

# 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 <sup>1</sup>	x	x	x	x
E-campaigns <sup>1</sup>	x	x	x	x
Team Challenges <sup>2</sup>		x	x	x
Kids Wellness Bursary		x	x	x
Corporate Consulting <sup>3</sup>			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 <sup>4</sup>	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 <sup>6</sup>	5 credits
½ Day Education Outreach Days <sup>5</sup>	5 credits
½ Day One-on-one Coaching <sup>5</sup>	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 <sup>7</sup>	25 credits
Corporate Wellness Audit	50+ credits

### Notes

- <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> ½ day refers to 3hours.
- <sup>6</sup> Set of 4 classes. Travel and expenses may be extra.
- <sup>7</sup> Includes dedicated resource consultant (RC), 30 RC contacts per year, orientation session, newsletters, posters and video-campaigns.

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