

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
		Rock Your Way to Wellness: Jan. 6 - Jan. 27 0 participants	Strive Corporate Challenge: May 7 - May 28 1 participant	Hydration Station: July 7 - July 21 3 participants	
		Cancer Awareness: Mar. 10 - Mar. 31 1 participant		Around the World: Sept. 1 - Sept. 29 1 participant	
		Metabolism 101: Feb. 25, 1:00 - 2:00 PM EST On-site	The Healthy Traveler: June 3, 1:00 - 2:00 PM EST On-site	Men's Health: Aug. 6, 1:00 - 2:00 PM EST On-site	
		Additional Offerings: Tobacco RAS Outreach & Coaching	Tobacco RAS Coaching	Health Screenings	
Participation Metrics	% of Census Active	5% (16 active users/351 eligible employees & spouses)	4% (13 active users/383 eligible employees & spouses)	49% (146/301 eligible employees & spouses)	
	Completed Health Risk Assessment (HRA)	14 completions	12 completions	136 completions	
	Health Hub	12 views	2 views	33 views	
	Total Points Tracked	7,125	8,510	498,730	
	Avg. Points Per User	445	654	3,416	

YEARLY GOALS STATUS

		Quarter 1	Quarter 2	Quarter 3	Quarter 4
Portal Engagement: 55% Active Users		5% Active Users 50% below goal. This is not uncommon outside of health screening season, however, we would like to see an increase in active users.	4% Active Users 51% below goal. Low, but not uncommon without a reward program. We will see this increase in Q3 with health screenings and RAS enrollments.	49% Active Users 6% below goal. Increase from previous quarters due to Health Screening-related log-ins. YTD Active Users is 45% (162/301).	
Screening Participation: 65% of Eligible		N/A	N/A	66% of Eligible Screened (199/301) Goal met as of 9/30/2025. A few more at-home screenings are expected to be complete by 10/17/2025.	
RAS Enrollment: 30% Eligible Completion		N/A	N/A	4% of RAS-Eligible Enrolled (1/24) Far below goal enrollment. RAS emails sent to all eligible, however, phone outreach may be beneficial to this population.	
Upcoming Initiatives & Goals		- On-site presentation (The Healthy Traveler, 6/3) + Snack Bar - Portal Revamp Marketing Campaign - Pre-screening Marketing Campaign - Emphasize cost savings, confidentiality, and importance of prevention with rising healthcare costs.	- On-site presentation (Men's Health, 8/6) + Portal Walkthrough & Assistance - Health Screening & RAS Outreach - Phone calls made for appointment scheduling assistance - Phone calls to RAS-eligible participants "Welcome to Strive" program video for new-hires/those new to the wellness program.	- On-site presentation (Women's Health, 10/7) - Phone calls to RAS-eligible participants "Welcome to Strive" program video - Strive Leadership Guide for Engagement	



2025 PROGRAM CALENDAR



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
ROCK YOUR WAY TO WELLNESS: 1/6 - 1/27	METABOLISM 101: 2/25, 1:00 - 2:00 PM EST	CANCER AWARENESS: 3/10 - 3/31
	ON-SITE: PRESENTATION & PORTAL WALKTHROUGH	
		MEDITATION MOMENT: 3/12, 2:00-2:30 PM EST
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	THE HEALTHY TRAVELER: 6/3, 1:00 - 2:00 PM EST
		ON-SITE: PRESENTATION & SNACK BAR
		MEDITATION MOMENT: 6/11, 2:00-2:30 PM EST
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
STRIVE TO HYDRATE: 7/7 - 7/21	MEN'S HEALTH: 8/6, 1:00 - 2:00 PM EST	AROUND THE WORLD: 9/1 - 9/29
	ON-SITE: PRESENTATION & PORTAL WALKTHROUGH	
	TENTATIVE: HEALTH SCREENINGS	MEDITATION MOMENT: 9/10, 2:00-2:30 PM EST
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
WOMEN'S HEALTH: 10/7, 1:00 - 2:00 PM EST	SAVE UP!: 11/3 - 12/15	SAVE UP!: 11/3 - 12/15
ON-SITE: PRESENTATION & FLU SHOT CLINIC		
		MEDITATION MOMENT: 12/10, 2:00-2:30 PM EST

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/brazewayhealthhub	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/brazewaysitecontact	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.