

Strive Pulse Check Report



Programming Initiatives

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
	Snooze or Lose Challenge Mar. - Apr. 6 0 participants			
	Health Benefits of a Good Night's Sleep - Recording			
	Additional Offerings: N/A			
Participation Metrics	% of Census Active	9% (15 active users/173 eligible employees & spouses)		
	Completed Health Risk Assessment (HRA)	13 completions		
	Health Hub	8 views		
	Total Points Tracked	6,500		
	Avg. Points Per User	500		

YEARLY GOALS STATUS				
Quarter 1		Quarter 2	Quarter 3	Quarter 4
HRA Completion: 85% Active Users		7.5% Active Users 9% to goal. This is not uncommon outside of health screening season, however, we expect to see an increase over each quarter.		
Screening Participation: 92% of Eligible		N/A		
RAS Enrollment: 90% Eligible Completion		N/A		
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 CampaignExecutive Review + Strategy DiscussionMonthly Census Updates		
		<ul style="list-style-type: none">2025 Health Screening Survey		



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 BENEFITS OF A GOOD NIGHT'S SLEEP 	<ul style="list-style-type: none"> MEDITATION MOMENT: 3/12, 2:00-2:30 PM EST
	<ul style="list-style-type: none"> SNOOZE OR LOSE: 2/6-3/6 	
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"> FEEDING YOUR MICROBIOME 	<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
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"> PRE-HEALTH SCREENING & THE HEALTHY TRAVELER 	<ul style="list-style-type: none"> MEDITATION MOMENT: 9/10, 2:00-2:30 PM EST
	<ul style="list-style-type: none"> HEALTH SCREENINGS 	<ul style="list-style-type: none"> HEALTH SCREENINGS
		<ul style="list-style-type: none"> HEALTHY BRAIN CHALLENGE: 9/2-9/30
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"> JOG YOUR MEMORY 	<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"> HEALTH SCREENINGS 	<ul style="list-style-type: none"> POST-HEALTH SCREENING 	

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.