




Strive Pulse Check Report



		2024 QUARTERLY SUMMARY	
		Quarter 3	Quarter 4
Programming Initiatives		Strive Monthly Webinars & Meditation Moments	Strive Monthly Webinars & Meditation Moments
		Summer Fun: 7/1 - 7/29 (32 participants)	Cancer Awareness: 11/6 - 11/27
		Health Benefits of the Great Outdoors: 9/10 (35 tracked)	Feeding Your Microbiome: 12/10, 12:00 - 1:00 PM EST
		Additional Events: N/A	Additional Events: N/A
Participation Metrics	% of Census Active	21% (173/830 users)	
	Completed Health Risk Assessment (HRA)	33/830 users (4%)	
	Completed Well-Visit	45/830 users (5%)	
	Health Hub	91 views	
	Total Points Tracked	104,223	
	Avg Points Per User	602	
Rewards Points Program Winners		82 winners	
		Structure: \$25 for 600+ points earned during quarter	
		YEARLY GOALS STATUS	
		Quarter 3	Quarter 4
HRA Completion: 60% of Census		Year-to-date: 33% completion (278/830) Strategy: Send home mailer/postcard to encourage Well-Visits, driving people to portal	
Challenge Participation: 40% of Census Participating		Year-to-date: 28% participating Strategy: Reminder emails sent during challenge. Emphasize point-earning capabilities and quarterly rewards.	
Presentation Tracking: 20% of Census Tracking		Year-to-date: 16% tracking Strategy: Reminder/brief instructions shared during presentation. Emphasize point-earning capabilities and quarterly rewards.	
Wellness Incentive: 50% Incentive Eligible		Year-to-date: 11% eligible (93/830) Strategy: Send home mailer/postcard to encourage Well-Visits; emphasize incentive. Consistent reminder emails.	
Upcoming Initiatives & Goals		Monthly Data: Continue to send monthly engagement data to best inform strategy	
		New Hire Emails: Send Strive introductory email to new hires on each monthly census; emphasize earning & cost saving potential	
		Wellness Program Survey: Gather information on program needs & interests	

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/christmanhealthhub	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/christmansitecontact	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.

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	
		• ONE MONTH MADNESS: 2/3 - 2/28		• MEDITATION MOMENT: 3/12, 2:00-2:30 PM EST	
		• TENTATIVE: EXECUTIVE REVIEW		• SUBSTANCE ABUSE, OVERDOSE AWARENESS, & PREVENTION: 3/11, 12:00 - 1:00 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	
		• 7TH ANNUAL STRIVE CORPORATE CHALLENGE: 5/7 - 5/28		• MEDITATION MOMENT: 6/11, 2:00-2:30 PM EST	
				• POWER MEALS: 6/10, 12:00 - 1:00 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	
• ROUTE 66: 7/3 - 7/31		• ORAL HEALTH: 8/26, 12:00 - 1:00 PM EST		• MEDITATION MOMENT: 9/10, 2:00-2:30 PM EST	
				• BRUSH UP!: 9/1 - 9/15	
				• 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	
		• GRATITUDE CHALLENGE: 11/3 - 11/24		• MEDITATION MOMENT: 12/10, 2:00-2:30 PM EST	
				• BREAKING BURNOUT: 12/9, 12:00 - 1:00 PM EST	
				• TENTATIVE: WELL-VISIT DEADLINE: 12/19	
				• Q4 POINTS DUE: 12/31	