



Kapnick Strive is Launching at Henniges Automotive

What's Happening?

We are excited to introduce **Kapnick Strive**, a new health and wellness benefit, designed to support Henniges's Automotive employees in achieving balance and thriving both at work and in life. Launching the **week of October 1, 2025**, this program offers a wealth of resources and opportunities designed with your well-being in mind.

Why Participate?

-  **Health Awareness and Education**
-  **Work-Life Balance**
-  **Stress Relief**
-  **Mental Health Boost**
-  **Healthier Habits**
-  **Increased Focus and Productivity**
-  **Enhanced Job Satisfaction**

What's In Store?

Rewards Program

Earn Strive Reward Points and be entered into each point cycle's raffle with an **annual winner of \$500!** Healthy activities pay off!

Engaging Wellness Challenges

Build camaraderie with colleagues through activities that encourage healthy habits and a little friendly competition.

Expert-Led Presentations

Join live sessions led by experts, offering insights and inspiration to enhance your health and well-being.

Tailored Resources

Explore an online hub filled with tools, articles, and resources to support your journey to holistic well-being. Receive monthly newsletters to stay on track!



Wellness Portal



The screenshot displays the following sections:

- Activity Trackers:** Shows 0 hours of sleep, 0 glasses of water, 0 servings of fruits & vegetables, and 0 servings of protein.
- Goals:** A calendar from June 15 to July 21, with a note to "Eat a fruit with breakfast".
- HealthyLife Learn:** Includes categories like Fitness, Nutrition, General Health, Heart Health, Stress Management, and True Wellbeing. Courses shown include Body Movement: Life in Motion, Fast, Friendly Fitness, and Benefits Beyond I.
- On-Demand Modules:** A video titled "Thrive" is shown, with a description: "HealthyLife® Thrive is a journey of self-discovery. Learn how to make choices that support your mental and emotional well-being. Connect more deeply to your inner voice and in control of how you respond to things. Discover your strengths, give yourself a moment to reflect and take actions that support your mental, emotional, and overall well-being." A "View All Modules" button is present.
- CHANGE YOUR LIFE:** A section with the tagline "Feel more capable, confident, and well, starting today!" and a "HealthyLife® Thrive" button.
- HealthyLearn:** A sidebar with links to "Debt Consolidation Loan", "HEALTH TIP OF THE DAY" (Supervise the use of lit candles, candles or blow them out before you leave the room and go to bed. It is best to use battery-operated candles or flameless candles), and "ASK THE COACH".

Check it out! kapnickstrive.com/Henniges

Kapnick Strive Wellness Portal

Kapnick Strive offers tons of **FREE health and well-being resources** at your fingertips. Healthy activity trackers, custom goal-setting tools, challenges, educational courses, articles, webinars, recipes, exercise routines, and more!



Health Hub

Find resources to support all aspects of your health including quick links to insurance providers and benefit details.



Strive Library

Register for monthly Strive Webinars, quarterly Meditation Moments, and access complimentary well-being guides and resources.