

Corporate Wellness Membership

SILVER

\$145/mth
or \$1,500/yr⁶

GOLD

\$245/mth
or \$2,500/yr⁶

PLATINUM

\$345/mth
or \$3,500/yr⁶

CUSTOM

Contact for Quote

- ✓ Wellness Strategy Call
- ✓ Family Webinars
- ✓ Monthly Newsletter
- ✓ Individual Challenges
- ✓ Poster Sets¹
- ✓ E-campaigns¹
- ✓ **PLUS 5 Credits**
- ✓ Additional Credits 10%⁴

- ✓ Wellness Strategy Call
- ✓ Family Webinars
- ✓ Monthly Newsletter
- ✓ Individual Challenges
- ✓ Poster Sets¹
- ✓ E-campaigns¹
- ✓ 30-Day Team Challenges²
- ✓ Kids Wellness Bursary
- ✓ MH Resource Consultant⁵
- ✓ **PLUS 15 Credits**
- ✓ Additional Credits 15%⁴

- ✓ Wellness Strategy Call
- ✓ Family Webinars
- ✓ Monthly Newsletter
- ✓ Individual Challenges
- ✓ Poster Sets¹
- ✓ E-campaigns¹
- ✓ 30-Day Team Challenges²
- ✓ Kids Wellness Bursary
- ✓ MH Resource Consultant⁵
- ✓ Corporate Consulting³
- ✓ Orientation Session
- ✓ **PLUS 30 Credits**
- ✓ Additional Credits 25%⁴

- ✓ Wellness Strategy Call
- ✓ Family Webinars
- ✓ Monthly Newsletter
- ✓ Individual Challenges
- ✓ Poster Sets¹
- ✓ E-campaigns¹
- ✓ Team Challenges²
- ✓ Kids Wellness Bursary
- ✓ MH Resource Consultant⁵
- ✓ Corporate Consulting³
- ✓ 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	Lunch n' Learns & Workshops	4 credits
Poster Sets	1 credit	Reports	5 credits
Corporate Consulting	2 credits/hr	Mental Health Resource Consultant	6 credits/yr
E-campaigns ⁷	2 credits	30-day Pedometer Challenges	10 credits
Group Exercise Classes ⁸	4 credits	Team Challenge Facilitation	10 credits
½ Day Onsite Promo Sessions ⁷	3 credits	30-Day Weight Management Programs	10 credits
½ Day One-on-one Coaching ⁷	3 credits	Corporate Wellness Audit	10 credits
3-month HRA Campaign	3 credits/10ee	Health Fair Organization	20 credits
Membership Orientation Session	3 credits	Wellness Committee Certification	30 credits

www.EWSNetwork.com/membership

¹ Organizations will receive three poster sets and three email campaigns during the year. ² Two team challenges will be sent out 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 Mental Health Resource Consultant helps your employees, when needed, by directing them to the appropriate resource be it public service or an available EFAP. Each contact with employees are .5/credits/contact. ⁶ All prices are based on a 1 year term. 6 month term add 10% and 3 month term add 20%. ⁷ ½ day refers to 3hours. ⁸ Set of 4 classes. Travel expenses may be extra.