



# Wellbeing at Work

March 2026

## How to Notice Burnout Before it Hits Hard

Burnout builds gradually and affects your energy, focus, and emotional balance. Early signs include irritability, mental fog, low motivation, sleep changes, and feeling disconnected. Physically demanding jobs may feel harder, while office tasks take longer than usual. Recognizing burnout early helps you reset routines, protect your mental health, and avoid a deeper crash.

Scan the QR Code to read more



Scan QR code to read more

**Be sure to log your activities and earn your points for  
a chance to win \$50 in the PC2 Raffle!**

**Point Cycle 2 closes on March 31, 2026 at 11:59 PM EST**

There will be two winners from each location and employees only are eligible to win.



## This Month's Events

### Meditation Moment

March 11, 2026 2:00-2:30 PM EST

Tune in to participate in a meditation to reduce stress and anxiety, improve mental clarity, and hit your internal refresh button!

[Scan QR code to go to your portal to register](#)

Join Here



### Monthly Webinar: GLP-1 Drugs Decoded

March 25, 2026 12:00-12:30 EST

Join to learn the science, risks, benefits, and headlines surrounding these increasingly common drugs.

Can't watch it live? The recorded webinar will be available in the Strive Library.

Join Here



Scan to register



## News & Announcements

### INTRODUCING YOUR NEW BENEFITS CORNER

The Benefits Corner is designed to help you better understand the programs through your Henniges Automotive benefits plan. The highlighted programs will range from health benefits to learning how to advocate for better care, and even some financial wellness!

All of these benefits will be available to you, with some extending to covered family members. We believe that education is power, and **our goal with the Benefits Corner is to empower you and your decisions surrounding your health and well-being!**



### This Month's Highlighted Program



#### Diabetes Management and GLP-1s

While GLP-1 drugs are a hot topic right now, there is a **FREE Diabetes Management program** available to you through your Blue Cross Blue Shield of Michigan health plan!

This program offers free supplies, guidance, and tips on how to manage your diabetes and improve your overall health. To learn more, scan or click the QR code.



Scan the QR code to go to your resources.

## Strive Portal



In your portal - you can join challenges, track points, browse the HealthyLearn Library, upload your wellness form & more!

## Health Hub

Check out your Health Hub - from here you're able to access all of your benefit providers as well as all things Kapnick Strive - think of it as a one-stop shop for all things health and wellness!



## Strive Library



The Strive Library is used to register for upcoming events, access recorded webinars, newsletters, and complimentary resources!

## Well-Visit Form (PCP Form)

After completing your Health Risk Assessment (HRA) on the portal, completing your Well-Visit Form with your Primary Care Provider (PCP) is the next step toward earning your 2027 Wellness Incentive.

### Where to find the Well-Visit Form:

- Scan the QR Code to download
- On the homepage of your Strive Wellness Portal
- In your Health Hub

Once your PCP has completed the form, please **submit it by one of the following methods by 9/30/2026:**

- Upload to the Strive portal: [www.kapnickstrive.com/henniges](http://www.kapnickstrive.com/henniges) (or)
- Fax to 888-975-5086

Health Score Report will be available within 10 business days after submission.



## Feedback?

Scan the QR Code to leave your feedback on your wellness program



## Questions?

Reach out to your Wellness Coordinator:  
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