

SEPTEMBER 2026



Wellbeing
at Work

The 2-Hour Rule for Resetting Your Routine

September brings a natural desire to get organized. The 2-Hour Rule—setting aside just two hours each week for planning—helps create structure without overwhelm. Use this time for meal prep, organizing your week, movement planning, or catching up on personal tasks. Two hours is enough to feel grounded without adding stress.

Scan to read



[READ MORE](#)

Important News

The **Tobacco RAS Program deadline** has been **extended!**
Enroll by **9/30/2026** and complete the program by **11/15/2026** to remove your tobacco surcharge.



Health Risk Assessment and Well-Visit forms need to be completed and submitted by **9/30/2026**



Reward Point Cycle PC4 ends **9/30/2026**

Upcoming Events



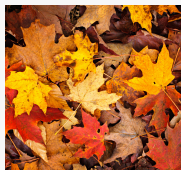
Strive Monthly Webinar:

Caffeine Clarity
September 30
12-12:30 EST

Join this Kapnick Strive webinar to learn how caffeine affects your brain, sleep, mood, and more—across sources like coffee, tea, energy drinks, and supplements.



[Click or scan to register](#)



Strive Meditation Moment:

September 9
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 or scan to register](#)

Going for Growth Challenge

Wellness Challenge:

September 2-30

Turn over a new leaf and go for growth in this virtual challenge! Track daily habits including physical activity, water, fruit & vegetable intake, and vitamin consumption to fill the tree with leaves! The more people prioritizing their well-being, the stronger we grow!



[Click or scan to register](#)

Benefits Corner

How Medical Plans Work:

Embedded vs. Aggregate Deductibles

One of the most important health care concepts to understand is how your deductible works. A deductible is the amount you pay for covered health services before your health plan begins to pay. For family coverage, there are two basic types of deductibles: embedded and aggregate.

Scan the QR code to learn more about the differences between these deductible types and which one may work best for you and your family.



[Click here for more information](#)



[Henniges Strive Portal](#)



Strive@kapnick.com



877-233-2296



[Give Feedback](#)