



# Wellbeing at Work

February 2026

## Heart Health Made Simple

Heart health isn't about intense overhauls—it's about simple habits practiced consistently. Adding colorful produce, choosing fiber-rich meals, reducing stress, moving regularly, and drinking water can dramatically reduce heart disease risk. Whether you're active all day or sitting for long stretches, these small choices support long-term heart function and energy levels.



Scan QR code to read more



## Try This Today

**Add one fiber-rich food to your lunch today.**

Foods rich in fiber are primarily plant-based, including whole grains, legumes (beans, lentils, peas), fruits, vegetables, nuts, and seeds.



## This Month's Events

### Healthy Brain Challenge

February 2- February 27, 2026

Join the challenge to track physical activity and take a virtual road trip from Chicago, IL to Santa Monica, CA!

Scan QR code to go to your portal to register

Join Here



### Monthly Webinar: Power of Boredom

February 25, 2026 12:00-12:30 EST

Join to learn why unplugging and welcoming boredom might be your new superpower.

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

Scan to register



## News & Announcements

# How to Remove your Tobacco Surcharge

If you self-reported as a Tobacco User and would like to remove your tobacco surcharge, enroll in the Tobacco RAS Coaching Program today!

### How to Enroll:

On your Strive Portal Homepage under the "Complete the RAS Tobacco Health Coaching Program"

- Click "Enroll on the Coaching Page"

On the Coaching Page:

- Scroll down to Tobacco RAS Health Coaching Programs
- Click "Join a Program"

Select a time and date for your initial appointment with a health coach

- Fill out your intake form

Need more details?  
Check out this flyer!



After all six coaching calls are completed by 9/30/2026, the tobacco surcharge will be removed, and the full amount of the surcharge previously charged will be refunded.

Must enroll in the program by August 1, 2026

# Hourly Employee Resource Guide

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

## [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 - think of it as a one-stop shop for all things health and wellness!



## [Strive Library](#)



The Strive Library is used to register for upcoming events, access recorded webinars, newsletters, and complimentary resources!

## [Well-Visit Form \(PCP Form\)](#)

After completing your Health Risk Assessment (HRA) on the portal, completing your Well-Visit Form with your Primary Care Provider (PCP) is the next step toward earning your 2027 Wellness Incentive.

### 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

Once your PCP has completed the form, please **submit it by one of the following methods:**

- Upload to the Strive portal: [www.kapnickstrive.com/henniges](http://www.kapnickstrive.com/henniges)  
(or)
- Fax to 888-975-5086

Health Score Report will be available within 10 business days after submission.



## 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