


# 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
		Flex your Flexibility Challenge Mar. 3-31 (0 participants)	7 <sup>th</sup> Annual Strive Corporate Challenge May 7 -May 28 (3 Joined)		
		Presentation: Setting Goals & Sticking to It Jan.8, 2025 3:00-4:00 pm (6 Live Participants)	Presentation: What's in your cart? (Recording) (7 views) (0 Tracked)		
		Additional Offerings: N/A	Additional Offerings: N/A		
Participation Metrics	% of Census Active	0% (0 active users/45 eligible employees)	13% (6 active users/45 eligible employees)		
	Completed Health Risk Assessment (HRA)	0 completions	6 completions		
	Health Hub	10 views	13 views		
	Total Points Tracked	0	4,020		
	Avg. Points Per User	0	670		
Rewards Points Program Winners		No Winners this quarter	Janice Turnwald Bradley Horseman		
		Structure: 4 Winners of a \$25 Tango (2 HRA Assessments, 2 Top Point Earners)			
		Yearly Goals Status			
		Quarter 1	Quarter 2	Quarter 3	Quarter 4
Portal Engagement 20% of Census		<b>0% Active Users</b> 20% to goal. Implementing the Five with Strive (short videos) so that participants can watch the presentations when it's convenient for them - Track the presentation form	<b>13% Active Users</b> 7% to goal. Participants seemed to appreciate the recorded presentations. when it's convenient for them - They still did not fill out the form but we can see the amount of views in YouTube		
HRA Completion: 40% Census		<b>0% Active Users</b> 40% to goal. This is not uncommon outside of health screening season, however, we expect to see an increase over each quarter.	<b>13% Active Users</b> 27% to goal. This is not uncommon outside of health screening season, however, we expect to see an increase over each quarter.		
Upcoming Initiatives & Goals		<ul style="list-style-type: none"><li>Five with Strive: What's in my cart? (recording)</li><li>Strive Corporate Challenge + Communication Campaign</li></ul>	<ul style="list-style-type: none"><li>Flyer in breakroom with QR code for easy access to portal and points?</li><li>Focus on benefits of physical activity</li></ul>		
		<ul style="list-style-type: none"><li>Portal Revamp Marketing Campaign</li><li>Executive Review + Strategy Discussion</li><li>Monthly Census Updates</li></ul>			

CHALLENGE

PRESENTATION

MONTHLY WEBINAR

REWARD DEADLINE

OTHER



## 2025 PROGRAM CALENDAR



JANUARY	FEBRUARY	MARCH
<ul style="list-style-type: none"> <li>NEW BEGINNINGS: 1/29, 12:00-12:30 PM EST</li> </ul>	<ul style="list-style-type: none"> <li>GUT HEALTH: 2/26, 12:00-12:30 PM EST</li> </ul>	<ul style="list-style-type: none"> <li>THRIVING WITH PURPOSE: 3/26, 12:00-12:30 PM EST</li> </ul>
<ul style="list-style-type: none"> <li>SETTING GOALS AND STICKING TO IT: 1/8, 3:00-4:00 PM, EST</li> </ul>		<ul style="list-style-type: none"> <li>FLEX YOUR FLEXIBILITY: 3/3-3/31</li> </ul>
		<ul style="list-style-type: none"> <li>MEDITATION MOMENT: 3/12, 2:00-2:30 PM EST</li> </ul>
		<ul style="list-style-type: none"> <li>Q1 POINTS DUE: 3/31</li> </ul>
APRIL	MAY	JUNE
<ul style="list-style-type: none"> <li>EPIGENETIC WELLNESS: 4/30, 12:00-12:30 PM EST</li> </ul>	<ul style="list-style-type: none"> <li>HEALTH TUNE-UP: 5/28, 12:00-12:30 PM EST</li> </ul>	<ul style="list-style-type: none"> <li>WALLET-SMART WELLNESS: 6/25, 12:00-12:30 PM EST</li> </ul>
	<ul style="list-style-type: none"> <li>7TH ANNUAL STRIVE CORPORATE CHALLENGE: 5/7-5/28</li> </ul>	<ul style="list-style-type: none"> <li>FIVE WITH STRIVE: WHAT'S IN MY CART?</li> </ul>
		<ul style="list-style-type: none"> <li>MEDITATION MOMENT: 6/11, 2:00-2:30 PM EST</li> </ul>
		<ul style="list-style-type: none"> <li>Q2 POINTS DUE: 6/30</li> </ul>
JULY	AUGUST	SEPTEMBER
<ul style="list-style-type: none"> <li>EMOTIONAL INTELLIGENCE: 7/30, 12:00-12:30 PM EST</li> </ul>	<ul style="list-style-type: none"> <li>PEAKS AND VALLEYS: 8/27, 12:00-12:30 PM EST</li> </ul>	<ul style="list-style-type: none"> <li>EMERGENCY PREPAREDNESS: 9/24, 12:00-12:30 PM EST</li> </ul>
	<ul style="list-style-type: none"> <li>SUGAR BUSTERS: 8/20, 3:00-4:00 PM, EST</li> </ul>	<ul style="list-style-type: none"> <li>ONE MONTH MADNESS: 9/3-9/30</li> </ul>
		<ul style="list-style-type: none"> <li>MEDITATION MOMENT: 9/10, 2:00-2:30 PM EST</li> </ul>
		<ul style="list-style-type: none"> <li>Q3 POINTS DUE: 9/30</li> </ul>
OCTOBER	NOVEMBER	DECEMBER
<ul style="list-style-type: none"> <li>AGING GRACEFULLY: 10/29, 12:00-12:30 PM EST</li> </ul>	<ul style="list-style-type: none"> <li>MINDFUL CONSUMPTION: 11/19, 12:00-12:30 PM EST</li> </ul>	<ul style="list-style-type: none"> <li>CRYOTHERAPY: 12/17, 12:00-12:30 PM EST</li> </ul>
	<ul style="list-style-type: none"> <li>GRATITUDE CHALLENGE: 11/3-12/1</li> </ul>	<ul style="list-style-type: none"> <li>MEDITATION MOMENT: 12/10, 2:00-2:30 PM EST</li> </ul>
		<ul style="list-style-type: none"> <li>Q4 POINTS DUE: 12/31</li> </ul>

# Kapnick Strive Resources

	URL:	About:
<b>Strive Library</b>	<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.
<b>Health Hub</b>	<a href="https://info.kapnick.com/bankmichigan">info.kapnick.com/bankmichigan</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.
<b>Kapnick Strive Wellness Portal</b>	<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.
<b>Site Contact Resource Portal</b>	<a href="https://info.kapnick.com/bankmisitecontact">https://info.kapnick.com/bankmisitecontact</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.
<b>Frequently Asked Questions (FAQ)</b>	<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.