

HEALTHYLEARN

Library

Available directly from the homepage of your Kapnick Strive Wellness Portal, our HealthyLearn Library offers a variety of educational resources and tools to improve your health and well-being:



Educational articles on stress management, nutrition, sleep, financial wellness, and more!



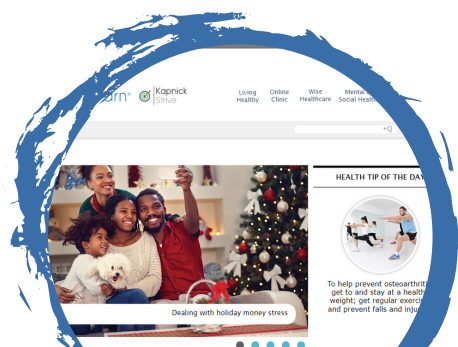
Self-guided health promotion programs from quitting tobacco to managing weight



Ask a health coach feature



Symptom checker, financial wellness assessment, walking plans, and other tools



Access now at www.kapnickstrive.com/Ajax