

# Corporate Wellness Membership

<h2>SILVER</h2> <p><b>\$145</b>/mth or \$1,500/yr<sup>6</sup></p>	<h2>GOLD</h2> <p><b>\$245</b>/mth or \$2,500/yr<sup>6</sup></p>	<h2>PLATINUM</h2> <p><b>\$345</b>/mth or \$3,500/yr<sup>6</sup></p>	<h2>CUSTOM</h2> <p>Contact for Quote</p>
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- ✓ Wellness Strategy Call
- ✓ Family Webinars
- ✓ Monthly Newsletter
- ✓ Individual Challenges
- ✓ Poster Sets<sup>1</sup>
- ✓ E-campaigns<sup>1</sup>
- ✓ **PLUS 5 Credits**
- ✓ Additional Credits 10%<sup>4</sup>

- ✓ Wellness Strategy Call
- ✓ Family Webinars
- ✓ Monthly Newsletter
- ✓ Individual Challenges
- ✓ Poster Sets<sup>1</sup>
- ✓ E-campaigns<sup>1</sup>
- ✓ 30-Day Team Challenges<sup>2</sup>
- ✓ Kids Wellness Bursary
- ✓ MH Resource Consultant<sup>5</sup>
- ✓ **PLUS 15 Credits**
- ✓ Additional Credits 15%<sup>4</sup>

- ✓ Wellness Strategy Call
- ✓ Family Webinars
- ✓ Monthly Newsletter
- ✓ Individual Challenges
- ✓ Poster Sets<sup>1</sup>
- ✓ E-campaigns<sup>1</sup>
- ✓ 30-Day Team Challenges<sup>2</sup>
- ✓ Kids Wellness Bursary
- ✓ MH Resource Consultant<sup>5</sup>
- ✓ Corporate Consulting<sup>3</sup>
- ✓ **PLUS 30 Credits**
- ✓ Additional Credits 25%<sup>4</sup>

- ✓ Wellness Strategy Call
- ✓ Family Webinars
- ✓ Monthly Newsletter
- ✓ Individual Challenges
- ✓ Poster Sets<sup>1</sup>
- ✓ E-campaigns<sup>1</sup>
- ✓ Team Challenges<sup>2</sup>
- ✓ Kid's Wellness Bursary
- ✓ MH Resource Consultant<sup>5</sup>
- ✓ Corporate Consulting<sup>3</sup>
- ✓ Lunch n' Learns/Workshops
- ✓ 1-on-1 Wellness Coaching
- ✓ Onsite Events
- ✓ Group Exercise Classes
- ✓ Health Fairs
- ✓ Analysis
- ✓ Reporting
- ✓ Digital Wellness Program



... a comprehensive wellness strategy

## How to Use Your Credits

Administrative Duties	1 credit/hr	Participation Report	5 credits
Poster Sets	1 credit	Mental Health Resource Consultant	6 credits/yr
Corporate Consulting	2 credits/hr	Digital Wellness Program	8 credits/10ee/yr
E-campaigns <sup>7</sup>	2 credits	Corporate Analysis	10 credits
Group Exercise Classes <sup>8</sup>	3 credits	30-day Pedometer Challenges	10 credits
½ Day Onsite Promo Sessions <sup>7</sup>	3 credits	Team Challenge Facilitation	10 credits
½ Day One-on-one Coaching <sup>7</sup>	3 credits	Corporate Analysis	10 credits
Lunch n' Learns & Workshops	4 credits/hr	30-Day Weight Management Programs	10 credits
Participation Report	5 credits	Corporate Wellness Audit	10 credits
Reporting	5 credits	Health Fair Organization	20 credits
Onsite Events <sup>7</sup>	5 credits	Wellness Committee Certification	30 credits

[www.EWSNetwork.com](http://www.EWSNetwork.com)

<sup>1</sup> Organizations will receive three poster sets and three email campaigns during the year. <sup>2</sup> Two team challenges will be sent out to each organization including promotional emails, posters and other materials. <sup>3</sup> Corporate Consulting calls may be done with an organization's wellness committee, leadership or other contact regarding strategy, reporting, analysis and other topics. \*Note this time does not include any additional research or analysis. <sup>4</sup> % off additional credits which retail for \$100/credit. <sup>5</sup> Mental Health Resource Consultant helps your employees, when needed, by directing them to the appropriate resource be it public service or an available EFAP. Follow-up calls are 1.5/credits/call. <sup>6</sup> All prices are based on a 1 year term. 6 month term add 10% and 3 month term add 20%. <sup>7</sup> ½ day refers to 3hours. <sup>8</sup> Set of 4 classes. Travel expenses may be extra.