

YOUR WELLNESS PARTNER



Your company gets these wonderful benefits of Woodson YMCA corporate partnership for your employees:

- 127 years of expertise and service in health and wellness
- Access to monthly employee usage reports
- One free Corporate Week open house at Y for all staff
- Healthier employees with better morale, reduced absenteeism
- Togetherhood- The Y's volunteer community service work to satisfy employee engagement needs and improve morale through teambuilding



Staff Benefits:

- State-of-the-art cardio and strength equipment
- Land & Water Exercise classes for all levels
- Court sports, tracks and pools
- Free Mini Care drop-in care with Family Membership
- Equipment orientations
- Fit Start individualized exercise program with wellness coach
- Unlimited Yoga add-on
- Nationwide Membership to YMCAs in the U.S.
- Free youth membership for children enrolled in full time child care
- Shower and locker room facilities

Specialized Needs:

- Diabetes Management class sessions
- Exercise for Better Movement designed for those with MS, Parkinsons or other movement disorder
- LIVESTRONG at the YMCA for cancer survivors
- Personal training - Corporate rates provided

Learn more at www.woodsonymca.com



PLANS AND PRICING

Platinum Plan

- Must have 10 or more employees on plan **at all times**.
- If required employee number drops under 10, must pay a monthly holding fee of \$70/month.
- Joiner's Fee of \$60 waived.
- Company provides a monthly subsidy of at least \$5/month for each employee. In addition, the Y will provide a monthly subsidy of 50 percent of the company's subsidy, up to \$10 per month per employee. So if company pays \$5, the Y portion would be \$2.50 per employee each month.
- Participation in annual Corporate Week. One designated week for all of our corporate employees and their families to use the Y at no cost. Additional promotional items will be included in the week.
- Scheduled Lunch & Learn (one per year of your choice) valued at \$150
- Discounted Personal Training packages- 3 sessions for \$60 (New clients only)
- Discounted CPR/First Aid on-site training courses (save 20%)
- Customize your plan with optional add-on wellness tools/seminars

Bronze Plan

- Company makes a yearly payment on their anniversary date to the YMCA:
 - \$500 annual fee for companies that employ less than 250 employees.
 - \$1,000 annual fee for companies that employ 250 or more employees.
- Joiner's Fee of \$60 waived.
- Company is included in annual employee week (one designated week for employees of all current corporate members to use the Y at no cost. (Immediate family members included.)

Let us work with you to design a corporate wellness program that fits your business or organization. We're flexible and easy to work with. Give us a call today and see how we can partner to improve your staff's health and well-being.

Contact Carrie Hutton at
715-841-1819 for more details.



BETTER LIVING BETTER WORKPLACE

Why Participate? It Pays.

**2 Words:
Employee Retention!**
Healthier, happier staff have
positive morale, feel valued
and more loyal to the employer.

One study reports that obesity alone has been estimated to cost employers almost \$2,500 per employee per year, including direct medical expenditures and absenteeism.

Source: "The costs of obesity among full-time employees." Finkelstein E, Fiebelkorn C, Wang G.



- The average employee misses 8.4 days annually due to illness or injury, totalling over \$63 billion nationwide.

- 59 percent of employees don't get adequate exercise, resulting in problems like high blood pressure, high cholesterol, obesity and heart disease.

Source: Health Affairs- 2010

If your company is like most:

- A quarter of your employees have high blood pressure or smoke
- Half have high blood cholesterol or are not physically active
- Two thirds are overweight, 23% of which are considered obese
- Nearly three fourths of health care costs are for preventable lifestyle diseases

Regular exercise 8 times or more per month reduces healthcare costs by 33% by the second year.

Source: Medica Insurance Study- 2007



A company gains an average of \$5.81 for every dollar invested in health management programs.

They reduce sick-leave absenteeism by an average of 26.8 percent. They reduce health care costs by 26 percent.

They reduce worker's compensation and disability management claims costs by 32 percent.

Source: Occupational Health & Safety