

# 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.corporatewellnessmembership.com](http://www.corporatewellnessmembership.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 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. <sup>6</sup> 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.