

# Corporate Wellness Membership

**SILVER**

**\$145**/mth  
or \$1,500/yr<sup>6</sup>

**GOLD**

**\$245**/mth  
or \$2,500/yr<sup>6</sup>

**PLATINUM**

**\$345**/mth  
or \$3,500/yr<sup>6</sup>

**CUSTOM**

**Contact for Quote**

- ✓ 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
- ✓ **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
- ✓ Corporate Consulting<sup>3</sup>
- ✓ **PLUS 30 Credits**
- ✓ Additional Credits 20%<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>
- ✓ Kids Wellness Bursary
- ✓ Corporate Consulting<sup>3</sup>
- ✓ Lunch n' Learns/Workshops
- ✓ 1-on-1 Wellness Coaching
- ✓ Onsite Events
- ✓ Group Exercise Classes
- ✓ Health Fairs
- ✓ Analysis
- ✓ Reporting



... 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 <sup>7</sup>               | 2 credits    | Team Building Events               | 15 credits  |
| Lunch n' Learns & Workshops                       | 5 credits    | Wellness Committee Certification   | 15 credits  |
| Group Exercise Classes <sup>8</sup>               | 5 credits    | Health Fair Organization           | 20 credits  |
| ½ Day Health Education Outreach Days <sup>7</sup> | 5 credits    | Corporate Wellness Audit           | 50+ credits |
| ½ Day One-on-one Coaching <sup>7</sup>            | 5 credits    |                                    |             |

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

<sup>1</sup> Organizations will receive three poster sets and three email campaigns during the year. <sup>2</sup> Two team challenges will be emailed 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> 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 and expenses may be extra.