



# 2026 STRIVE WELLNESS PROGRAM GUIDE

Brazeway is committed to helping our employees focus on their well-being. We've partnered with Kapnick Strive to offer you the tools and resources to help you build your best self!



## Program Year



Start date:  
**January 1, 2026**



**Track activities**  
that build your well-being



Deadline to complete Strive  
Health Screening  
**September 18, 2026**



Deadline to earn points:  
**December 18, 2026**



**Pat yourself on the back** for a  
year well done

## Strive Screening Incentive

We're making a change to our wellness incentive program to focus on participation and preventive health. While the \$260 tobacco free incentive is being eliminated, employees who complete the wellness screenings can earn even more!

Complete your Health Risk Assessment (HRA) and annual biometric health screening to reduce your premium contribution. To earn the screening incentive you must complete the incentive requirements outlined on the following pages.



# SCREENING INCENTIVE

## Know your numbers

Complete the requirements below to earn the 2027 Strive Screening Incentive and reduce your employee contribution.

**Health screenings are available to all employees and spouses covered on a medical plan at Brazeway.** After your wellness screening, you'll receive a personalized health report that provides a snapshot of your current health. The report includes your screening results, such as blood pressure, cholesterol, blood glucose, body measurements, and other key health indicators (based on the tests included in your screening). It also explains what your results mean and compares them to recommended healthy ranges. This confidential report is a valuable tool to help you make informed decisions, track your progress over time, and discuss any concerns with your healthcare provider if needed.

| Requirement                | Action(s) to Complete Requirement                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Health Risk Assessment     | Complete this brief online survey to assess your lifestyle, its impact on your health, and risk factors. The Health Risk Assessment (HRA) immediately pops up for completion when you log in to your portal for the first time in 2026. The portal can be accessed at <a href="https://kapnickstrive.com/brazeway">kapnickstrive.com/brazeway</a> . Deadline to complete is <b>December 18, 2026</b> .                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Biometric Health Screening | <p>In addition to offering this program to you at no cost, we will again provide an incentive in the form of a discounted health insurance premium to those who participate in the health screenings and meet qualifying criteria. In order to be eligible to receive the 2027 financial incentive, you must meet the qualifying criteria.</p> <ul style="list-style-type: none"><li>• <b>First-time participants</b> of the Strive program will need to complete the HRA and biometric health screening.</li><li>• <b>Repeat participants</b> need to complete the HRA, biometric screening, and meet one of the criteria below.<ul style="list-style-type: none"><li>◦ Achieve a health score of 70 or higher <b>OR</b></li><li>◦ Improve your previous score by 5 or more points <b>OR</b></li><li>◦ Satisfactorily complete the Reasonable Alternative Standard (RAS) health coaching program through Kapnick Strive</li></ul></li></ul> <p>Biometric screenings need to be completed by the following date: <b>September 18, 2026*</b></p> <p>If you are a repeat participant and non-compliant, you are still eligible to receive the incentive by enrolling into the Kapnick Strive Reasonable Alternative Standard (RAS) program. This is a 6-week program in which you will speak with a health coach once a week over the phone to review your health results and create or manage your health goals. After receiving your health report, you may enroll in this program via the wellness portal at <a href="https://www.kapnickstrive.com/brazeway">www.kapnickstrive.com/brazeway</a>. Please enroll in this program by <b>September 30, 2026</b> and have it completed by <b>November 13, 2026</b>.</p> <p>*Screening dates, times, and locations will be announced at a later date. Check the 'Health Screening Information' page of your Health Hub (see pg. 4) for the most updated information.</p> |

| 2027 Health Screening Incentive |                                  |                                 |
|---------------------------------|----------------------------------|---------------------------------|
|                                 | Participates in Health Screening | Meets Health Screening Criteria |
| Employee                        | \$620 (previously \$360)         | \$860 (previously \$600)        |
| Spouse                          | \$120                            | \$240                           |

While the \$260 tobacco free incentive is being eliminated, employees who complete the wellness screenings can now earn a total incentive of \$620 - regardless of tobacco use status.

