

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
		Flex your Flexibility Challenge Mar. 3-31 (0 participants)	7 th Annual Strive Corporate Challenge May 7 -May 28 (3 Joined)	One Month Madness Challenge Sept 1-Sept 30 (0 Participants)	
		Presentation: Setting Goals & Sticking to It Jan.8, 2025 3:00-4:00 pm (6 Live Participants)	Presentation: What's in your cart? (Recording) (7 views) (0 Tracked)	Presentation: Sugar Busters (Recording) (4 views) (0 Tracked)	
		Additional Offerings: N/A	Additional Offerings: N/A	Additional Offerings: N/A	
Participation Metrics	% of Census Active	0% (0 active users/45 eligible employees)	13% (6 active users/45 eligible employees)	9% (4 active users/46 eligible employees)	
	Completed Health Risk Assessment (HRA)	0 completions	6 completions	0 completions	
	Health Hub	10 views	13 views	5 views	
	Total Points Tracked	0	4,020	900	
	Avg. Points Per User	0	670	225	
Rewards Points Program Winners		No Winners this quarter	Janice Turnwald Bradley Horseman	Janice Turnwald Bradley Horseman	
Structure: 2 Quarterly Winners of a \$25 Tango (2 Top Point Earners) & 2 Annual Winners of a \$25 for (Completing HRA Assessment)					
Yearly Goals Status					
Quarter 1		Quarter 2		Quarter 3	
Quarter 4					
Portal Engagement 20% of Census		0% Active Users 20% to goal. Implementing the Five with Strive (short videos) so that participants can watch the presentations when it's convenient for them - Track the presentation form	13% Active Users 7% to goal. Participants seemed to appreciate the recorded presentations. When it's convenient for them - They still did not fill out the form but we can see the amount of views in YouTube	9% Active Users 11% to goal. Participants seemed to appreciate the recorded presentations. when it's convenient for them - They still did not fill out the form but we can see the amount of views in YouTube	
HRA Completion: 40% Census		0% Active Users 40% to goal. This is not uncommon outside of health screening season, however, we expect to see an increase over each quarter.	13% Active Users 27% to goal. This is not uncommon outside of health screening season, however, we expect to see an increase over each quarter.	13% Active Users 27% to goal. This is not uncommon outside of health screening season, however, we expect to see an increase over each quarter.	
Upcoming Initiatives & Goals		- Five with Strive: What's in my cart? (recording) - Strive Corporate Challenge + Communication Campaign	- Flyer in breakroom with QR code for easy access to portal and points? - Focus on benefits of physical activity	Polling participants to see what challenges they want for 2026	
		- Portal Revamp Marketing Campaign - Executive Review + Strategy Discussion - Monthly Census Updates			