



Wellbeing at Work

June 2026

How to Stay Ahead of Heat Exhaustion

Heat exhaustion can affect anyone—especially those working outdoors or in hot environments. Symptoms include dizziness, headache, fatigue, fast heartbeat, and nausea. Consistent hydration, electrolytes during long or hot shifts, regular breaks, and early symptom recognition help prevent serious illness.

[Read more.](#)



Scan QR code to read more

Try today

Drink from your water bottle three times every hour.

Note: Point Cycle 3 Ends 6/30/2026

Congratulations Henniges Automotive on being named one of Michigan's Best and Brightest Wellness Winners for 2026!

This prestigious distinction (from The National Association for Business Resources (NABR) recognizes organizations that exemplify an outstanding commitment to cultivating a culture of wellness and supporting the overall health and wellbeing of their employees....

Henniges Automotive's comprehensive wellness strategies address the full spectrum of wellbeing...ensuring a holistic approach that supports employees both personally and professionally.



[Click here](#) or scan QR code to read more

The 8th Annual Strive Corporate Challenge Results



And this year's Henniges trophy for the plant with the highest step average goes to... **TEAM IOWA**

Overall Henniges placed **9th** out of 18 of all the Strive Clients.



Thank you and congratulations to all the team members who participated!

Rank	Team	Average Steps
1	Team Iowa	189,682
2	Team North Carolina	179,700
3	Team Corporate	174,275
4	Team Oklahoma	128,743
5	Team New Haven	126,140

This Month's Events



Presentation: Your Health and Wellness

June 23, 2026 3:00-3:30 EST

If you were unable to attend any of the live presentations or if you have any questions regarding your well-visit form or how to earn your 2027 wellness incentive, this is a great place to get your questions answered.

[Click here to join](#)



Scan to join

Can't watch it live? The recorded presentation will be available on your Health Hub.

Monthly Webinar: Food Labels Exposed

June 24, 2026 12:00-12:30 EST

Nutrition Facts

Serving Size oz.	
Serving Per Container	
Amount Per Serving:	
Calories	Calories From Fat
% Daily value*	
Total Fat	%
Saturated Fat	%
Trans Fat	
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Sugars	
Protein	

*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

“Natural,” “Whole Grain,” “Zero Sugar”... What do these really mean? Learn how to read food labels and navigate misleading packaging to make informed nutrition choices.

[Click here to register](#)



Scan to register

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

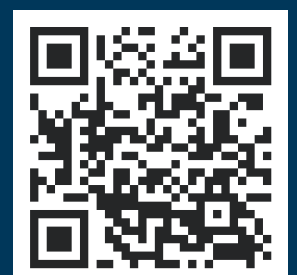
Quarterly Webinar: Meditation Moment

June 10, 2026 2:00-2:30 EST



Need a quick reset? Join us for a Meditation Moment - a short, guided experience designed to quiet the mind and restore your energy.

[Click here to register](#)



Scan to register

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

Click the resource name or scan the QR code to go to your resources.

Benefits Corner

Prescription Coverage

- Did you know that Blue Cross Blue Shield of Michigan/Blue Care Network prescription drug plan includes expertise to help ensure that your medicine is safe, effective, and a good value?
- Through a tiered system, Blue Cross helps you identify which prescription drugs are covered under your plan and which ones may cost you money out-of-pocket.
- **Knowing the difference** between these tiers and discussing alternatives with your doctor **can save you money** on your prescriptions!



[Click Here](#) or 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