

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	
		Snooze or Lose Challenge Mar. 6 - Apr. 6 0 participants			
		Health Benefits of a Good Night's Sleep - Recording			
		Health Screenings: 126 participants			
		Safety Days & Make-Up Screening (MUS): 8 participants for MUS			
Participation Metrics	% of Census Active	65% (110 active users/169 eligible employees)			
	Completed Health Risk Assessment (HRA)	108 completions			
	Health Hub	37 views			
	Total Points Tracked	238,833			
	Avg. Points Per User	2,191			

Yearly Goals Status				
Quarter 1		Quarter 2	Quarter 3	Quarter 4
HRA Completion: 95% Active Users		64% Completed. 31% to goal. Great start off to the year. Goal is 10-11% for the remaining quarters.		
Screening Participation: 4% increase		76% participation (2% increase from PY)		
RAS Enrollment: 95% Eligible Completion		62% have completed RAS as of 4.2.2025. The remaining 38% are expected to be completed in Q2. On track to goal.		
Upcoming Initiatives & Goals		<ul style="list-style-type: none">Feeding Your Microbiome presentation (recording)Strive Corporate Challenge + Communication Campaign		
		<ul style="list-style-type: none">Portal Revamp Marketing CampaignMonthly Census Updates		
		<ul style="list-style-type: none">Executive Review + Strategy Discussion		



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"> HEALTH SCREENINGS 	<ul style="list-style-type: none"> SAFETY DAYS: 2/5 & 2/6, FRANKLIN INN, 1070 E HURON AVE, BAD AXE, MI 48413 	<ul style="list-style-type: none"> MEDITATION MOMENT: 3/12, 2:00-2:30 PM EST
<ul style="list-style-type: none"> AKRON: 1/22, 7-10:30 AM 3615 DAVIS ST. AKRON, MI 	<ul style="list-style-type: none"> SNOOZE OR LOSE: 2/6-3/6 	<ul style="list-style-type: none"> SLEEP SMARTER: THE KEY TO BETTER HEALTH & PERFORMANCE
<ul style="list-style-type: none"> PIGEON: 1/23, 7-10:30 AM 7211 E MICHIGAN AVE, PIGEON, MI 	<ul style="list-style-type: none"> POST-HEALTH SCREENING 	
<ul style="list-style-type: none"> RUTH PLANT: 1/24, 7-10:30 AM 4600 RUTH RD. RUTH, MI 		
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"> MEDITATION MOMENT: 6/11, 2:00-2:30 PM EST
	<ul style="list-style-type: none"> GUT INSTINCTS: OPTIMIZING YOUR MICROBIOME 	
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"> AMAZING AMERICA: 7/15-8/12 		<ul style="list-style-type: none"> MEDITATION MOMENT: 9/10, 2:00-2:30 PM EST
<ul style="list-style-type: none"> ELEVATE YOUR LIFE: THE POWER OF TOTAL WELL-BEING 		
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"> ONE MONTH MADNESS: 11/3-12/1 	<ul style="list-style-type: none"> MEDITATION MOMENT: 12/10, 2:00-2:30 PM EST
	<ul style="list-style-type: none"> PROTECT YOUR ASSETS: BACK HEALTH AND INJURY PREVENTION ON THE JOB 	

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/dfm	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	info.kapnick.com/strivesitecontact-dfm	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.