

Strive Pulse Check Report



Royal Truck & Utility Trailer

QUARTERLY SUMMARY

Programming Initiatives

Quarter 1	Quarter 2	Quarter 3	Quarter 4
Strive Monthly Webinars & Meditation Moments	Strive Monthly Webinars & Meditation Moments	Strive Monthly Webinars & Meditation Moments	Strive Monthly Webinars & Meditation Moments
Smoking Cessation Jan. 6 - Jan. 31 2 participants	Strive Corporate Challenge May 7 - May 28 14 participants	Eat the Rainbow July 21 - Aug. 18 12 participants	
Upper Body Build Mar. 3 - Mar. 30 4 participants			
Five with Strive Metabolism 101: 25 views Kickin' Butts: 6 views Lifestyle, Not a Diet: 7 views	Five with Strive Health Benefits...Outdoors: 10 views Men's Health: 7 views Power Meals: 5 views	Five with Strive Positive...Inclusion Aging & Your Health Managing Mental Health	
Additional Offerings: N/A	N/A	Health Fairs: 7/21, 7/22, 7/23	

Participation Metrics

% of Census Active	8% (24 active users/295 employees & spouses in portal)	21% (63 active users/296 employees & spouses on census)	62% (176/282 employees & spouses on census)	
Completed Health Risk Assessment (HRA)	23 completions	28 completions	131 completions	
Health Hub	11 views	25 views	41 views	
Total Points Tracked	15,592	29,199	504,011	
Avg. Points Per User	650	463	2,864	

Rewards Points Program Winners

4 Quarterly Winners of \$100 Gift Card

- Fidel Vega - Keith Kline - Joshua Krug - Michael Morrison	- David Hamilton - Don Bump - Tangelia Hernandez - Jacob Barnes	- Jeanne Krusac - Nathan Everest - Isaac Ingham - Micah Herin	
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YEARLY GOALS STATUS

Quarter 1	Quarter 2	Quarter 3	Quarter 4
Portal Engagement: 30% Active Users per Quarter 65% Active Users Annually	8% of census. 22% under the goalpost for end of Q1. This is not uncommon outside of health screening season, however, we would like to see an increase in active users. 21% Active Users in Q2 25% Active Users YTD Significant increase from Q1; would like to see this trend continue in Q3 & Q4, especially with health screenings.	62% Active Users in Q3 65% Active Users YTD Goals met! Predicted increase in engagement due to health screenings and requirements.	
Screening Participation: 75% of Census	N/A	61% of Total Eligible 64% of Eligible Employees 48% of Eligible Spouses	
Wellness Incentive: 95% Incentive-Eligible	N/A	Not finalized until 10/17/25 deadline.	

Upcoming Initiatives

- Portal Revamp Marketing Campaign - Strive Corporate Challenge Marketing Campaign - App Notifications - Pre-screening Marketing Campaign - Emphasize cost savings, confidentiality, and importance of prevention with rising healthcare costs. - Target spouses w/home-mailer	- Health Fair Marketing - Home Mailer insert - Flyer, emails, app notifications - Health Screening Home Mailer (addressed to employees AND covered spouse) - Health Screening Communications (Flyer, emails, app notifications) - Appointment scheduling outreach calls - RAS enrollment outreach calls	2026 Strive Program Guide & Introduction Video - Leadership Guide for Engagement - Best practices for site contacts, managers, etc.	
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CHALLENGE	5 WITH STRIVE	MONTHLY WEBINAR	REWARD DEADLINE	MEDITATION MOMENT	OTHER
 2025 PROGRAM CALENDAR   Royal Truck & Utility Trailer					
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	
• SMOKING CESSATION: 1/6 - 1/31		• KICKIN' BUTTS: SMOKING CESSATION		• MEDITATION MOMENT: 3/12, 2:00-2:30 PM EST	
• METABOLISM 101				• UPPER BODY BUILD: 3/3 - 3/31	
				• LIFESTYLE, NOT A DIET	
				• 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	
• HEALTH BENEFITS OF THE GREAT OUTDOORS		• 7TH ANNUAL STRIVE CORPORATE CHALLENGE: 5/7 - 5/28		• MEDITATION MOMENT: 6/11, 2:00-2:30 PM EST	
		• MEN'S HEALTH		• POWER MEALS	
				• 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	
• EAT THE RAINBOW: 7/21 - 8/18		• EAT THE RAINBOW: 7/21 - 8/18		• MEDITATION MOMENT: 9/10, 2:00-2:30 PM EST	
• POSITIVE EFFECTS OF INCLUSION		• AGING & YOUR HEALTH		• MANAGING MENTAL HEALTH	
• HEALTH FAIRS: 7/21 - /23					
• HEALTH SCREENINGS				• 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	
• WORKPLACE ERGONOMICS		• GRATITUDE CHALLENGE: 11/17 - 12/15		• MEDITATION MOMENT: 12/10, 2:00-2:30 PM EST	
		• HAPPY, HEALTHY HOLIDAYS		• GRATITUDE CHALLENGE: 11/17 - 12/15	
				• JOG YOUR MEMORY	
				• Q4 POINTS DUE: 12/31	

Kapnick Strive Resources



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	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/rtthealthhub	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/royalsitecontact	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.