



Wellbeing at Work

July 2026

Fueling Summer Energy

Summer brings heat, outdoor activity, and long days—making hydration and nutrient-dense foods essential. Water-rich foods like berries, citrus, cucumbers, and tomatoes help support energy, while balanced meals with lean proteins and whole grains prevent fatigue. Seasonal eating is a simple, delicious way to support wellness.

[Read more.](#)



Scan QR code to read more

Congratulations to the PC3 Raffle Winners of \$50 Snappy Dollars

Keokuk, IA: Clifford Dodson & Jerry Wheeler
Reidsville, NC: Barbara Walters & Michael Watson
Fredericks, OK: Emelene Wookey & Shaun Phillips
Auburn Hills, MI: Zhaoyang Shao & Karteek Manchala
New Haven, MO: Abbi Altnether & Dawn Smith

BEST AND
BRIGHTEST
IN WELLNESS
WINNER 2026

This Month's Events

Amazing America Step-Challenge

July 1- July 29

[Click here to Join](#)

Experience some of the splendor the beautiful US has to offer in this virtual challenge, and step up to see what you've been missing.



Scan to join

Monthly Webinar: AI in Wellness

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

Join this Kapnick Strive webinar to learn how to use health AI tools to support—not replace—personalized well-being. We'll cover the pros, cons, and what to watch for.

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

[Click here to register](#)



Scan to register

Deadline for 2027 Incentive Requirements: 9/30/2026

To complete your requirements for your 2027 incentive:

- 1) Complete your Health Risk Assessment on the [Strive Portal](#)
- 2) Have your well-visit form completed by your PCP

Where to find the Well-Visit Form:

- Scan the QR Code to download
- In your Health Hub
- On theStrive Wellness Portal

Where to send it:

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



[Click here for form](#)

Kapnick Strive 2026 Henniges Automotive Well-Visit Form	
Participant Instructions: Exams and lab tests must be performed between 10/1/2025 - 9/30/2026. Participant to complete the top portion of the form. Health Care Provider to complete the bottom portion. Upload your completed form within your Kapnick Strive Rewards Points Program on your wellness portal at www.kapnickstrive.com OR FAX to 888-975-5086. Forms must be received by Kapnick Strive no later than 9/30/2026. Questions: Contact Kapnick Strive at strive@kapnick.com	
FIRST NAME	LAST NAME
GENDER ☐ MALE ☐ FEMALE	DATE OF BIRTH
PRIMARY PHONE #	
By signing below, I consent to the participation in the wellness program, associated screenings and to the release of my medical information to Kapnick Strive. I understand that my participation is voluntary, and my employer will not receive my results. I consent that the information on this form is complete and accurate.	
PARTICIPANT SIGNATURE: _____	
Health Care Provider: Your patient's employer is offering a wellness program with the required screenings listed below. To ensure your patient receives their incentive, please complete all labs, biometric measures, and fields on the form, then return it to the patient. Incomplete forms cannot be accepted.	
DATE OF EXAM	FASTING STATUS ☐ YES ☐ NO
WAIST CIRCUMFERENCE _____ inches BLOOD PRESSURE _____ mm Hg HDL CHOLESTEROL _____ mg/dL TRIGLYCERIDES _____ mg/dL FASTED BLOOD SUGAR GLUCOSE _____ mg/dL	BLOOD PRESSURE TARGET RANGE MEN: < 130 mm Hg WOMEN: < 130 mm Hg HDL TARGET RANGE MEN: >= 40 mg/dL WOMEN: >= 50 mg/dL TRIGLYCERIDES TARGET RANGE < 150 mg/dL FASTING GLUCOSE TARGET RANGE < 100 mg/dL
ADDITIONAL COMMENTS: _____	
PROVIDER SIGNATURE (Type and print name, verify the information above is complete and accurate). PROVIDER PRINTED NAME _____ PROVIDER SIGNATURE _____	PROVIDER PHONE # _____ DATE _____

Benefits Corner

Blue Distinction Centers (BDC)

- As a Henniges employee with medical coverage, you have access to Blue Distinction Centers as part of your health plan. The Blue Distinction Center is a national quality designation from the Blue Cross Blue Shield Association. Blue Distinction Specialty Care recognizes providers for delivering high-quality, effective, cost-efficient care in specialty treatment.
- If you are planning on or have been thinking about bariatric surgery, Blue Cross Blue Shield and Blue Care Network have compiled a list of Blue Distinction Centers that you **must use** to receive treatment.

[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 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