

# 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
		Core Some More Jan. 6 - Jan. 31 7 participants			
		Disconnect & Reconnect Mar. 10 - Apr. 6 7 participants			
		The Positive Effects of Inclusion (Recorded)			
		Additional Offerings: N/A			
Participation Metrics	% of Census Active	21% (36 active users/172 eligible employees )			
	Completed Health Risk Assessment (HRA)	35 completions			
	Health Hub	9 views			
	Total Points Tracked	20,660			
	Avg. Points Per User	574			

	YEARLY GOALS STATUS			
	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Portal Engagement: 50% Active Users	<ul style="list-style-type: none"><li>• <b>21% Active Users.</b> 29% below goal. This is not uncommon outside of health screening season, however, we would like to see an increase in active users.</li></ul>			
Screening Participation: 60% of Eligible	N/A			
Wellness Incentive: 98% Incentive Eligible	N/A			
Upcoming Initiatives & Goals	<ul style="list-style-type: none"><li>• Portal Revamp Marketing Campaign</li><li>• Executive Review + Programming Strategy</li><li>• Explore rewards alternatives to incentivize participation</li></ul>			
	<ul style="list-style-type: none"><li>• Screening Reminder Emails</li><li>• New in 2025: Additional Screening Tests</li><li>• Recommendation: Phone outreach to schedule screening appointments if under 40% booked</li></ul>			
	<ul style="list-style-type: none"><li>• RAS Outreach to all eligible (via phone and email)<ul style="list-style-type: none"><li>◦ Emphasize cost savings</li><li>◦ Highlight health score improvement data and testimonials</li></ul></li></ul>			

CHALLENGE	PRESENTATION	MONTHLY WEBINAR	REWARD DEADLINE	MEDITATION MOMENT	OTHER
<div>  <div>2025 PROGRAM CALENDAR</div>  </div>					
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	
• CORE SOME MORE: 1/6 - 1/31		• TENTATIVE: EXECUTIVE REVIEW		• MEDITATION MOMENT: 3/12, 2:00-2:30 PM EST	
		• POSITIVE EFFECTS OF INCLUSION: 2/13, 1:00 - 2:00 PM EST		• DISCONNECT & RECONNECT: 3/10 - 4/6	
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	
• TENTATIVE: HEALTH SCREENINGS		• 7TH ANNUAL STRIVE CORPORATE CHALLENGE: 5/7 - 5/28		• MEDITATION MOMENT: 6/11, 2:00-2:30 PM EST	
		• FEEDING YOUR MICROBIOME: 5/15, 1:00 - 2:00 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: 7/3 - 7/31		• MINDFULNESS MEDITATION: 8/14, 1:00 - 2:00 PM		• MEDITATION MOMENT: 9/10, 2:00-2:30 PM EST	
				• GOING FOR GROWTH: 9/1 - 9/15	
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	
• TENTATIVE: ON-SITE WELLNESS WEDNESDAY (ANN ARBOR)		• NO TIME LIKE THE PLEASANT: 11/5 - 12/17		• MEDITATION MOMENT: 12/10, 2:00-2:30 PM EST	
		• FINANCIAL WELLNESS: 11/13, 1:00 - 2:00 PM		• NO TIME LIKE THE PLEASANT: 11/5 - 12/17	

# Kapnick Strive Resources



	URL:	About:
Strive Library	<a href="https://info.kapnick.com/strive-library">info.kapnick.com/strive-library</a>	Offers a comprehensive array of complimentary assets, including monthly wellness newsletters and webinars, quarterly meditation sessions, and much more.
Health Hub	<a href="https://info.kapnick.com/eversightthehealthhub">info.kapnick.com/eversightthehealthhub</a>	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	<a href="https://kapnickstrive.com">kapnickstrive.com</a>	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	<a href="https://info.kapnick.com/eversightsitecontact">https://info.kapnick.com/eversightsitecontact</a>	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)	<a href="https://info.kapnick.com/strivefaq">info.kapnick.com/strivefaq</a>	Find answers to commonly asked questions regarding the various services Kapnick Strive provides.