



Wellbeing at Work

April 2026

Back tightness is one of the most common workplace complaints—whether from sitting, standing, lifting, or repetitive movements. Micro-movements such as shoulder rolls, gentle twists, chest openers, and hip mobility exercises help reduce stiffness, improve posture, and prevent injury. Small movement breaks throughout the day offer big relief.

[Read more.](#)



Scan QR code to read more

Try This Today

Do a 30-second posture reset every time you check your phone.

This Month's Events

Managing Your Mental Health

Five with Strive Recorded Video

Learn five facts and five free resources about managing your mental health.

Earn 200 points for watching a wellness presentation on the portal.

Watch the video now!

Scan QR Code to view now!

Join Here



Monthly Webinar: Demystifying Credit Scores

April 29, 2026 12:00-12:30 EST

Your financial health impacts your overall well-being. Learn what drives your credit score, how it connects to stress and health outcomes, and how to build a better score.

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

Scan to register



News & Announcements

★ In-Person Wellness Presentation ★

Questions about the Strive portal or
how to earn your wellness incentive?

Get your questions answered at your upcoming
2026 Wellness Presentation!



April 16 Reidsville, NC
April 21 Keokuk, IA
April 23 New Haven, MO
April 30 Frederick, OK



Your Strive Wellness Coordinator will be on-site to help answer your questions.

Have a question now?

Reach out to your wellness coordinator. Renee.johnson@kapnick.com

8th Annual Strive Corporate Challenge starts in May!

Registration opens April 29th

Once registration opens the challenge will be listed on your portal homepage

Scan the QR code to go to your resources.

Benefits Corner Employee Assistance Program (EAP)

Health Advocate

Henniges is dedicated to providing its employees with the resources they need to feel supported both at work and at home.

Health Advocate is here to help you and your family with any health and well-being issues.

They offer services such as:

- Assistance with insurance questions, like claims and billing issues
- Finding counseling options
- Discussing issues affecting your life and well-being
- And More!

Scan the QR code to learn more



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.

Strive Library



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

Important Dates

- **Health Risk Assessment:** Completed by 9/30/2026
- **Well-Visit Forms:** Submitted by 9/30/2026
- **RAS Health Coaching:**
 - Enrolled by 10/15/2026
 - Completed by 11/30/2026
- **RAS Tobacco Coaching:**
 - Enrolled by 08/01/2026
 - Completed by 9/30/2026

Well-Visit Form

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

Where to send it:

- Upload to the Strive portal (or)
- Fax to 888-975-5086



Feedback?

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



Questions?

Reach out to your Wellness Coordinator:
Renee.Johnson@Kapnick.com
734-929-3717