

# Strive Pulse Check Report 2025



## QUARTERLY SUMMARY

### Quarter 1

### Quarter 2

### Quarter 3

### Quarter 4

### Programming Initiatives

Strive Monthly Webinars & Meditation Moments

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Snooze or Lose Challenge  
Jan. 1-22  
(2 participants)  
Flex your Flexibility Challenge  
Mar. 3-31  
(2 participants)

No Presentations this Quarter

Additional Offerings: N/A

### Participation Metrics

#### % of Census Active

13.5% (7 active users/52 eligible employees)

#### Completed Health Risk Assessment (HRA)

6 completions

#### Health Hub

4 views

#### Total Points Tracked

5980

#### Avg. Points Per User

854

### Rewards Points Program Winners

1. John Mroz  
2. Kristen Sadlocha  
3. Christopher Katitus

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

Points Earned  
Goal 30,000

5980  
20% to goal of 30,000

Portal Engagement  
Goal 50%

Current engagement is 13.5% of employees

HRA Completion:  
Goal 50%

11.5% completed  
38.5% to goal. This is not uncommon outside of health screening season, however, we expect to see an increase over each quarter.

Reward Points Program (RPP)  
Participation Goal 50%

11.5%  
6/52 employees have earned 300+ points

### Upcoming Initiatives & Goals

- Happy Traveler Presentation
- Strive Corporate Challenge + Communication Campaign

- Portal Revamp Marketing Campaign
- Executive Review + Strategy Discussion
- Monthly Census Updates



# 2025 PROGRAM CALENDAR



JANUARY	FEBRUARY	MARCH
<ul style="list-style-type: none"> <li>NEW BEGINNINGS: 1/29, 12:00-12:30 PM EST</li> </ul>	<ul style="list-style-type: none"> <li>GUT HEALTH: 2/26, 12:00-12:30 PM EST</li> </ul>	<ul style="list-style-type: none"> <li>THRIVING WITH PURPOSE: 3/26, 12:00-12:30 PM EST</li> </ul>
<ul style="list-style-type: none"> <li>SNOOZE OR LOSE: 1/7-1/22</li> </ul>		<ul style="list-style-type: none"> <li>FLEX YOUR FLEXIBILITY: 3/3-4/2</li> </ul>
		<ul style="list-style-type: none"> <li>MEDITATION MOMENT: 3/12, 2:00-2:30 PM EST</li> </ul>
		<ul style="list-style-type: none"> <li>Q1 POINTS DUE: 3/31</li> </ul>
APRIL	MAY	JUNE
<ul style="list-style-type: none"> <li>EPIGENETIC WELLNESS: 4/30, 12:00-12:30 PM EST</li> </ul>	<ul style="list-style-type: none"> <li>HEALTH TUNE-UP: 5/28, 12:00-12:30 PM EST</li> </ul>	<ul style="list-style-type: none"> <li>WALLET-SMART WELLNESS: 6/25, 12:00-12:30 PM EST</li> </ul>
	<ul style="list-style-type: none"> <li>7TH ANNUAL STRIVE CORPORATE CHALLENGE: 5/7-5/28</li> </ul>	<ul style="list-style-type: none"> <li>MEDITATION MOMENT: 6/11, 2:00-2:30 PM EST</li> </ul>
	<ul style="list-style-type: none"> <li>THE HEALTHY TRAVELER: 5/13, 12:00-1:00 PM, EST</li> </ul>	<ul style="list-style-type: none"> <li>Q2 POINTS DUE: 6/30</li> </ul>
JULY	AUGUST	SEPTEMBER
<ul style="list-style-type: none"> <li>EMOTIONAL INTELLIGENCE: 7/30, 12:00-12:30 PM EST</li> </ul>	<ul style="list-style-type: none"> <li>PEAKS AND VALLEYS: 8/27, 12:00-12:30 PM EST</li> </ul>	<ul style="list-style-type: none"> <li>EMERGENCY PREPAREDNESS: 9/24, 12:00-12:30 PM EST</li> </ul>
		<ul style="list-style-type: none"> <li>ONE MONTH MADNESS: 9/1-9/30</li> </ul>
		<ul style="list-style-type: none"> <li>MEDITATION MOMENT: 9/10, 2:00-2:30 PM EST</li> </ul>
		<ul style="list-style-type: none"> <li>Q3 POINTS DUE: 9/30</li> </ul>
OCTOBER	NOVEMBER	DECEMBER
<ul style="list-style-type: none"> <li>AGING GRACEFULLY: 10/29, 12:00-12:30 PM EST</li> </ul>	<ul style="list-style-type: none"> <li>MINDFUL CONSUMPTION: 11/19, 12:00-12:30 PM EST</li> </ul>	<ul style="list-style-type: none"> <li>CRYOTHERAPY: 12/17, 12:00-12:30 PM EST</li> </ul>
	<ul style="list-style-type: none"> <li>GRATITUDE CHALLENGE: 11/3-11/24</li> </ul>	<ul style="list-style-type: none"> <li>MEDITATION MOMENT: 12/10, 2:00-2:30 PM EST</li> </ul>
	<ul style="list-style-type: none"> <li>FEEDING YOUR MICROBIOME: 11/7, 12:00-1:00 PM, EST</li> </ul>	<ul style="list-style-type: none"> <li>Q4 POINTS DUE: 12/31</li> </ul>

# 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/cuttersstudios">info.kapnick.com/cuttersstudios</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/cuttersstudiossitecontact">https://info.kapnick.com/cuttersstudiossitecontact</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.