

Your health matters. Take advantage of our free wellness screening to gain valuable insights into your health, identify potential concerns early, and take proactive steps toward your well-being. It's quick, confidential, and an investment in your future—we encourage everyone to participate! In addition, just by participating, you can reduce the amount of premiums that you pay for our health care plan.

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 your wellness screening, you'll receive a personalized health report that provides a snapshot of your current health. The report includes your screening results, such as blood pressure, cholesterol, blood glucose, body measurements, and other key health indicators (based on the tests included in your screening). It also explains what your results mean and compares them to recommended healthy ranges. This confidential report is a valuable tool to help you make informed decisions, track your progress over time, and discuss any concerns with your healthcare provider if needed.

## YOUR PRIVACY MATTERS

**Your personal health information is private.**

Your individual screening results **will not** be shared with your employer.

Only you will receive your personal health report.

## 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

To: All Brazeway Employees & Covered Spouses  
July 2026



# SCREENING DATES & TIMES

## How to Schedule Your Screening

Starting **July 20, 2026**, schedule your health screening appointment on your wellness portal at [www.kapnickstrive.com](http://www.kapnickstrive.com).

| LOCATION     | DATE(S)   | TIME(S)        |
|--------------|-----------|----------------|
| Adrian       | August 17 | 6:30am-11:30am |
|              | August 26 | 6:30am-10:30am |
| Hopkinsville | August 11 | 4:00AM-8:30AM  |
|              | August 11 | 3:00PM-6:00PM  |
|              | August 12 | 4:00AM-8:00AM  |
|              | August 12 | 3:00PM-6:00PM  |
| Shelbyville  | August 25 | 6:00AM-9:30AM  |
|              | August 25 | 5:00PM-6:30PM  |
|              | August 26 | 6:00AM-9:00AM  |
|              | August 26 | 5:30PM-7:30PM  |

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 **August 27, 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.*

## WHAT TO EXPECT

### 1 Log In & Complete Your HRA

Log in at [www.kapnickstrive.com](http://www.kapnickstrive.com).

If this is your first time logging in this year, you will be prompted to complete your Health Risk Assessment (HRA) first.

You only need to complete the HRA **once per year**. If you already completed it, you do not need to complete it again.

### 2 Schedule Your Screening

Beginning **July 20, 2026**, log in to your wellness portal to schedule your onsite screening appointment.

We recommend scheduling early to get the appointment time that works best for you.

### 3 Attend Your Screening

Your onsite appointment takes about **10–15 minutes**.

A certified nurse or phlebotomist will perform your screening.

### 4 View Your Results

Your confidential health report will be available in your wellness portal about **7–10 business days** after your screening.

Your report includes:

- Your biometric results
- Your overall health score
- Personalized information to help you improve your health

### 5 Check Your Incentive Status

See the requirements on the right to confirm whether you earned the **new 2027 wellness incentive**.

# WELLNESS INCENTIVE

Complete the following requirements to earn the 2027 Wellness Incentive:

## First Time Participants

- ✓ Complete the online HRA
- ✓ Complete the biometric health screening
- ✓ View & acknowledge your health report in the Kapnick Strive Wellness Portal no later than November 18, 2026

## Repeat Participants

- ✓ Complete the online HRA
- ✓ Complete the biometric health screening
  - ✓ Score 70 or higher **OR**
  - ✓ Improve previous score 5+ points **OR**
  - ✓ Complete the RAS health coaching program
- ✓ View & acknowledge your health report in the Kapnick Strive Wellness Portal no later than November 18, 2026

|          | Participation            | Meets Criteria           |
|----------|--------------------------|--------------------------|
| Employee | \$620 (previously \$360) | \$860 (previously \$600) |
| Spouse   | \$120                    | \$240                    |

\*The tobacco incentive has been removed and rolled into the wellness incentive. The tobacco cessation program is still being offered to those interested.