

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
	Snooze or Lose Challenge Feb. 6 - March 6 15 participants			
	Health Benefits of Sleep Feb. 4, 12:30-1:30 PM EST			
	Additional Offerings: N/A			
Participation Metrics	% of Census Active	17% (164 active users/964 eligible employees & spouses)		
	Completed Health Risk Assessment (HRA)	132 completions		
	Health Hub	4 views		
	Total Points Tracked	78,731		
	Avg Points Per User	601		
Rewards Points Program Winners		1. Stephanie Matlock 2. Aubrey Williams 3. Lily PeJuan 4. Natalie Meagher 5. Jennifer Lau 6. Anthony Offak		

Structure: 6 winners of \$25 gift card via Tango

YEARLY GOALS STATUS

Quarter 1	Quarter 2	Quarter 3	Quarter 4
Challenge Completion: 15% of Census	1.5% 13% below goal. However, we still have more challenges throughout the year to meet goal.		
HRA Completion: 87% of Census Participate	14% completed. 73% below goal. Not uncommon outside of health screening. Expecting to see significant improvement throughout each quarter		
Health Screening: 93% of Census Participate	N/A		
RAS Enrollment 90% Eligible Completion	N/A		
Upcoming Initiatives	Strive Corporate Challenge May 7 - May 28		
	Feeding Your Microbiome April 10, 12:00-1:00 PM EST		
	2025 Health Screening Survey		



2025 PROGRAM CALENDAR



JANUARY	FEBRUARY	MARCH
<ul style="list-style-type: none"> NEW BEGINNINGS: 1/29, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> GUT HEALTH: 2/26, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> THRIVING WITH PURPOSE: 3/26, 12:00-12:30 PM EST
	<ul style="list-style-type: none"> BENEFITS OF A GOOD NIGHT'S SLEEP: 2/4, 12:30-1:30 PM EST 	<ul style="list-style-type: none"> MEDITATION MOMENT: 3/12, 2:00-2:30 PM EST
	<ul style="list-style-type: none"> SNOOZE OR LOSE: 2/6-3/6 	
		<ul style="list-style-type: none"> Q1 POINTS DUE: 3/31
APRIL	MAY	JUNE
<ul style="list-style-type: none"> EPIGENETIC WELLNESS: 4/30, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> HEALTH TUNE-UP: 5/28, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> WALLET-SMART WELLNESS: 6/25, 12:00-12:30 PM EST
<ul style="list-style-type: none"> FEEDING YOUR MICROBIOME: 4/10, 12:00-1:00 PM EST 	<ul style="list-style-type: none"> 7TH ANNUAL STRIVE CORPORATE CHALLENGE: 5/7-5/28 	<ul style="list-style-type: none"> MEDITATION MOMENT: 6/11, 2:00-2:30 PM EST
		<ul style="list-style-type: none"> Q2 POINTS DUE: 6/30
JULY	AUGUST	SEPTEMBER
<ul style="list-style-type: none"> EMOTIONAL INTELLIGENCE: 7/30, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> PEAKS AND VALLEYS: 8/27, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> EMERGENCY PREPAREDNESS: 9/24, 12:00-12:30 PM EST
<ul style="list-style-type: none"> FLEX YOUR FLEXIBILITY 	<ul style="list-style-type: none"> PRE-HEALTH SCREENING & THE HEALTHY TRAVELER: 8/7, 11:30 AM - 1:00 PM EST 	<ul style="list-style-type: none"> MEDITATION MOMENT: 9/10, 2:00-2:30 PM EST
	<ul style="list-style-type: none"> HEALTH SCREENINGS 	<ul style="list-style-type: none"> HEALTH SCREENINGS
		<ul style="list-style-type: none"> HEALTHY BRAIN CHALLENGE: 9/2-9/30
		<ul style="list-style-type: none"> Q3 POINTS DUE: 9/30
OCTOBER	NOVEMBER	DECEMBER
<ul style="list-style-type: none"> AGING GRACEFULLY: 10/29, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> MINDFUL CONSUMPTION: 11/19, 12:00-12:30 PM EST 	<ul style="list-style-type: none"> CRYOTHERAPY: 12/17, 12:00-12:30 PM EST
<ul style="list-style-type: none"> JOG YOUR MEMORY: 10/30, 11:00 AM -12:00 PM EST 	<ul style="list-style-type: none"> DISCONNECT & RECONNECT: 11/3-12/1 	<ul style="list-style-type: none"> MEDITATION MOMENT: 12/10, 2:00-2:30 PM EST
<ul style="list-style-type: none"> HEALTH SCREENINGS 	<ul style="list-style-type: none"> POST-HEALTH SCREENING: 11/20, 1:00-2:00 PM EST 	
		<ul style="list-style-type: none"> Q4 POINTS DUE: 12/19

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/walbridge	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	info.kapnick.com/strivesitecontact-walbridge.dig	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.