

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
	Cancer Awareness Challenge Feb. 3 - Feb. 24 40 participants			
	Managing Mental Health (Recorded)			
	Additional Offerings: 2025 Program Home-Mailer			
Participation Metrics	% of Census Active	6% (99 active users/1734 associates in portal)		
	Completed Health Risk Assessment (HRA)	92 completions		
	Health Hub	91 views		
	Total Points Tracked	10,230		
	Avg. Points Per User	109		
Rewards Points Program Winners 1 point = \$1		99 Winners \$10,230		

YEARLY GOALS STATUS

Quarter 1	Quarter 2	Quarter 3	Quarter 4
HRA Completion: 20% of Census	5% of census. This is low overall but puts us on track to reach 20% by the end of Q4.		
Portal Engagement: 25,000 Total Points in 2025	10,230 points. This is the most points earned in a quarter in the program to-date, surpassing Q1 of 2024 by 6,385 points. For reference, the year-end total for 2023 was 12,300 points.		
Upcoming Initiatives	<ul style="list-style-type: none">Quarterly on-site Wellness Portal & Program supportWellness Portal Revamp<ul style="list-style-type: none">Marketing materials introducing new features		
	<ul style="list-style-type: none">Portal Revamp Marketing CampaignStrive Corporate Challenge Marketing CampaignFrequently updated BOH screens with point celebrations and testimonials		

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	
• MANAGING MENTAL HEALTH (RECORDED)		• CANCER AWARENESS: 2/3 - 2/24			
				• MEDITATION MOMENT: 3/12, 2:00-2:30 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	
• STRIVE ON-SITE: 4/9, 6:00 AM - 2:00 PM		• 7TH ANNUAL STRIVE CORPORATE CHALLENGE: 5/7 - 5/28			
				• MEDITATION MOMENT: 6/11, 2:00-2:30 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	
• STRIVE ON-SITE: 7/16, 12:00 - 8:00 PM		• STRIVE TO HYDRATE: 8/4 - 8/25			
• HEALTH BENEFITS OF A GOOD NIGHT'S SLEEP (RECORDED)					
				• MEDITATION MOMENT: 9/10, 2:00-2:30 PM EST	
				• 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	
• STRIVE ON-SITE: 10/8, 9:00 AM - 5:00 PM		• DISCONNECT & RECONNECT: 11/17 - 12/15		• DISCONNECT & RECONNECT: 11/17 - 12/15	
				• MEDITATION MOMENT: 12/10, 2:00-2:30 PM EST	
				• 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/aspire	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/mcchsitecontact	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.