

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			
		Cancer Awareness: Mar. 10 - Mar. 31 1 participant			
		Metabolism 101: Feb. 25, 1:00 - 2:00 PM EST On-site			
		Additional Offerings: N/A			
Participation Metrics	% of Census Active	5% (16 active users/351 eligible employees & spouses)			
	Completed Health Risk Assessment (HRA)	14 completions			
	Health Hub	12 views			
	Total Points Tracked	7,125			
	Avg. Points Per User	445			
		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.			
Screening Participation: 65% of Eligible		N/A			
RAS Enrollment: 30% Eligible Completion		N/A			
Upcoming Initiatives & Goals		- On-site presentation (The Healthy Traveler, 6/3) + Snack Bar - Portal Revamp Marketing Campaign			
		- Pre-screening Marketing Campaign - Emphasize cost savings, confidentiality, and importance of prevention with rising healthcare costs.			
		N/A			



2025 PROGRAM CALENDAR



JANUARY	FEBRUARY	MARCH
NEW BEGINNINGS: 1/29, 12:00-12:30 PM EST	GUT HEALTH: 2/26, 12:00-12:30 PM EST	THRIVING WITH PURPOSE: 3/26, 12:00-12:30 PM EST
ROCK YOUR WAY TO WELLNESS: 1/6 - 1/27	METABOLISM 101: 2/25, 1:00 - 2:00 PM EST	CANCER AWARENESS: 3/10 - 3/31
	ON-SITE: PRESENTATION & PORTAL WALKTHROUGH	
		MEDITATION MOMENT: 3/12, 2:00-2:30 PM EST
APRIL	MAY	JUNE
EPIGENETIC WELLNESS: 4/30, 12:00-12:30 PM EST	HEALTH TUNE-UP: 5/28, 12:00-12:30 PM EST	WALLET-SMART WELLNESS: 6/25, 12:00-12:30 PM EST
	7TH ANNUAL STRIVE CORPORATE CHALLENGE: 5/7 - 5/28	THE HEALTHY TRAVELER: 6/3, 1:00 - 2:00 PM EST
		ON-SITE: PRESENTATION & SNACK BAR
		MEDITATION MOMENT: 6/11, 2:00-2:30 PM EST
JULY	AUGUST	SEPTEMBER
EMOTIONAL INTELLIGENCE: 7/30, 12:00-12:30 PM EST	PEAKS AND VALLEYS: 8/27, 12:00-12:30 PM EST	EMERGENCY PREPAREDNESS: 9/24, 12:00-12:30 PM EST
STRIVE TO HYDRATE: 7/7 - 7/21	MEN'S HEALTH: 8/6, 1:00 - 2:00 PM EST	AROUND THE WORLD: 9/1 - 9/29
	ON-SITE: PRESENTATION & PORTAL WALKTHROUGH	
	TENTATIVE: HEALTH SCREENINGS	MEDITATION MOMENT: 9/10, 2:00-2:30 PM EST
OCTOBER	NOVEMBER	DECEMBER
AGING GRACEFULLY: 10/29, 12:00-12:30 PM EST	MINDFUL CONSUMPTION: 11/19, 12:00-12:30 PM EST	CRYOTHERAPY: 12/17, 12:00-12:30 PM EST
WOMEN'S HEALTH: 10/7, 1:00 - 2:00 PM EST	SAVE UP!: 11/3 - 12/15	SAVE UP!: 11/3 - 12/15
ON-SITE: PRESENTATION & FLU SHOT CLINIC		
		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.