Strive Pulse Check Report 2025 © Kapnick Strive



SPIRATEX CHANGING THE SHAPE OF PLASTICS		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	
		Flex your Flexibility Challenge Mar. 3-31 (17 participants)	7 th Annual Strive Corporate Challenge May 7 -May 28 (23 Participated)			
		No Presentations this Quarter	Health Benefits of a Good Night's Sleep (6 viewed recording 13 forms tracked)			
		Additional Offerings: N/A	Additional Offerings: N/A			
Participation Metrics	% of Census Active	17% (37 active users/222 eligible employees)	32% (51 active users/157 eligible employees)			
	Completed Health Risk Assessment (HRA)	37 completions	16 completions			
	Completed Annual Visit Form	7 completions	14 completions			
	Health Hub	7 views	11 completions			
	Total Points Tracked	42,563	52,978			
	Avg. Points Per User	1,148	1,038			
		YEARLY GOALS STATUS				
		Quarter 1	Quarter 2	Quarter 3	Quarter 4	
Points Earned Goal 175,000		YTD 42,563 24% to goal of 175,000	YTD 95,541 55% to goal of 175,000			
HRA Completion: 50% of Census		YTD 37 Completions (33% to goal of 50%)	YTD 53 Completions (67% to goal of 50%)			
Well-Visit Utilization 30% of Employees		YTD 7 Well Visits Completed 3% of Employees	YTD 21 Well Visits Completed 13% of Employees			
Portal Engagement 50% of Census		YTD 17% 33% to goal	YTD 32% 18% to goal			
Upcoming Initiatives & Goals		Strive Corporate Challenge + Communication Campaign (Reigning Champion!)	Nutritional Services focusing on weight loss Feeding your Microbiome			
		Portal Revamp Marketing Campaign Executive Review + Strategy Discussion Monthly Census Updates	Challenges: Hydration Station One Month Madness Challenge			

OTHER



2025 PROGRAM CALENDAR & SPIRATEX



Strive	2025	PRUGRAM CALE	CHANGING THE SHAPE OF PLASTICS
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
		• SUGAR BUSTERS (RECORDED)	• FLEX YOUR FLEXIBILITY: 3/3-3/31
			MEDITATION MOMENT: 3/12, 2:00- 2:30 PM EST
			• Q1 POINTS DUE: 3/31
APF	RIL	MAY	JUNE
• EPIGENETIC WE 12:00-12:30 PM		• 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 	 HEALTH BENEFITS OF A GOOD NIGHT'S SLEEP (RECORDED)
			 MEDITATION MOMENT: 6/11, 2:00- 2:30 PM EST
			• Q2 POINTS DUE: 6/30
JU	LY	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: 7/8-8/5			• ONE MONTH MADNESS: 9/3-9/30
			MEDITATION MOMENT: 9/10, 2:00- 2:30 PM EST
			• 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- 12/1	• MEDITATION MOMENT: 12/10, 2:00-2:30 PM EST
			• 04 POINTS DUE: 12/31

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/spiratex	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/ spiratexsitecontact	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.