



# 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 |
|                         |  | Cancer Awareness Challenge<br>Mar. 10 - Apr. 6<br>3 participants |  |  |  |
|                         |  | Aging & Your Health<br>Feb. 20, 1:00 - 2:00pm<br>22 attendees    |  |  |  |
|                         |  | Additional Offerings: N/A  |  |  |  |
| Participation Metrics   | % of Census Active                     | 8% (19 active users/250 eligible employees & spouses)            |  |  |  |
|                         | Completed Health Risk Assessment (HRA) | 15 completions   |  |  |  |
|                         | Health Hub                             | 7 views  |  |  |  |
|                         | Total Points Tracked                   | 9,900  |  |  |  |
|                         | Avg. Points Per User                   | 521  |  |  |  |

|   | YEARLY GOALS STATUS   |           |           |           |
|---|---|-----------|-----------|-----------|
|   | Quarter 1   | Quarter 2 | Quarter 3 | Quarter 4 |
| Portal Engagement:<br>50% Active Users      | 8% Active Users<br>42% below goal. This is not uncommon outside of health screening season, however, we would like to see an increase in active users.  |           |           |           |
| Screening Participation:<br>40% of 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>• Monthly New-Hire Email</li><li>• Monthly Census Updates</li></ul>                                  |           |           |           |
|   | <ul style="list-style-type: none"><li>• Pre-screening Marketing Campaign<ul style="list-style-type: none"><li>◦ Emphasize cost savings, confidentiality, and importance of prevention with rising healthcare costs.</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  |       |
|   |              | • AGING & YOUR HEALTH: 2/20, 1:00 - 2:00 PM EST     |                 | • MEDITATION MOMENT: 3/12, 2:00-2:30 PM EST        |       |
|   |              |   |                 | • CANCER AWARENESS: 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  |       |
|   |              | • 7TH ANNUAL STRIVE CORPORATE CHALLENGE: 5/7 - 5/28 |                 | • MEDITATION MOMENT: 6/11, 2:00-2:30 PM EST        |       |
|   |              | • FEEDING YOUR MICROBIOME: 5/22, 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 |       |
| • ROUTE 66: 7/3 - 7/31  |              | • METABOLISM 101: 8/21, 1:00 - 2:00 PM EST          |                 | • MEDITATION MOMENT: 9/10, 2:00-2:30 PM EST        |       |
|   |              | • HYDRATION STATION: 8/18 - 9/15                    |                 | • HYDRATION STATION: 8/18 - 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: HEALTH SCREENINGS  |              | • GRATITUDE CHALLENGE: 11/17 - 12/19                |                 | • GRATITUDE CHALLENGE: 11/17 - 12/19               |       |
|   |              | • BREAKING BURNOUT: 11/6, 1:00 - 2:00 PM EST        |                 | • MEDITATION MOMENT: 12/10, 2:00-2:30 PM EST       |       |
|   |              | • TENTATIVE: HEALTH SCREENINGS                      |                 | • TENTATIVE: HEALTH SCREENINGS                     |       |
|   |              |   |                 |  |       |

# Kapnick Strive Resources



|   | URL:  | About:  |
|---|---|---|
| <b>Strive Library</b>                   | <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.  |
| <b>Health Hub</b>                       | <a href="https://info.kapnick.com/smehealthhub">info.kapnick.com/smehealthhub</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.   |
| <b>Kapnick Strive Wellness Portal</b>   | <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. |
| <b>Site Contact Resource Portal</b>     | <a href="https://info.kapnick.com/smesitecontact">https://info.kapnick.com/smesitecontact</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.   |
| <b>Frequently Asked Questions (FAQ)</b> | <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.  |