



Strive Pulse Check Report



		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
		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			
Participation Metrics	% of Census Active	17% (145 active users/868 employees in portal)			
	Completed Health Risk Assessment (HRA)	138 completions			
	Health Hub	114 views			
	Total Points Tracked	109,369			
	Avg. Points Per User	754			
	Well-Visit Submissions	19			
Rewards Points Program Winners \$25 for 600+ points		100 Winners	\$2,500		
		By Location <ul style="list-style-type: none">DET: 12FDM: 2GR: 11GRB: 12KNX: 9LAN: 28LIV: 2MAC: 7TX: 17	By Company Code <ul style="list-style-type: none">1: 825: 1091: 792: 1		
		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.			
Portal Engagement: <ul style="list-style-type: none">55% Active Users1,500 points per Active User		<ul style="list-style-type: none">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.			
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.			
Upcoming Initiatives		<ul style="list-style-type: none">HRA Communication Piece in Monthly Emails (ensure confidentiality & emphasize customized recommendations)			
		<ul style="list-style-type: none">Portal Revamp Marketing CampaignStrive Corporate Challenge Marketing Campaign			
		<ul style="list-style-type: none">Recommendation: Home-mailer with submission instructions and Well-Visit resources			

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	
• ROUTE 66: 7/3 - 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.