



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
		Core Some More Jan. 6 - Jan. 31 7 participants Disconnect & Reconnect Mar. 10 - Apr. 6 7 participants	Strive Corporate Challenge May 7 - May 28 13 participants	Hydration Station July 3 - July 31 17 participants Going for Growth Sept. 1 - Sept. 15 8 participants	
		The Positive Effects of Inclusion (Recorded)	Five with Strive: Feeding Your Microbiome	Five with Strive(s): <ul style="list-style-type: none">Reducing Your Risk of Skin Cancer,Substance Abuse, OD Awareness, & PreventionMindfulness Meditation	
		Additional Offerings: N/A	Health Screenings: 88 participants	<ul style="list-style-type: none">Wellness Portal Feature Videos	
Participation Metrics	% of Census Active	21% (36 active users/172 eligible employees)	56% (92 active users/ 164 eligible employees)	17% (29 active users/167 eligible employees)	
	Completed Health Risk Assessment (HRA)	35 completions	62 completions	4 completions	
	Health Hub	9 views	36 views	21 views	
	Total Points Tracked	20,660	242,573	17,550	
	Avg. Points Per User	574	2,637	605	
YEARLY GOALS STATUS					
Quarter 1		Quarter 2	Quarter 3	Quarter 4	
Portal Engagement: 50% Active Users		21% Active Users. 29% below goal. This is not uncommon outside of health screening season, however, we would like to see an increase in active users.	56% Active Users in Q2, 60% YTD. Goal met! YTD increased 4% from 2024, and sustained increase from 53% in 2023.	17% Active Users in Q3, 60% YTD. Engagement drop-off following completion of health screenings.	
Screening Participation: 60% of Eligible		N/A	56% (88/158 screening-eligible, based on 4/4/25 census). 4% short of goal but a 5% increase from 2024.	N/A	
Wellness Incentive: 98% Incentive Eligible		N/A	99% Incentive-eligible (92/93). Goal met!	N/A	
Upcoming Initiatives & Goals		<ul style="list-style-type: none">Portal Revamp Marketing CampaignExecutive Review + Programming StrategyExplore rewards alternatives to incentivize participationScreening Reminder EmailsNew in 2025: Additional Screening TestsRecommendation: Phone outreach to schedule screening appointments if under 40% bookedRAS Outreach to all eligible (via phone and email)<ul style="list-style-type: none">Emphasize cost savingsHighlight health score improvement data and testimonials	<ul style="list-style-type: none">Welcome to Strive video for new-hires/use in training & orientation: Draft in progressCollect testimonials from most engaged participants & feedback from general users.Continue to push Five with Strive videos	<ul style="list-style-type: none">Wellness Portal Feature Videos through EOYWelcome to Strive video2026 Program GuideStrive Leadership Guide for EngagementNeeds & Interest Survey + Campaign	

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	
• CORE SOME MORE: 1/6 - 1/31		• TENTATIVE: EXECUTIVE REVIEW		• MEDITATION MOMENT: 3/12, 2:00-2:30 PM EST	
		• POSITIVE EFFECTS OF INCLUSION: 2/13, 1:00 - 2:00 PM EST		• DISCONNECT & RECONNECT: 3/10 - 4/6	
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	
• TENTATIVE: HEALTH SCREENINGS		• 7TH ANNUAL STRIVE CORPORATE CHALLENGE: 5/7 - 5/28		• MEDITATION MOMENT: 6/11, 2:00-2:30 PM EST	
				• FIVE WITH STRIVE: FEEDING YOUR MICROBIOME	
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: 7/3 - 7/31		• FIVE WITH STRIVE: SUBSTANCE ABUSE, OVERDOSE AWARENESS, & PREVENTION		• MEDITATION MOMENT: 9/10, 2:00-2:30 PM EST	
• FIVE WITH STRIVE: REDUCING YOUR RISK OF SKIN CANCER				• GOING FOR GROWTH: 9/1 - 9/15	
				• FIVE WITH STRIVE: MINDFULNESS MEDITATION	
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	
• TENTATIVE: ON-SITE WELLNESS WEDNESDAY (ANN ARBOR)		• NO TIME LIKE THE PLEASANT: 11/5 - 12/17		• MEDITATION MOMENT: 12/10, 2:00-2:30 PM EST	
• FIVE WITH STRIVE: POWER MEALS		• FIVE WITH STRIVE: FINANCIAL WELLNESS		• NO TIME LIKE THE PLEASANT: 11/5 - 12/17	
				• FIVE WITH STRIVE: JOG YOUR MEMORY	

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/eversighthealthhub	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/eversightsitecontact	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.