

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
	Snooze or Lose Challenge Feb. 6 - March 6 4 participants			
	Health Benefits of Sleep Feb. 4, 11:00 AM - 12:00 PM EST			
	Additional Offerings: N/A			
Participation Metrics	% of Census Active	5% (31 active users/570 eligible employees & spouses)		
	Completed Health Risk Assessment (HRA)	24 completions		
	Health Hub	2 views		
	Total Points Tracked	12,516		
	Avg Points Per User	521.5		
Rewards Points Program Winners		1. Gerald Burgess (HVS) 2. Donald Ferguson (HVS) 3. Erica Lang (FEI) 4. Orlando Mazzotta (FEI)		
Structure: 4 winners (2 HVS & 2 FEI) of \$25 gift card. Tango starts for Q2 Winners.				

YEARLY GOALS STATUS				
Quarter 1		Quarter 2	Quarter 3	Quarter 4
HRA Completion: 50% of Census		4.2% completed. 46% below goal. Not uncommon outside of health screening. Expecting to see significant improvement throughout each quarter		
Health Screening: 65% of Census Participate		N/A		
RAS Enrollment 100% Enrolled Complete		N/A		
Upcoming Initiatives	Strive Corporate Challenge May 7 - May 28			
	Feeding Your Microbiome April 8, 12:00-1:00 PM EST			
	2025 Health Screening Survey			



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"> BENEFITS OF A GOOD NIGHT'S SLEEP: 2/4, 11:00 AM - 12:00 PM EST 	<ul style="list-style-type: none"> MEDITATION MOMENT: 3/12, 2:00-2:30 PM EST
	<ul style="list-style-type: none"> SNOOZE OR LOSE: 2/6-3/6 	
		<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: 4/8, 12:00-1:00 PM EST 	<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"> AMAZING AMERICA: 7/15-8/12 	<ul style="list-style-type: none"> HEALTH SCREENINGS 	<ul style="list-style-type: none"> FACE TO FACE: 9/2-9/30
<ul style="list-style-type: none"> PRE-HEALTH SCREENING & THE HEALTHY TRAVELER: 7/30, 11:30 AM - 1:00 PM EST 		<ul style="list-style-type: none"> POST-HEALTH SCREENING: 9/18, 1:00-2:00 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"> ONE MONTH MADNESS: 11/4-12/2 	<ul style="list-style-type: none"> MEDITATION MOMENT: 12/10, 2:00-2:30 PM EST
	<ul style="list-style-type: none"> PROTECT YOUR ASSETS: HEALTH AND INJURY PREVENTION ON THE JOB: 11/4, 12:00 - 1:00 PM EST 	
		<ul style="list-style-type: none"> Q4 POINTS DUE: 12/19

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	https://info.kapnick.com/hvsfei	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	info.kapnick.com/strivesitecontact-hvsfei	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.