

Strive Pulse Check Report 2025



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 (1 participant)				
	No Presentations this Quarter				
	Additional Offerings: N/A				
Participation Metrics	% of Census Active	2% (5 active users/330 eligible employees & spouses)			
	Completed Health Risk Assessment (HRA)	5 completions			
	Health Hub	1 View			
	Total Points Tracked	3163			
	Avg. Points Per User	633			
Rewards Points Program Winners		Cassandra Meyer			
		Structure: 1 Winner of a \$75 Gift Card			

YEARLY GOALS STATUS

	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Portal Engagement 55% of Census	YTD - 2%			
Portal Engagement 1,500 points per user	YTD 633 points per active user			
HRA Completion: 30% of Census	YTD 2%			

Upcoming Initiatives & Goals

- Health Benefits of the Great Outdoors Presentation
- Continued reminders about onsite amenities
- Strive Corporate Challenge + Communication Campaign
- Portal Revamp Marketing Campaign
- Executive Review + Strategy Discussion
- Monthly Census Updates
- Refer a Colleague Program: Launch campaign for those who have already completed their HRA to refer a colleague to fill theirs out, and earn an additional 100 points

- Health Fair



2025 PROGRAM CALENDAR



JANUARY

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

FEBRUARY

- GUT HEALTH: 2/26, 12:00-12:30 PM EST
- SUGAR BUSTERS: 2/20, 10:00 AM-11:00 AM, 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

MAY

- HEALTH TUNE-UP: 5/28, 12:00-12:30 PM EST
- 7TH ANNUAL STRIVE CORPORATE CHALLENGE: 5/7-5/28
- HEALTH BENEFITS OF THE GREAT OUTDOORS: 5/22, 1:00-2:00 PM, EST

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
- FEEDING YOUR MICROBIOME: 8/21, 10:00 AM-11:00 AM, 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

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/mobis	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/mobissitecontact	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.