

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
		Cancer Awareness Challenge Mar. 10 - Apr. 6 3 participants	Strive Corporate Challenge May 7 - May 28 4 participants	Route 66 Challenge July 3 - July 31 10 participants Hydration Station Aug. 8 - Sept. 15 4 participants
		Aging & Your Health Feb. 20, 1:00 - 2:00pm 22 attendees	Feeding Your Microbiome May 22, 1:00 - 2:00pm 15 attendees	Metabolism 101 Aug. 21, 1:00 - 2:00pm 2 attendees
		Additional Offerings: N/A	N/A	Health Screening: 9/16
Participation Metrics	% of Census Active	8% (19 active users/250 eligible employees & spouses)	8% (19 active users/246 eligible employees & spouses)	14% (36 active users/246 eligible employees & spouses)
	Completed Health Risk Assessment (HRA)	15 completions	10 completions	20 completions
	Health Hub	7 views	5 views	9 views
	Total Points Tracked	9,900	8,700	54,175
	Avg. Points Per User	521	458	1,505
YEARLY GOALS STATUS				
Quarter 1		Quarter 2	Quarter 3	Quarter 4
Portal Engagement: 50% Active Users	8% Active Users 42% below goal. This is not uncommon outside of health screening season, however, we would like to see an increase in active users.	8% Active Users in Q2 11% (27/246) YTD No change from Q1, only a slight increase in the YTD engagement.	14% Active Users in Q3 18% (45/246) YTD Slight increase from Q1 & Q2. Looking for more engagement as health screenings continue in Q4.	
Screening Participation: 40% of Eligible	N/A	N/A	N/A. Will be finalized after 12/31 screening deadline.	
Upcoming Initiatives & Goals	- Portal Revamp Marketing Campaign - Executive Review + Programming Strategy - Monthly New-Hire Email - Monthly Census Updates - Pre-screening Marketing Campaign - Emphasize cost savings, confidentiality, and importance of prevention with rising healthcare costs.	- Pre-screening Marketing Campaign - Flyers, emails, home mailers, outreach to those who have never screened - New-hire/Welcome to Strive training video: Draft in progress	- Email outreach to eligible non-screeners - Program Guide and Introduction Video (January 2026 delivery) - Strive Leadership Guide for Engagement	

CHALLENGE	PRESENTATION	MONTHLY WEBINAR	REWARD DEADLINE	MEDITATION MOMENT	OTHER
 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	
		• AGING & YOUR HEALTH: 2/20, 1:00 - 2:00 PM EST		• MEDITATION MOMENT: 3/12, 2:00-2:30 PM EST	
				• CANCER AWARENESS: 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	
		• 7TH ANNUAL STRIVE CORPORATE CHALLENGE: 5/7 - 5/28		• MEDITATION MOMENT: 6/11, 2:00-2:30 PM EST	
		• FEEDING YOUR MICROBIOME: 5/22, 1:00 - 2:00 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	
• ROUTE 66: 7/3 - 7/31		• METABOLISM 101: 8/21, 1:00 - 2:00 PM EST		• MEDITATION MOMENT: 9/10, 2:00-2:30 PM EST	
		• HYDRATION STATION: 8/18 - 9/15		• HYDRATION STATION: 8/18 - 9/15	
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: HEALTH SCREENINGS		• GRATITUDE CHALLENGE: 11/17 - 12/19		• GRATITUDE CHALLENGE: 11/17 - 12/19	
		• BREAKING BURNOUT: 11/6, 1:00 - 2:00 PM EST		• MEDITATION MOMENT: 12/10, 2:00-2:30 PM EST	
		• TENTATIVE: HEALTH SCREENINGS		• TENTATIVE: HEALTH SCREENINGS	

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/smehealthhub	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/smesitecontact	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.