

Strive Pulse Check Report



Royal Truck & Utility Trailer



QUARTERLY SUMMARY

Programming Initiatives

Quarter 1	Quarter 2	Quarter 3	Quarter 4
Strive Monthly Webinars & Meditation Moments	Strive Monthly Webinars & Meditation Moments	Strive Monthly Webinars & Meditation Moments	Strive Monthly Webinars & Meditation Moments
Smoking Cessation Jan. 6 - Jan. 31 2 participants Upper Body Build Mar. 3 - Mar. 30 4 participants	Strive Corporate Challenge May 7 - May 28 14 participants		
Five with Strive Metabolism 101: 25 views Kickin' Butts: 6 views Lifestyle, Not a Diet: 7 views	Five with Strive Health Benefits...Outdoors: 10 views Men's Health: 7 views Power Meals: 5 views		
Additional Offerings: N/A	N/A		
8% (24 active users/295 employees & spouses in portal)	21% (63 active users/296 employees & spouses on census)		
23 completions	28 completions		
11 views	25 views		
15,592	29,199		
650	463		
<ul style="list-style-type: none">Fidel VegaKeith KlineJoshua KrugMichael Morrison	<ul style="list-style-type: none">David HamiltonDon BumpTangelia HernandezJacob Barnes		

YEARLY GOALS STATUS

Quarter 1		Quarter 2		Quarter 3		Quarter 4	
Portal Engagement: <ul style="list-style-type: none"> 30% Active Users per Quarter 65% Active Users Annually 		<ul style="list-style-type: none"> 8% of census. 22% under the goalpost for end of Q1. This is not uncommon outside of health screening season, however, we would like to see an increase in active users. 		<ul style="list-style-type: none"> 21% Active Users in Q2 25% Active Users YTD Significant increase from Q1; would like to see this trend continue in Q3 & Q4, especially with health screenings.			
Screening Participation: 75% of Census		N/A					
Wellness Incentive: 95% Incentive-Eligible		N/A					
Upcoming Initiatives		<ul style="list-style-type: none"> Portal Revamp Marketing Campaign Strive Corporate Challenge Marketing Campaign App Notifications 		<ul style="list-style-type: none"> Health Fair Marketing <ul style="list-style-type: none"> Home Mailer insert Flyer, emails, app notifications 			
		<ul style="list-style-type: none"> Pre-screening Marketing Campaign <ul style="list-style-type: none"> Emphasize cost savings, confidentiality, and importance of prevention with rising healthcare costs. Target spouses w/home-mailer 		<ul style="list-style-type: none"> Health Screening Home Mailer (addressed to employees AND covered spouse) Health Screening Communications (Flyer, emails, app notifications) Appointment scheduling outreach calls RAS enrollment outreach calls 			

CHALLENGE	5 WITH STRIVE	MONTHLY WEBINAR	REWARD DEADLINE	MEDITATION MOMENT	OTHER
<div>  <div>2025 PROGRAM CALENDAR</div> <div>  </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	
• SMOKING CESSATION: 1/6 - 1/31		• KICKIN' BUTTS: SMOKING CESSATION		• MEDITATION MOMENT: 3/12, 2:00-2:30 PM EST	
• METABOLISM 101				• UPPER BODY BUILD: 3/3 - 3/31	
				• LIFESTYLE, NOT A DIET	
				• 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	
• HEALTH BENEFITS OF THE GREAT OUTDOORS		• 7TH ANNUAL STRIVE CORPORATE CHALLENGE: 5/7 - 5/28		• MEDITATION MOMENT: 6/11, 2:00-2:30 PM EST	
		• MEN'S HEALTH		• POWER MEALS	
				• 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	
• EAT THE RAINBOW: 7/21 - 8/18		• EAT THE RAINBOW: 7/21 - 8/18		• MEDITATION MOMENT: 9/10, 2:00-2:30 PM EST	
• POSITIVE EFFECTS OF INCLUSION		• AGING & YOUR HEALTH		• MANAGING MENTAL HEALTH	
• HEALTH FAIRS: 7/21 - /23					
• HEALTH SCREENINGS				• 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	
• WORKPLACE ERGONOMICS		• GRATITUDE CHALLENGE: 11/17 - 12/15		• MEDITATION MOMENT: 12/10, 2:00-2:30 PM EST	
		• HAPPY, HEALTHY HOLIDAYS		• GRATITUDE CHALLENGE: 11/17 - 12/15	
				• JOG YOUR MEMORY	
				• Q4 POINTS DUE: 12/31	

Kapnick Strive Resources



Royal Truck & Utility Trailer

	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/rtthealthhub	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/royalsitecontact	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.