



# 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	
		One Month Madness Feb. 3 - Feb. 28 42 participants		Strive Corporate Challenge May 7 - May 28 144 participants		Snooze or Lose July 7 - July 31 73 participants  Brush Up! Sept. 1 - Sept. 15 57 participants	
		Substance Abuse, Overdose Awareness, & Prevention Mar. 11, 12:00 - 1:00pm 21 participants tracked		Power Meals June 10, 12:00 - 1:00pm 44 participants tracked		Oral Health August 26, 12:00 - 1:00pm 36 participants tracked	
		Additional Offerings: N/A		N/A		Well-Visit Home Mailer	
Participation Metrics	% of Census Active	17% (145 active users/868 employees in portal)		30% (244 active users/ 830 employees on census)		22% (180/837 employees on census)	
	Completed Health Risk Assessment (HRA)	138 completions		121 completions		33 completions	
	Health Hub	114 views		40 views		46 views	
	Total Points Tracked	109,369		171,129		137,341	
	Avg. Points Per User	754		701		763	
	Well-Visit Submissions	19		28		56	
Rewards Points Program Winners		100 Winners	\$2,500	133 Winners	\$3,325	90 Winners	\$2,250
		By Location • DET: 12 • FDM: 2 • GR: 11 • GRB: 12 • KNX: 9 • LAN: 28 • LIV: 2 • MAC: 7 • TX: 17	By Company Code • 1: 82 • 5: 10 • 91: 7 • 92: 1	By Location • DET: 17 • FDM: 2 • GR: 17 • GRB: 9 • KNX: 15 • LAN: 43 • LIV: 6 • MAC: 9 • RD: 3 • TX: 12	By Company Code • 1: 102 • 5: 14 • 9: 6 • 91: 7 • 92: 4	By Location • DET: 9 • FDM: 7 • GR: 10 • GRB: 6 • KNX: 6 • LAN: 34 • LIV: 4 • MAC: 6 • RD: 2 • TX: 6	By Company Code • 1: 77 • 5: 7 • 9: 1 • 91: 2 • 92: 3
YEARLY GOALS STATUS							
Quarter 1		Quarter 2		Quarter 3		Quarter 4	
HRA Completion: 55% of Census		16% of census. Slightly lower than end of Q1 in 2024. Will likely increase following Corporate Challenge & in Q3 and Q4.		15% of census in Q2; 31% YTD. Over halfway to goal with sustained participation through Q2.		4% of census in Q3; 35% YTD. Slow growth in Q3. Predicted increase with Well-Visit submissions in Q4.	
Portal Engagement: • 55% Active Users • 1,500 points per Active User		• 17% of census. A little under the goalpost for end of Q1 but usage typically picks up in Q3 and Q4 with an increase in Well-Visit submissions. • 744 points. Average user is above 600 point reward threshold.		• 33% of census YTD. On track to meet goal with increased well-visit submissions in Q3 and Q4. • 701 points in Q2; 1,024 points YTD. Average user is above 600 point rewards threshold. YTD is on track to meet goal.		• 35% of census YTD. 20% under goal. • 763 points in Q3; 1,431 points YTD. Average user remains above 600 point rewards threshold. YTD on track to meet goal.	
Well-Visit Incentive: 50% of Census		2% of census (19/868). Slightly higher than end of Q1 in 2024. Historically increases in Q3 and Q4.		3% (28/830) of census in Q2. 6% (47/830) of census YTD. Historically increases in Q3 and Q4.		7% (56/837) of census in Q3. 12% (103/837) of census YTD.	
Upcoming Initiatives		• HRA Communication Piece in Monthly Emails • Portal Revamp Marketing Campaign • Strive Corporate Challenge Marketing Campaign • Recommendation: Well-Visit Home Mailer		• Build Wellness New-Hire Video: Draft in progress • Well-Visit Postcard: Waiting on approval		• Build Wellness New-Hire/Program Year Video • Build Wellness 2026 Program Guide • Additional email outreach to those who have never submitted Well-Visit form • Elicit Build Wellness testimonials	

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	
		• ONE MONTH MADNESS: 2/3 - 2/28		• MEDITATION MOMENT: 3/12, 2:00-2:30 PM EST	
		• TENTATIVE: EXECUTIVE REVIEW		• SUBSTANCE ABUSE, OVERDOSE AWARENESS, & PREVENTION: 3/11, 12:00 - 1:00 PM EST	
				• Q1 POINTS DUE: 3/31	
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	
				• POWER MEALS: 6/10, 12:00 - 1:00 PM EST	
				• Q2 POINTS DUE: 6/30	
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	
• SNOOZE OR LOSE: 7/10 - 7/31		• ORAL HEALTH: 8/26, 12:00 - 1:00 PM EST		• MEDITATION MOMENT: 9/10, 2:00-2:30 PM EST	
				• BRUSH UP!: 9/1 - 9/15	
				• 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 - 11/24		• MEDITATION MOMENT: 12/10, 2:00-2:30 PM EST	
				• BREAKING BURNOUT: 12/9, 12:00 - 1:00 PM EST	
				• TENTATIVE: WELL-VISIT DEADLINE: 12/19	
				• Q4 POINTS DUE: 12/31	

# Kapnick Strive Resources

	URL:	About:
Strive Library	<a href="https://info.kapnick.com/strive-library">info.kapnick.com/strive-library</a>	Offers a comprehensive array of complimentary assets, including monthly wellness newsletters and webinars, quarterly meditation sessions, and much more.
Health Hub	<a href="https://info.kapnick.com/christmanhealthhub">info.kapnick.com/christmanhealthhub</a>	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	<a href="https://kapnickstrive.com">kapnickstrive.com</a>	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	<a href="https://info.kapnick.com/christmansitecontact">https://info.kapnick.com/christmansitecontact</a>	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)	<a href="https://info.kapnick.com/strivefaq">info.kapnick.com/strivefaq</a>	Find answers to commonly asked questions regarding the various services Kapnick Strive provides.