

Strive Pulse Check Report 2025



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)	7 th Annual Strive Corporate Challenge May 7 -May 28 (14 Joined)		
No Presentations this Quarter	Feeding your Microbiome 4/22 (3 Viewed Live, 24 YouTube Views 1 tracked forms)		
Additional Offerings: N/A	Additional Offerings: N/A		

Participation Metrics

% of Census Active	5% (35 active users/644 eligible employees & spouses)	5% (54 active users/601 eligible employees & spouses)	
Completed Health Risk Assessment (HRA)	33 completions	32 completions	
Completed Well-Visit	16 completions	8 completions	
Health Hub	12 Views	29 Views	
Total Points Tracked	32,044	28,082	
Avg. Points Per User	916	878	

Rewards Points Program Winners

1. Omid Behnam 2. Brian Cosgrove 3. Lisa Engels	1. Jack Beddow 2. Vivek Rathi 3. Douglas Smith	1. 2. 3.	1. 2. 3.
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Structure: 3 Winners of a \$50 Gift Card

YEARLY GOALS STATUS

Quarter 1	Quarter 2	Quarter 3	Quarter 4
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Goal: 200,000 total points earned

32,044 16% to goal of 200,000	60,126 30% to goal of 200,000
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HRA Completion:
Goal 50%

5% YTD completed 45% to goal	11% YTD completed 39% to goal
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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	4 % 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
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Upcoming Initiatives & Goals

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| <ul style="list-style-type: none">Feeding Your Gut Microbiome PresentationStrive Corporate Challenge + Communication Campaign | <ul style="list-style-type: none">Adding graphics to corporate televisionsFlyer to get spouses emailsOne Month Madness Challenge |
| <ul style="list-style-type: none">Portal Revamp Marketing CampaignExecutive Review + Strategy DiscussionMonthly 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"> SNOOZE OR LOSE: 1/7-1/22 		<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"> FEEDING YOUR MICROBIOME: 4/22, 12:00 PM-1:00 PM 	<ul style="list-style-type: none"> 7TH ANNUAL STRIVE CORPORATE CHALLENGE: 5/7-5/28 	<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"> 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"> BREAKING BURNOUT: 11/11, 12:00-1:00 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/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.