



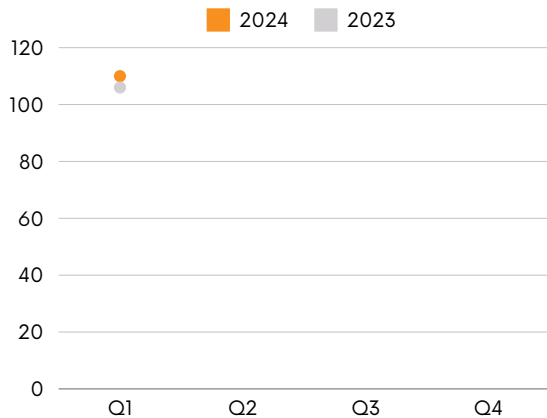
# PULSE CHECK



Year: 2024

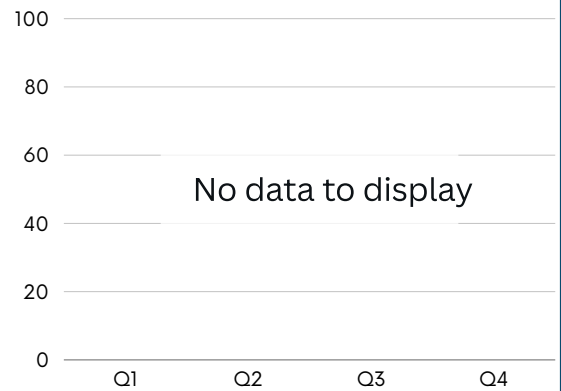
Quarter: 1

## HRA Completion



**2024:** 110 completed HRA in Q1  
**2023:** 106 completed HRA in Q1

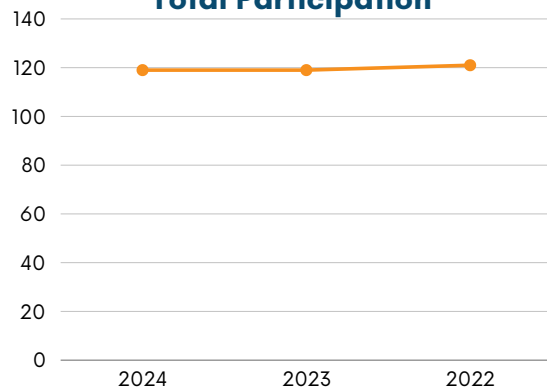
## Well-Visit Utilization



**RESULT:** Data not yet available

Note: Rates are from Wellness Portal, not Lens data

## Health Screening Total Participation



**2024:** 119 participants  
**2023:** 119 participants  
**2022:** 121 participants

Active Users: **69%**

Census:160

## Total Points Tracked

**Quarter:** 293,531

**Points Per User:** 2668

## Wellness Events Summary

### Health Screenings:

- 3 On-Site Screenings
- 1 Home Screening

### Challenges:

Healthy Brain Challenge

- # of Total Participants Registered: 0

### Presentations: (Recordings)

Aging and Your Health

## Upcoming Events for Q2

### Challenges:

- 6th Annual Strive Corporate Challenge
  - 5/8 - 5/29

### Presentations: (Recordings)

Bone Health

Meditation Moment

- 6/12, 2:00-2:30PM EST