

We are pleased to provide the Kapnick Strive on-site biometric health screenings again this year to all benefits-eligible Cooperative Elevator employees. This offering enables you to:

- Know your numbers
- Manage your existing health
- Improve on areas that demonstrate future risk

In addition to offering this program to you at no charge, we will again provide an incentive for meeting the qualifying criteria and improving your health over time.

After completing your health screening, you will receive a health report containing your biometric measurements to give you an objective view of your health risks and link those risk factors to your lifestyle choices.

The information obtained is strictly confidential and will not be shared with anyone at Kapnick Insurance Group or your employer.

## QUESTIONS?

For questions or more information, contact the Strive team.



877-233-2296



strive@kapnick.com



Scan the QR code to explore your Health Hub and learn about the health screenings.



## HEALTH SCREENING INFORMATION



# SCREENING DATES & TIMES

LOCATION	DATE(S)	TIME(S)
Akron	January 28	7:00 -11:00 AM EST
Pigeon	January 29	7:00 -11:00 AM EST
Ruth	January 27	7:00 -11:00 AM EST
Othello, WA	January 27	7:00 -10:00 AM PST

If you wish to participate in this program and work outside of one of the locations above, you may request an At-home screening kit by **February 12, 2026**.

To request a kit, please complete the **At-home Screening Kit Request Form** by scanning the QR code or emailing [strive@kapnick.com](mailto:strive@kapnick.com).



*All at-home screening kit requests are subject to employer approval.*

# NEED TO KNOW

## Screening Logistics

Each on-site health screening appointment lasts 10-15 minutes and is conducted by a professional, certified nurse or phlebotomist.

## How to Schedule Your Screening

Starting **January 7, 2026**, schedule your biometric health screening appointment through your wellness portal at [www.kapnickstrive.com](http://www.kapnickstrive.com).

*We highly recommend scheduling an appointment to secure your spot.*

## Completing Your HRA

To qualify for the incentive, complete an online Health Risk Assessment (HRA) in addition to your health screening. The HRA appears at your first portal login each year, with a lifestyle report available on the assessment page after completion.

## Accessing Your Health Report

Within 7-10 business days after your screening, you can access your confidential health report on the wellness portal at [www.kapnickstrive.com](http://www.kapnickstrive.com).

Your report includes your personal health score, a number based solely on your screening results, ranging from 0-100, with 100 being 'ideal' health. This score reflects only modifiable risk factors, empowering you to improve your health through lifestyle changes.

# WELLNESS INCENTIVE

Complete the following requirements to earn the 2026 Wellness Incentive:

## First Time Participants

- ✓ Complete the online Health Risk Assessment (HRA)
- ✓ Complete the biometric health screening and obtain a baseline health score

## Repeat Participants

- ✓ Complete the online Health Risk Assessment (HRA)
- ✓ Complete the biometric health screening
  - ✓ Score 70 or higher OR
  - ✓ Improve previous score 5+ points OR
  - ✓ Complete the RAS health coaching program

## Reasonable Alternative Standard (RAS)

If you are a repeat participant who has not met the incentive criteria, you can still qualify for the incentive by enrolling in the Reasonable Alternative Standard (RAS) program.

This 6-week telephonic program pairs you with a health coach to review your results and create a personalized well-being plan. Enrollment deadline: **February 27, 2026**. Completion deadline: **April 10, 2026**.