

Strive Pulse Check Report 2025



		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 (1 participant)	7 th Annual Strive Corporate Challenge May 7 -May 28 (4 Participated)	Thriving to Hydrate Challenge Jul 8-Aug 5 (1 participant)	
		No Presentations this Quarter	Health Benefits of the Great Outdoors (1 live attendee 4 YouTube Views 2 forms tracked)	Feeding your Microbiome (Recording) 13 YouTube Views 1 form tracked	
		Additional Offerings: N/A	Additional Offerings: N/A	Sent infographic with chance to win \$25 gift card	Health Fair
Participation Metrics	% of Census Active	2% (5 active users/330 eligible employees & spouses)	6% (16 active users/248 eligible employees & spouses)	4.5% (11 active users/245 eligible employees & spouses)	
	Completed Health Risk Assessment (HRA)	5 completions	12 completions	5 completions	
	Health Hub	1 View	5 Views	4 Views	
	Total Points Tracked	3,163	9,085	6,870	
	Avg. Points Per User	633	564	625	
Rewards Points Program Winners		Cassandra Meyer	Raju Chintha	Swarna Manthena - quarterly Raju Chintha - \$25 newsletter winner	
		Structure: 1 Winner of a \$75 Gift Card			
		Yearly Goals Status			
		Quarter 1	Quarter 2	Quarter 3	Quarter 4
Points Tracked: Goal 42,000		3,163 13.2% to goal of 42,000	12,248 29% to goal of 42,000	19,118 46% to goal of 42,000	
HRA Completion: 25% of Census		YTD 2% 23% to goal of 25%	YTD 5% 20% to goal of 25%	YTD 9% 16% to goal of 25%	
Upcoming Initiatives & Goals		- Health Benefits of the Great Outdoors Presentation - Continued reminders about onsite amenities - Strive Corporate Challenge + Communication Campaign	- Health Fair - Survey - Challenge - Hydration Station - Presentation - Feeding Your Microbiome	- Mental Health Focus - Health Fair	
		- Portal Revamp Marketing Campaign - Executive Review + Strategy Discussion - Monthly Census Updates		Gratitude Challenge	
		Refer a Colleague Program: Launch campaign for those who have already completed their HRA to refer a colleague to fill theirs out, and earn an additional 100 points			