

Corporate Wellness Membership

... a comprehensive wellness strategy

	SILVER	GOLD	PLATINUM	CUSTOM
	\$145/mth*	\$245/mth*	\$345/mth*	Contact for Quote
Wellness Strategy Call	x	x	x	x
Family Webinars	x	x	x	x
Monthly Newsletter	x	x	x	x
Individual Challenges	x	x	x	x
Poster Sets ¹	x	x	x	x
E-campaigns ¹	x	x	x	x
Team Challenge Facilitation ²		x	x	x
Kids Wellness Bursary		x	x	x
Corporate Consulting ³			x	x
Lunch 'n Learns/Workshops				x
1-on-1 Wellness Coaching				x
Education Outreach Days				x
Group Exercise Classes				x
Health Fairs				x
Analysis				x
Reporting				x
Wellness Credits Included	5	15	30	
Additional Discount on Credits ⁴	10%	15%	20%	

**Annual Pricing Options Available*

How to Use Your Credits

Administrative Duties	1 credit/hr
Additional Poster Sets	1 credit
Corporate Consulting	2 credits/hr
Additional E-campaigns	2 credits
Lunch 'n Learns & Workshops	5 credits
Group Exercise Classes ⁶	5 credits
½ Day Education Outreach Days ⁵	5 credits
½ Day One-on-one Coaching ⁵	5 credits
Program Launch/Orientation Session	5 credits
Participation Reports	5 credits
Team Challenge Facilitation	10 credits
Team Building Events	15 credits
Wellness Committee Certification	15 credits
Health Fair Organization	20 credits
Mental Health Add-on ⁷	25 credits
Corporate Wellness Audit	50+ credits

Notes

- 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.
- ⁷ Includes dedicated resource consultant (RC), 30 RC contacts per year, orientation session, newsletters, posters and video-campaigns.

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