# EARNING STRIVE POINTS

## One healthy day at a time

Earn points for completing and submitting any of the below activities on your Kapnick Strive Wellness Portal ([kapnickstrive.com/brazeway](https://kapnickstrive.com/brazeway)), and submit your own activities using the "Well-being Activity" section. Compete with co-workers or find an accountability partner!

| Wellness Activities                                                                                                                                                                         | Points Earned      |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|
| Preventative Health                                                                                                                                                                         |                    |
| Complete your Annual Well-Visit                                                                                                                                                             | 500                |
| Complete a Preventative Health Exam <ul style="list-style-type: none"><li>Examples include: eye exams, mammograms, dental exams, cancer screenings, and more.</li></ul>                     | 200 each/1200 max. |
| Receive a Vaccination                                                                                                                                                                       | 200 each/1200 max. |
| Tracking                                                                                                                                                                                    |                    |
| Reach 10,000 Steps/Day                                                                                                                                                                      | 5 each/1200 max.   |
| Eat 3 Servings of Fruits & Vegetables/Day                                                                                                                                                   | 6 each/1200 max.   |
| Education                                                                                                                                                                                   |                    |
| Watch the Monthly Strive Webinar                                                                                                                                                            | 100 each/1200 max. |
| Read an article in the HealthyLearn Library                                                                                                                                                 | 25 each/300 max.   |
| Attend a Wellness Presentation                                                                                                                                                              | 200 each/800 max.  |
| Activities                                                                                                                                                                                  |                    |
| Complete a Wellness Challenge                                                                                                                                                               | 200 each/1000 max. |
| Complete a Well-being Activity <ul style="list-style-type: none"><li>Examples include: volunteering, running a 5k, seeing a therapist, attending a financial wellness class, etc.</li></ul> | 100 each/1200 max. |



## Kapnick Strive Wellness Portal

[www.kapnickstrive.com/brazeway](http://www.kapnickstrive.com/brazeway)



| Description                 |                                                                                                                                                                                                                                                                                                                                                                                                       |
|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>HealthyLearn Library</b> | The HealthyLearn Library offers a variety of educational resources and tools to improve your health and well-being, including articles on stress management, sleep, financial wellness, and more. Access self-guided promotion programs from quitting tobacco to managing weight. Check your symptoms, find walking plans, search healthy recipes, utilized the ask a health coach feature, and more! |
| <b>Tracking</b>             | Learn healthy behaviors and build habits in wellness challenges while you log your activities for points.                                                                                                                                                                                                                                                                                             |
| <b>Social</b>               | Post on the message board, read testimonials, view upcoming health & wellness events, and more on the social page of the Wellness Portal.                                                                                                                                                                                                                                                             |

## MyWell App

Access the Kapnick Strive Wellness Portal from your phone with the MyWellApp.

- Visit your phone's app store and download **"MyWellApp"** by CoreHealth
- After the app has downloaded, go to your Wellness Portal account to get your mobile access code:
  - Hover over your avatar in the upper right corner of the page
  - Select **"Mobile Access"**
  - Select **"Create a new code"** and save your code
- Enter your mobile access code into the app after waiting 1-2 minutes.

## Health Hub

Access all your health & wellness resources in one place.

[info.kapnick.com/brazewayhealthhub](http://info.kapnick.com/brazewayhealthhub)



| Description                         |                                                                                                                                                                                                                                 |
|-------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Kapnick Strive Links</b>         | Access webinar recordings, health and wellness newsletters, register for specialized presentations including the Meditation Moments series, and more. You can also be directed to the wellness portal, health guides, and more! |
| <b>Documents</b>                    | Download your benefit guide to learn what's available to you as a Brazeway employee. Access a digital copy of the program guide and find any other relevant documents.                                                          |
| <b>How-To &amp; FAQs</b>            | Uncover support on logging into the Kapnick Strive Wellness Portal, instructions for downloading the app, and more frequently asked questions.                                                                                  |
| <b>Health Benefits</b>              | Get quickly linked to your healthcare providers, from medical to dental, vision and more!                                                                                                                                       |
| <b>Health Screening Information</b> | Find the most up-to-date information on the annual Strive Health Screenings.                                                                                                                                                    |

**Questions?** Email [strive@kapnick.com](mailto:strive@kapnick.com)



# FREQUENTLY ASKED QUESTIONS

## Q: How do I access my wellness portal?

A: Visit [www.kapnickstrive.com/brazeway](http://www.kapnickstrive.com/brazeway)

- If you've logged in before, select **"Log In"** and enter your existing username and password.
- If you're a first-time user, select **"Sign-Up"** and follow the below steps:
  - Enter your **last name, date of birth, and the last 4 digits of your social security number**. Select **"Lookup Account"** and agree to the terms and conditions.
  - Create a username and password. Enter remaining information to complete your profile.
  - The first time you log in, you will be prompted to complete the HRA before advancing into the rest of the portal.

If you are unable to access your account for any reason, please reach out to [strive@kapnick.com](mailto:strive@kapnick.com).

## Q: Will my information and interaction with Kapnick Strive remain private?

Your personal and health information is kept strictly confidential and will not be shared with anyone at Brazeway, affiliates, or any third party.

## Q: I have a question that's not on this page.

Scan here to access our FAQ page.



**Questions?** Email [strive@kapnick.com](mailto:strive@kapnick.com)

