

# Strive Pulse Check Report





Royal Truck & Utility Trailer

## 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 |
|  |  | Smoking Cessation<br>Jan. 6 - Jan. 31<br>2 participants   |  |  |  |
|  |  | Upper Body Build<br>Mar. 3 - Mar. 30<br>4 participants  |  |  |  |
|  |  | Five with Strive<br>Metabolism 101: 25 views<br>Kickin' Butts: 6 views<br>Lifestyle, Not a Diet: 7 views                    |  |  |  |
|  |  | Additional Offerings: N/A   |  |  |  |
| Participation Metrics  | % of Census Active                     | 8% (24 active users/295 employees & spouses in portal)  |  |  |  |
|  | Completed Health Risk Assessment (HRA) | 23 completions  |  |  |  |
|  | Health Hub                             | 11 views  |  |  |  |
|  | Total Points Tracked                   | 15,592  |  |  |  |
|  | Avg. Points Per User                   | 650   |  |  |  |
| Rewards Points Program Winners<br><br>4 Quarterly Winners of \$100 Gift Card |  | <ul style="list-style-type: none"><li>Fidel Vega</li><li>Keith Kline</li><li>Joshua Krug</li><li>Michael Morrison</li></ul> |  |  |  |

## YEARLY GOALS STATUS

|   | YEARLY GOALS STATUS  |           |           |           |
|---|--|-----------|-----------|-----------|
|   | Quarter 1  | Quarter 2 | Quarter 3 | Quarter 4 |
| Portal Engagement: <ul style="list-style-type: none"><li>• 30% Active Users per Quarter</li><li>• 65% Active Users Annually</li></ul> | <ul style="list-style-type: none"><li>• <b>8% of census.</b> 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.</li></ul>   |           |           |           |
| Screening Participation:<br>75% of Census   | N/A  |           |           |           |
| Wellness Incentive:<br>95% Incentive-Eligible   | N/A  |           |           |           |
| Upcoming Initiatives  | <ul style="list-style-type: none"><li>• Portal Revamp Marketing Campaign</li><li>• Strive Corporate Challenge Marketing Campaign</li><li>• App Notifications</li></ul>   |           |           |           |
|   | <ul style="list-style-type: none"><li>• Pre-screening Marketing Campaign<ul style="list-style-type: none"><li>◦ Emphasize cost savings, confidentiality, and importance of prevention with rising healthcare costs.</li><li>◦ Target spouses w/home-mailer</li></ul></li></ul> |           |           |           |

| 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



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|                                  | URL:  | About:  |
|----------------------------------|---|---|
| Strive Library                   | <a href="https://info.kapnick.com/strive-library">info.kapnick.com/strive-library</a>             | Offers a comprehensive array of complimentary assets, including monthly wellness newsletters and webinars, quarterly meditation sessions, and much more.  |
| Health Hub                       | <a href="https://info.kapnick.com/rtthealthhub">info.kapnick.com/rtthealthhub</a>                 | 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   | <a href="https://kapnickstrive.com">kapnickstrive.com</a>   | 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     | <a href="https://info.kapnick.com/royalsitecontact">https://info.kapnick.com/royalsitecontact</a> | 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) | <a href="https://info.kapnick.com/strivefaq">info.kapnick.com/strivefaq</a>                       | Find answers to commonly asked questions regarding the various services Kapnick Strive provides.  |