

# Wellbeing at Work

January 2026



January invites big promises—but sustainable change happens through one small, daily reset. Whether you're lifting, teaching, driving, or working at a desk, your body responds best to consistency—not perfection. A 5-minute habit like stretching, deep breathing, prepping tomorrow's lunch, or drinking water before coffee creates momentum without overwhelming you. Micro-habits override the "all-or-nothing" trap and help rebuild trust in your routine.



Scan QR code to read more



## Try This Today

Choose one 5-minute habit and repeat it every day this week.



## This Month's Events

### Five with Strive Presentation: Power Meals

Listen to this **recorded 5-minute presentation** on your own schedule and learn how to create and add nutrient rich meals into your diet.

[Scan QR code to go to the recorded presentation](#)

Join Here



### Monthly Webinar: Nicotine beyond the Cigarette

January 28, 2026 12:00-12:30 EST

Learn the physical and mental health effects of modern nicotine use and the truth behind the "safer" alternatives.

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

Join Here



[Scan QR code to go to the live presentation](#)



## News & Announcements

### Time to Celebrate Our **\$50 Point Cycle Raffle Winners**

Who each earned 300 or more points in the Strive Portal from 10/1/2025-12/31/2025!

#### **New Haven, MO**

- Daniel Friedman
- James Eichelberger

#### **Reidsville, NC**

- Cicil Starnes
- Dieter Graumann

#### **Keokuk, IA**

- Kathleen Cook
- Shelly Curran

#### **Auburn Hills, MI**

- Kimberly Leach
- Rajesh Thakur

#### **Frederick, OK**

- Ashlee Harrison
- Shaun Phillips

Congratulations to our lucky winners of a **\$50 Snappy Gift Card!**

#### **Auburn Hills, MI**

#### **Frederick, OK**

Thank you to everyone who participated in our First Point Cycle Raffle!

The next point cycle runs from **01/01/2026-03/31/2026** so go to your portal and start earning points today for your chance to win in the next cycle!

Earn 300 points in each of the four point cycles for a chance to win a **\$500 Snappy Gift Card!**

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