

AUGUST 2026

Wellbeing at Work

Why You're Tired Even When You Sleep

Sleep quality matters more than sleep quantity. Screens, irregular schedules, stress, caffeine, and late meals can disrupt your body's rhythm—even if you're in bed for 8 hours. A consistent nighttime wind-down routine helps your brain shift into sleep mode and improves how refreshed you feel in the morning.

Scan to read the article



[READ MORE](#)

Important News

Deadline for your 2027 Wellness Incentive requirements is 9/30/2026

To complete the requirements for your and your covered spouse's 2027 Wellness Incentive:

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

[Click here for well-visit form](#)



2026 Henniges Automotive Well-Visit Form

Participant Instructions: Complete this form with your physician or provider. It is required for the 2027 Wellness Incentive. Participants must complete this form and submit it to their physician or provider. The form must be completed by 9/30/2026. Forms must be received by Kapnick Strive no later than 9/30/2026.

Questions: Contact Kapnick Strive at sk@kapnick.com

First Name: _____ Last Name: _____

Gender: ☐ Male ☐ Female ☐ Other _____ Date of Birth: _____

Primary Phone: _____

PARTICIPANT SIGNATURE: _____

Health Care Provider: This participant's completion of this form is required for the 2027 Wellness Incentive. The participant's completion of this form is required for the 2027 Wellness Incentive. The participant's completion of this form is required for the 2027 Wellness Incentive.

Date of Exam: _____ Exam Type: ☐ Yes ☐ No

HEALTH INFORMATION:

Weight (Pounds): _____ Height (Feet/Inches): _____ Blood Pressure (Systolic/Diastolic): _____ Cholesterol (Total/HDL/LDL): _____ Triglycerides: _____ Fasting Blood Sugar (Glucose): _____

ADDITIONAL COMMENTS: _____

PROVIDER SIGNATURE: _____ DATE: _____

Who is required to do the RAS Health Coaching?

*If your **Health Report Score is 3 or more**, you will need to enroll in 6 weeks of RAS Health Coaching. This is where you can enroll:

- 1 The homepage of your [Strive Portal](#)
- 2 Email Strive@Kapnick.com
- 3 Call 1-877-233-2296



Enroll by **10/15/2026**
Complete by **11/30/2026**

[Click here for flyer on how to enroll in coaching](#)

*Note: RAS Health Coaching is for Non-Union Hourly and Salaried team members and their covered spouses with a Health Report Score of 3 or more

Upcoming Events



Monthly Webinar:
Vitamins, Supplements,
Greens & More
August 26 12-12:30 EST



Join this Kapnick Strive webinar to learn the truth behind popular supplements, bust common myths, and get practical tips for making smart, safe choices that support your health.

[Click or scan to register](#)

Benefits Corner

Tax-Favored Accounts

Tax-favored health accounts are specialized savings, investment, or spending accounts that offer unique tax breaks to help cover medical expenses.

At Henniges, we are proud to offer multiple options to fit our population's needs, whether it be a health savings account (HSA) paired with your high-deductible health plan, or one of our flexible spending account (FSA) options.



[Click here for more information](#)