAS) Health Coaching program.

If you'd like to enroll into the RAS Health Coaching program, follow these steps:

1

On the home page of your wellness portal, scroll down to the Kapnick Strive Points Program. Click where it says, "Enroll on the Coaching page."

2

Under "Pick Your Appointment Time," click "RAS Initial Call with Intake Form / Initial Appointment". Select & book your appointment.

3

You can review the coaches' availability by selecting the ellipses at the bottom of each day to choose what works for the both of you. Reschedule, cancel, or add your appointment to your calendar by selecting the respective option on your screen.

4

Complete the Health & Lifestyle Profile Form. This is a 3 page form that must be completed and select the finish button on the last page.

5

That's it! Your health coach will call you at your selected scheduled time



Scan the QR code to
log in to your
wellness portal and
enroll now.

STILL HAVING TROUBLE OR JUST
NEED SOME ASSISTANCE?
EMAIL US AT:
STRIVE@KAPNICK.COM