

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
		Flex your Flexibility Challenge Mar. 3-31 (0 participants)			
		Presentation: Setting Goals & Sticking to It Jan.8, 2025 3:00-4:00 pm (0 Live Participants)			
		Additional Offerings: N/A			
Participation Metrics	% of Census Active	0% (0 active users/60 eligible employees & spouses)			
	Completed Health Risk Assessment (HRA)	0 completions			
	Health Hub	10 views			
	Total Points Tracked	0			
	Avg. Points Per User	0			
Rewards Points Program Winners		No Winners this quarter			
		Structure: 4 Winners of a \$25 Tango (2 HRA Assessments, 2 Top Point Earners)			

	YEARLY GOALS STATUS			
	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Portal Engagement 20% of Census	0% Active Users 20% to goal. Implementing the Five with Strive (short videos) so that participants can watch the presentations when it's convenient for them - Track the presentation form			
HRA Completion: 40% Census	0% Active Users 40% to goal. This is not uncommon outside of health screening season, however, we expect to see an increase over each quarter.			
Upcoming Initiatives & Goals	<ul style="list-style-type: none">• Five with Strive: What's in my cart? (recording)• Strive Corporate Challenge + Communication Campaign	<ul style="list-style-type: none">• Move the monies not used in Q1 to yearly winner?• Poster in breakroom with QR code for easy access to portal and points?		
	<ul style="list-style-type: none">• Portal Revamp Marketing Campaign• Executive Review + Strategy Discussion• Monthly Census Updates			



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"> SETTING GOALS AND STICKING TO IT: 1/8, 3:00-4:00 PM, EST 		<ul style="list-style-type: none"> FLEX YOUR FLEXIBILITY: 3/3-3/31
		<ul style="list-style-type: none"> MEDITATION MOMENT: 3/12, 2:00-2:30 PM EST
		<ul style="list-style-type: none"> Q1 POINTS DUE: 3/31
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"> FIVE WITH STRIVE: WHAT'S IN MY CART?
		<ul style="list-style-type: none"> MEDITATION MOMENT: 6/11, 2:00-2:30 PM EST
		<ul style="list-style-type: none"> Q2 POINTS DUE: 6/30
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"> SUGAR BUSTERS: 8/20, 3:00-4:00 PM, EST 	<ul style="list-style-type: none"> ONE MONTH MADNESS: 9/3-9/30
		<ul style="list-style-type: none"> MEDITATION MOMENT: 9/10, 2:00-2:30 PM EST
		<ul style="list-style-type: none"> Q3 POINTS DUE: 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"> GRATITUDE CHALLENGE: 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"> 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/bankmichigan	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/bankmisitecontact	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.