

OCTOBER 2026

Wellbeing at Work



What Actually Boosts Immunity

The strongest immunity tools are simple: enough sleep, stress management, hydration, physical activity, and nutrient-dense foods. Supplements can help in specific medical circumstances, but they can't replace consistent daily habits or vaccinations. Fall is the perfect time to strengthen your baseline.

Scan to read



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Upcoming Events



Cancer Awareness Challenge:

October 19 - November 15

Researchers say if we stopped using tobacco, maintained a healthy weight, exercised regularly, avoided diets rich in red meat, and ate diets rich in fruits and vegetables, we would prevent two-thirds all cancers. Join the challenge!



[Click or scan to register](#)



Strive Monthly Webinar:

Menopause and Beyond

October 29

12-12:30 EST

This Kapnick Strive webinar dives into the modern understanding of menopause and perimenopause—covering symptoms, support, and science-backed solutions.



[Click or scan to register](#)

Celebrating some of our IA Strive Corporate Challenge winners and their well-earned bragging rights.



Important News

The Strive Portal will reset on 10/15/2026 and will not be available until 10/19/2026 for the 2027 program year

The first time you log in after the reset you will be required to complete your annual Health Risk Assessment for the new program year

Grand Prize and PC4 Strive Raffle Winners

\$500 SNAPPY DOLLAR WINNER

Reidsville, NC: Marie Laws



\$50 SNAPPY DOLLAR WINNERS

Auburn Hills, MI: Zhaoyang Shao & Brian Nordstrom

Fredericks, OK: Shaun Phillips & Emelene Wookey

Keokuk, IA: Darin Hopp & Sandra Jingst

Reidsville, NC: Christy Davis & Dieter Graumann

New Haven, MO: Billy Crabtree & Georgeann Owens Howard

Benefits Corner ~ Maven

Henniges offers a wonderful resource called Maven, designed to support you or your covered spouse through pregnancy, postpartum, and menopause.

Maven, is a program offered through your health plan at no extra charge to you. You can receive instant access to licensed health providers who specialize in these fields, providing you with support for nutrition, sleep coaching, and anything else you may need for these new stages of life. **Scan the QR code to learn more!**



[Click here for more information](#)



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