



# Virtual Wellness Program Options

		Level I	Level II	Level III	Level IV	Level V
<b>Email Campaigns</b>	4	✓	✓	✓	✓	✓
<b>Awareness Posters</b> <i>(set of 4)</i>	4	✓	✓	✓	✓	✓
<b>Awareness Kiosk Poster Display</b> <i>(6-8/set)</i>	4	✓	✓	✓	✓	✓
<b>EWS Newsletter</b>	12	✓	✓	✓	✓	✓
<b>EWSNetwork E-Challenges</b>	12	✓	✓	✓	✓	✓
<b>Custom Online Resource Center</b>		✓	✓	✓	✓	✓
<b>Individual Online Portal</b> <i>Employees access, set goals and track progress</i>		✓	✓	✓	✓	✓
<b>Online Challenges</b> <i>Teams/Individual</i>			✓	✓	✓	✓
<b>Personal Event Calendar</b> <i>Updated bi-monthly</i>			✓	✓	✓	✓
<b>Lunch n' Learns Webinar</b> <i>Chosen from EWSNetwork toolbox</i>	4		✓	✓	✓	Onsite
<b>Snap-Shot Reports</b>	3		✓	✓	✓	✓
<b>Information Gathering</b> <i>Organize baseline metrix and logistical information</i>			✓	✓	✓	✓
<b>Virtual Program Launch</b>	1		✓	✓	✓	✓
<b>Virtual Wellness Committee</b> <i>Guidance, support in consultative process</i>			✓	✓	✓	Onsite
<b>Health Risk Assessment</b> <i>Corporate trend report outlines top risks, &amp; economic benefit report</i>				✓	✓	✓
<b>Annual Personal Wellness Profile</b>				✓	✓	✓
<b>Progression Report</b>	2			✓	✓	✓
<b>Onsite Presence</b> <i>consultant reach out &amp; engage individuals in wellness initiatives</i>				✓	✓	✓
<b>Virtual One-on-One Coaching</b> <i>Private, individual health coaching for employees (max. 50% of employees 4x per year)</i>					✓	Onsite
<b>Minimum Price Per Month</b>		\$95.00/mth	\$235.00/mth	\$260.00/mth	\$349.00/mth	Quote
<b>Package Rate</b> <i>(0-49 per month pricing)</i>		\$3.70 - 9.50	\$7.20 - 23.50	\$8.80 - 26.00	\$17.80 - 34.90	
<b>Package Rate</b> <i>(50-99 per month pricing)</i>		\$2.70 - 3.50	\$4.50 - 6.95	\$6.30 - 8.75	\$11.30 - 17.50	
<b>Package Rate</b> <i>(100+ per month pricing)</i>		\$1.35 - 2.65	\$1.75 - 4.45	\$2.60 - 6.25	\$5.92 - 11.23	



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