Strive Pulse Check Report 2025 © Kapnick Strive



& SPIRATEX		QUARTERLY SUMMARY				
CHANGING THE SHAPE OF PLASTICS		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	
		Flex your Flexibility Challenge Mar. 3-31 (17 participants)				
		No Presentations this Quarter				
		Additional Offerings: N/A				
Participation Metrics	% of Census Active	17% (37 active users/222 eligible employees)				
	Completed Health Risk Assessment (HRA)	37 completions				
	Health Hub	7 views				
	Total Points Tracked	42,488				
	Avg. Points Per User	1,148				
		YEARLY GOALS STATUS				
		Quarter 1	Quarter 2	Quarter 3	Quarter 4	
Points Earned Goal 175,00		YTD 42,488 24% tof goal				
HRA Completion: 50% of Census		YTD 37 Completions 33% to goal				
Well-Visit Utilization 30% of Employees		6 Well Visits Completed 3% of Employees				
Portal Engagement 50% of Census		YTD 17% 33% to goal				
Upcoming Initiatives & Goals		Strive Corporate Challenge + Communication Campaign (Reigning Champion!)	Nutritional Services focusing on weight loss Health Benefits of a Good Night's Sleep			
		 Portal Revamp Marketing Campaign Executive Review + Strategy Discussion Monthly Census Updates 				

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2025 PROGRAM CALENDAR SPIRATEX



OTHER

	FRUGRAM CALE	CHANGING THE SHAPE OF PLASTICS	
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	
	• SUGAR BUSTERS (RECORDED)	• FLEX YOUR FLEXIBILITY: 3/3-3/31	
		MEDITATION MOMENT: 3/12, 2:00- 2:30 PM EST	
		• Q1 POINTS DUE: 3/31	
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	
		• Q2 POINTS DUE: 6/30	
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: 7/8-8/5		• ONE MONTH MADNESS: 9/3-9/30	
		MEDITATION MOMENT: 9/10, 2:00- 2:30 PM EST	
		• Q3 POINTS DUE: 9/30	
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	
	• GRATITUDE CHALLENGE: 11/3- 12/1	• MEDITATION MOMENT: 12/10, 2:00-2:30 PM EST	
		• Q4 POINTS DUE: 12/31	

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/spiratex	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/ spiratexsitecontact	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.