

Strive Pulse Check Report



QUARTERLY SUMMARY

Quarter 1

Strive Monthly Webinars & Meditation Moments

One Month Madness
Feb. 3 - Feb. 28
42 participants

Substance Abuse, Overdose Awareness, & Prevention
Mar. 11, 12:00 - 1:00pm
21 participants tracked

Additional Offerings: N/A

17% (145 active users/868 employees in portal)

138 completions

114 views

109,369

754

19

Quarter 2

Strive Monthly Webinars & Meditation Moments

Strive Corporate Challenge
May 7 - May 28
144 participants

Power Meals
June 10, 12:00 - 1:00pm
44 participants tracked

N/A

30% (244 active users/ 830 employees on census)

121 completions

40 views

171,129

701

28

Quarter 3

Strive Monthly Webinars & Meditation Moments

Strive Monthly Webinars & Meditation Moments

Programming Initiatives

Participation Metrics

% of Census Active

Completed Health Risk Assessment (HRA)

Health Hub

Total Points Tracked

Avg. Points Per User

Well-Visit Submissions

Rewards Points Program Winners

\$25 for 600+ points

100 Winners

\$2,500

By Location

- DET: 12
- FDM: 2
- GR: 11
- GRB: 12
- KNX: 9
- LAN: 28
- LIV: 2
- MAC: 7
- TX: 17

By Company Code

- 1: 82
- 5: 10
- 91: 7
- 92: 1

133 Winners

\$3,325

By Location

- DET: 17
- FDM: 2
- GR: 17
- GRB: 9
- KNX: 15
- LAN: 43
- LIV: 6
- MAC: 9
- RD: 3
- TX: 12

By Company Code

- 1: 102
- 5: 14
- 9: 6
- 91: 7
- 92: 4

YEARLY GOALS STATUS

Quarter 1

Quarter 2

Quarter 3

Quarter 4

HRA Completion:
55% of Census

16% of census. Slightly lower than end of Q1 in 2024. Will likely increase following Corporate Challenge & in Q3 and Q4.

15% of census in Q2; 31% YTD. Over halfway to goal with sustained participation through Q2.

Portal Engagement:

- 55% Active Users
- 1,500 points per Active User

- **17% of census.** A little under the goalpost for end of Q1 but usage typically picks up in Q3 and Q4 with an increase in Well-Visit submissions.
- **744 points.** Average user is above 600 point reward threshold.

- **33% of census YTD.** On track to meet goal with increased well-visit submissions in Q3 and Q4.
- **701 points in Q2; 1,024 points YTD.** Average user is above 600 point rewards threshold. YTD is on track to meet goal.

Well-Visit Incentive:
50% of Census

2% of census (19/868). Slightly higher than end of Q1 in 2024. Historically increases in Q3 and Q4.

3% (28/830) of census in Q2. 6% (47/830) of census YTD. Historically increases in Q3 and Q4.

Upcoming Initiatives



- HRA Communication Piece in Monthly Emails (ensure confidentiality & emphasize customized recommendations)

- Portal Revamp Marketing Campaign
- Strive Corporate Challenge Marketing Campaign

- Recommendation: Home-mailer with submission instructions and Well-Visit resources

- Build Wellness New-Hire Video: Draft in progress

- Well-Visit Postcard: Waiting on approval

CHALLENGE	PRESENTATION	MONTHLY WEBINAR	REWARD DEADLINE	MEDITATION MOMENT	OTHER
<div>  <div>2025 PROGRAM CALENDAR</div>  </div>					
JANUARY		FEBRUARY		MARCH	
• NEW BEGINNINGS: 1/29, 12:00-12:30 PM EST		• GUT HEALTH: 2/26, 12:00-12:30 PM EST		• THRIVING WITH PURPOSE: 3/26, 12:00-12:30 PM EST	
		• ONE MONTH MADNESS: 2/3 - 2/28		• MEDITATION MOMENT: 3/12, 2:00-2:30 PM EST	
		• TENTATIVE: EXECUTIVE REVIEW		• SUBSTANCE ABUSE, OVERDOSE AWARENESS, & PREVENTION: 3/11, 12:00 - 1:00 PM EST	
				• Q1 POINTS DUE: 3/31	
APRIL		MAY		JUNE	
• EPIGENETIC WELLNESS: 4/30, 12:00-12:30 PM EST		• HEALTH TUNE-UP: 5/28, 12:00-12:30 PM EST		• WALLET-SMART WELLNESS: 6/25, 12:00-12:30 PM EST	
		• 7TH ANNUAL STRIVE CORPORATE CHALLENGE: 5/7 - 5/28		• MEDITATION MOMENT: 6/11, 2:00-2:30 PM EST	
				• POWER MEALS: 6/10, 12:00 - 1:00 PM EST	
				• Q2 POINTS DUE: 6/30	
JULY		AUGUST		SEPTEMBER	
• EMOTIONAL INTELLIGENCE: 7/30, 12:00-12:30 PM EST		• PEAKS AND VALLEYS: 8/27, 12:00-12:30 PM EST		• EMERGENCY PREPAREDNESS: 9/24, 12:00-12:30 PM EST	
• SNOOZE OR LOSE: 7/10 - 7/31		• ORAL HEALTH: 8/26, 12:00 - 1:00 PM EST		• MEDITATION MOMENT: 9/10, 2:00-2:30 PM EST	
				• BRUSH UP!: 9/1 - 9/15	
				• Q3 POINTS DUE: 9/30	
OCTOBER		NOVEMBER		DECEMBER	
• AGING GRACEFULLY: 10/29, 12:00-12:30 PM EST		• MINDFUL CONSUMPTION: 11/19, 12:00-12:30 PM EST		• CRYOTHERAPY: 12/17, 12:00-12:30 PM EST	
		• GRATITUDE CHALLENGE: 11/3 - 11/24		• MEDITATION MOMENT: 12/10, 2:00-2:30 PM EST	
				• BREAKING BURNOUT: 12/9, 12:00 - 1:00 PM EST	
				• TENTATIVE: WELL-VISIT DEADLINE: 12/19	
				• 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/christmanhealthhub	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/christmansitecontact	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.