

Strive Pulse Check Report



		QUARTERLY SUMMARY			
		Quarter 1	Quarter 2	Quarter 3	Quarter 4
Programming Initiatives		Strive Monthly Webinars & Meditation Moments	Strive Monthly Webinars & Meditation Moments	Strive Monthly Webinars & Meditation Moments	Strive Monthly Webinars & Meditation Moments
		Rock Your Way to Wellness: Jan. 6 - Jan. 27 0 participants	Strive Corporate Challenge: May 7 - May 28 1 participant		
		Cancer Awareness: Mar. 10 - Mar. 31 1 participant			
		Metabolism 101: Feb. 25, 1:00 - 2:00 PM EST On-site	The Healthy Traveler: Jun. 3, 1:00 - 2:00 PM EST On-site		
		Additional Offerings: Tobacco RAS Outreach & Coaching	Tobacco RAS Coaching		
Participation Metrics	% of Census Active	5% (16 active users/351 eligible employees & spouses)	4% (13 active users/383 eligible employees & spouses)		
	Completed Health Risk Assessment (HRA)	14 completions	12 completions		
	Health Hub	12 views	2 views		
	Total Points Tracked	7,125	8,510		
	Avg. Points Per User	445	654		
		YEARLY GOALS STATUS			
		Quarter 1	Quarter 2	Quarter 3	Quarter 4
Portal Engagement: 55% Active Users		5% Active Users 50% below goal. This is not uncommon outside of health screening season, however, we would like to see an increase in active users.	4% Active Users 51% below goal. Low, but not uncommon without a reward program. We will see this increase in Q3 with health screenings and RAS enrollments.		
Screening Participation: 65% of Eligible		N/A	N/A		
RAS Enrollment: 30% Eligible Completion		N/A	N/A		
Upcoming Initiatives & Goals		<ul style="list-style-type: none"> On-site presentation (The Healthy Traveler, 6/3) + Snack Bar Portal Revamp Marketing Campaign 	<ul style="list-style-type: none"> On-site presentation (Men's Health, 8/6) + Portal Walkthrough & Assistance 		
		<ul style="list-style-type: none"> Pre-screening Marketing Campaign <ul style="list-style-type: none"> Emphasize cost savings, confidentiality, and importance of prevention with rising healthcare costs. 	<ul style="list-style-type: none"> Health Screening & RAS Outreach <ul style="list-style-type: none"> Phone calls made for appointment scheduling assistance Phone calls to RAS-eligible participants 		
		N/A	<ul style="list-style-type: none"> "Welcome to Strive" program video for new-hires/those new to the wellness program. 		



2025 PROGRAM CALENDAR



JANUARY	FEBRUARY	MARCH
<ul style="list-style-type: none"> NEW BEGINNINGS: 1/29, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> GUT HEALTH: 2/26, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> THRIVING WITH PURPOSE: 3/26, 12:00-12:30 PM EST
<ul style="list-style-type: none"> ROCK YOUR WAY TO WELLNESS: 1/6 - 1/27 	<ul style="list-style-type: none"> METABOLISM 101: 2/25, 1:00 - 2:00 PM EST 	<ul style="list-style-type: none"> CANCER AWARENESS: 3/10 - 3/31
	<ul style="list-style-type: none"> ON-SITE: PRESENTATION & PORTAL WALKTHROUGH 	
		<ul style="list-style-type: none"> MEDITATION MOMENT: 3/12, 2:00-2:30 PM EST
APRIL	MAY	JUNE
<ul style="list-style-type: none"> EPIGENETIC WELLNESS: 4/30, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> HEALTH TUNE-UP: 5/28, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> WALLET-SMART WELLNESS: 6/25, 12:00-12:30 PM EST
	<ul style="list-style-type: none"> 7TH ANNUAL STRIVE CORPORATE CHALLENGE: 5/7 - 5/28 	<ul style="list-style-type: none"> THE HEALTHY TRAVELER: 6/3, 1:00 - 2:00 PM EST
		<ul style="list-style-type: none"> ON-SITE: PRESENTATION & SNACK BAR
		<ul style="list-style-type: none"> MEDITATION MOMENT: 6/11, 2:00-2:30 PM EST
JULY	AUGUST	SEPTEMBER
<ul style="list-style-type: none"> EMOTIONAL INTELLIGENCE: 7/30, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> PEAKS AND VALLEYS: 8/27, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> EMERGENCY PREPAREDNESS: 9/24, 12:00-12:30 PM EST
<ul style="list-style-type: none"> STRIVE TO HYDRATE: 7/7 - 7/21 	<ul style="list-style-type: none"> MEN'S HEALTH: 8/6, 1:00 - 2:00 PM EST 	<ul style="list-style-type: none"> AROUND THE WORLD: 9/1 - 9/29
	<ul style="list-style-type: none"> ON-SITE: PRESENTATION & PORTAL WALKTHROUGH 	
	<ul style="list-style-type: none"> TENTATIVE: HEALTH SCREENINGS 	<ul style="list-style-type: none"> MEDITATION MOMENT: 9/10, 2:00-2:30 PM EST
OCTOBER	NOVEMBER	DECEMBER
<ul style="list-style-type: none"> AGING GRACEFULLY: 10/29, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> MINDFUL CONSUMPTION: 11/19, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> CRYOTHERAPY: 12/17, 12:00-12:30 PM EST
<ul style="list-style-type: none"> WOMEN'S HEALTH: 10/7, 1:00 - 2:00 PM EST 	<ul style="list-style-type: none"> SAVE UP!: 11/3 - 12/15 	<ul style="list-style-type: none"> SAVE UP!: 11/3 - 12/15
<ul style="list-style-type: none"> ON-SITE: PRESENTATION & FLU SHOT CLINIC 		
		<ul style="list-style-type: none"> MEDITATION MOMENT: 12/10, 2:00-2:30 PM EST

Kapnick Strive Resources

	URL:	About:
Strive Library	info.kapnick.com/strive-library	Offers a comprehensive array of complimentary assets, including monthly wellness newsletters and webinars, quarterly meditation sessions, and much more.
Health Hub	info.kapnick.com/brazewayhealthhub	The Health Hub is where you can find all things health and wellness – no account required. Access your insurance and benefit providers, Kapnick Strive resources, and educational materials all in one place.
Kapnick Strive Wellness Portal	kapnickstrive.com	A comprehensive platform offering a diverse array of tools and resources designed to support individuals in reaching their optimal state of well-being. It includes features such as wellness challenges, informative presentations, a health risk assessment (HRA), engagement tools, a health and wellness library, tracking functionalities, a reward points program, and personalized health reports.
Site Contact Resource Portal	https://info.kapnick.com/brazewaysitecontact	A one-stop-shop for you! You'll be able to access all things Strive-related, from your Wellness Calendar, to quarterly Pulse Checks, Executive Reviews, and more.
Frequently Asked Questions (FAQ)	info.kapnick.com/strivefaq	Find answers to commonly asked questions regarding the various services Kapnick Strive provides.