



QUARTERLY SUMMARY

Quarter 1	Quarter 2	Quarter 3	Quarter 4
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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 Jan 1-22 (4 participants) Flex your Flexibility Challenge Mar. 3-31 (7 participants)			
		No Presentations this Quarter			
		Additional Offerings: N/A			
Participation Metrics	% of Census Active	5% (35 active users/644 eligible employees & spouses)			
	Completed Health Risk Assessment (HRA)	33 completions			
	Completed Well-Visit	16 completions			
	Health Hub	12 Views			
	Total Points Tracked	32,044			
	Avg. Points Per User	916			

Rewards Points Program Winners		1. Omid Behnam 2. Brian Cosgrove 3. Lisa Engels	1. 2. 3.	1. 2. 3.	1. 2. 3.
		Structure: 3 Winners of a \$50 Gift Card			

YEARLY GOALS STATUS

Quarter 1	Quarter 2	Quarter 3	Quarter 4
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Total Points Earned Goal 10% Increase	32,044 4.5% to goal of 708,400 Goal 2024 was 1,110 points per user			
HRA Completion: Goal 50%	5% YTD completed 45% to goal. This is not uncommon outside of health screening season, however, we expect to see an increase over each quarter.			
Well-Visit Utilization: 40% of employees to receive well-visit incentive	2.5 % YTD Completed well-visits *note that majority of employees previously had their annual well-visits during Q4, so this % is expected to drastically increase following previous trends			

Upcoming Initiatives & Goals	- Feeding Your Gut Microbiome Presentation - Strive Corporate Challenge + Communication Campaign			
	- Portal Revamp Marketing Campaign - Executive Review + Strategy Discussion - Monthly Census Updates			

2025 PROGRAM CALENDAR



JANUARY

- NEW BEGINNINGS: 1/29, 12:00-12:30 PM EST

- SNOOZE OR LOSE: 1/7-1/22

FEBRUARY

- GUT HEALTH: 2/26, 12:00-12:30 PM EST

MARCH

- THRIVING WITH PURPOSE: 3/26, 12:00-12:30 PM EST

- FLEX YOUR FLEXIBILITY: 3/3-3/31

- MEDITATION MOMENT: 3/12, 2:00-2:30 PM EST

- Q1 POINTS DUE: 3/31

APRIL

- EPIGENETIC WELLNESS: 4/30, 12:00-12:30 PM EST

- FEEDING YOUR MICROBIOME: 4/22, 12:00 PM-1:00 PM

MAY

- HEALTH TUNE-UP: 5/28, 12:00-12:30 PM EST

- 7TH ANNUAL STRIVE CORPORATE CHALLENGE: 5/7-5/28

JUNE

- WALLET-SMART WELLNESS: 6/25, 12:00-12:30 PM EST

- MEDITATION MOMENT: 6/11, 2:00-2:30 PM EST

- Q2 POINTS DUE: 6/30

JULY

- EMOTIONAL INTELLIGENCE: 7/30, 12:00-12:30 PM EST

AUGUST

- PEAKS AND VALLEYS: 8/27, 12:00-12:30 PM EST

SEPTEMBER

- EMERGENCY PREPAREDNESS: 9/24, 12:00-12:30 PM EST

- ONE MONTH MADNESS: 9/3-9/30

- MEDITATION MOMENT: 9/10, 2:00-2:30 PM EST

- Q3 POINTS DUE: 9/30

OCTOBER

- AGING GRACEFULLY: 10/29, 12:00-12:30 PM EST

NOVEMBER

- MINDFUL CONSUMPTION: 11/19, 12:00-12:30 PM EST

- GRATITUDE CHALLENGE: 11/3-12/1

- BREAKING BURNOUT: 11/11, 12:00-1:00 PM, EST

DECEMBER

- CRYOTHERAPY: 12/17, 12:00-12:30 PM EST

- 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/gkupi	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/sitecontactgkupi	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.