

corporate wellness membership

SILVER

\$145/mth*

GOLD

\$245/mth*

PLATINUM

\$345/mth*

CUSTOM

Contact for Quote

- ✓ Wellness Strategy Call
- ✓ Family Webinars
- ✓ Monthly Newsletter
- ✓ Individual Challenges
- ✓ Poster Sets ¹
- ✓ E-campaigns ¹
- ✓ **PLUS 5 Credits**
- ✓ Additional Credits 10% ⁴

- ✓ Wellness Strategy Call
- ✓ Family Webinars
- ✓ Monthly Newsletter
- ✓ Individual Challenges
- ✓ Poster Sets ¹
- ✓ E-campaigns ¹
- ✓ 30-Day Team Challenges ²
- ✓ Kids Wellness Bursary
- ✓ **PLUS 15 Credits**
- ✓ Additional Credits 15% ⁴

- ✓ Wellness Strategy Call
- ✓ Family Webinars
- ✓ Monthly Newsletter
- ✓ Individual Challenges
- ✓ Poster Sets ¹
- ✓ E-campaigns ¹
- ✓ 30-Day Team Challenges ²
- ✓ Kids Wellness Bursary
- ✓ Corporate Consulting ³
- ✓ **PLUS 30 Credits**
- ✓ Additional Credits 20% ⁴

- ✓ Wellness Strategy Call
- ✓ Family Webinars
- ✓ Monthly Newsletter
- ✓ Individual Challenges
- ✓ Poster Sets ¹
- ✓ E-campaigns ¹
- ✓ Team Challenges ²
- ✓ Kids Wellness Bursary
- ✓ Corporate Consulting ³
- ✓ Lunch n' Learns/Workshops
- ✓ 1-on-1 Wellness Coaching
- ✓ Onsite Events
- ✓ Group Exercise Classes
- ✓ Health Fairs
- ✓ Analysis
- ✓ Reporting

**Annual Pricing Options Available*



... a comprehensive wellness strategy

How to Use Your Credits

| | | | |
|---|--------------|------------------------------------|-------------|
| Administrative Duties | 1 credit/hr | Program Launch/Orientation Session | 5 credits |
| Additional Poster Sets | 1 credit | Reports | 5 credits |
| Corporate Consulting | 2 credits/hr | Team Challenges | 10 credits |
| Additional E-campaigns | 2 credits | Team Building Events | 15 credits |
| Lunch n' Learns & Workshops | 5 credits | Wellness Committee Certification | 15 credits |
| Group Exercise Classes ⁶ | 5 credits | Health Fair Organization | 20 credits |
| ½ Day Health Education Outreach Days ⁵ | 5 credits | Corporate Wellness Audit | 50+ credits |
| ½ Day One-on-one Coaching ⁵ | 5 credits | | |

www.corporatewellnessmembership.com

¹ Organizations will receive three poster sets and three email campaigns during the year. ² Two team challenges will be emailed to each organization including promotional emails, posters and other materials. ³ 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. ⁴ % off additional credits which retail for \$100/credit. ⁵ ½ day refers to 3hours. ⁶ Set of 4 classes. Travel and expenses may be extra.