

Strive Pulse Check Report 2025



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QUARTERLY SUMMARY

Quarter 1

Strive Monthly Webinars & Meditation Moments

Snooze or Lose Challenge
Jan. 1-22
(2 participants)
Flex your Flexibility Challenge
Mar. 3-31
(2 participants)

No Presentations this Quarter

Additional Offerings: N/A

Quarter 2

Strive Monthly Webinars & Meditation Moments

7th Annual Strive Corporate Challenge May 7 -May 28
(3 Participants)

Happy Traveler 5/13
(2 Viewed Live,
3 YouTube Views
3 tracked forms)

Additional Offerings: N/A

Quarter 3

Strive Monthly Webinars & Meditation Moments

One Month Maddness Challenge
Sept 1 -Sept 30
(1 Participant)

No Presentations this Quarter

Additional Offerings: N/A

Quarter 4

Strive Monthly Webinars & Meditation Moments

Programming Initiatives

Participation Metrics

% of Census Active

13.5% (7 active users/52 eligible employees)

21% (10 active users/48 eligible employees)

12% (6 active users/48 eligible employees)

Completed Health Risk Assessment (HRA)

6 completions

4 completions

1 completion

Health Hub

4 views

10 views

6 views

Total Points Tracked

5,987

4,184

1,610

Avg. Points Per User

854

418

268

Rewards Points Program Winners

1. John Mroz
2. Kristen Sadlocha
3. Christopher Katitus

1. Darrell Pancia
2. Karl Rausch
3. Denise Stilton

1. Darrell Pancia
2. Kristen Sadlocha
3. Christopher Katitus

1.
2.
3.

Structure: 3 Winners of a \$50 Gift Card

YEARLY GOALS STATUS

Quarter 1

Points Earned
Goal 30,000

5,980
20% to goal of 30,000

Quarter 2

10,171
34% to goal of 30,000

Quarter 3

11,774
39% to goal of 30,000

Quarter 4

Portal Engagement
Goal 50%

Current engagement is 13.5% of employees

Current engagement is 21% of employees - 29% to goal

Current engagement is 12% of employees - 38% to goal

HRA Completion:
Goal 50%

11.5% completed
38.5% to goal.

21% completed
29% to goal.

22% completed
28% to goal.

Reward Points Program (RPP)
Participation Goal 50%

11.5%
6/52 employees have earned 300+ points

16.6%
8/48 employees have earned 300+ points

4%
2/48 employees have earned 300+ points

Upcoming Initiatives & Goals

- Happy Traveler Presentation
- Strive Corporate Challenge + Communication Campaign

- One Month Madness September

- One Month Madness (Sept)
- Upcoming: Gratitude Challenge
- Upcoming: Breaking Burnout Presentation

- Portal Revamp Marketing Campaign
- Executive Review + Strategy Discussion
- Monthly Census Updates

- Continue sending Denise Flyers about upcoming events

- Approve 2026 Calendar
- Monthly Census Updates