

HOW THE Y CORPORATE WELLNESS PLAN WORKS

Y Corporate Wellness Plans can range from simply encouraging employees to join and use the Y's facilities and programs while offering payroll deduction for Y membership dues to advanced plans that may include weight management software, individual wellness coaching and corporate challenge. The Y can also assist you with developing overall wellness policies, programs and environmental changes.

GETTING STARTED

Getting started is easy. Simply call Carrie Guyton, Director of Relationships at 740-725-9622, and she'll come out and meet with you or you can stop by the Y.

We start our relationship with you by learning about your company, your employees and your needs, then we tailor a corporate Wellness Plan that meets those needs.

Generally Y Corporate Wellness Plans include:

- An initial period, repeated annually, during which your employees may join the Y with no joiner fee (a savings of up to \$65);
- "Try a Day" at the Y for all employees to generate interest;
- ActivTrax Weight Management software;
- Employer provides payroll deduction for Y membership dues;
- Employer designates a liaison to work with Y Director of Relationships;
- Employer promotes the wellness plan to employees and provides payroll deduction.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHIER EMPLOYEES HEALTHIER COMPANIES CORPORATE WELLNESS

MARION FAMILY YMCA



MARION FAMILY YMCA WOPAT YMCA CENTER

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CORPORATE WELLNESS PLAN BENEFITS

When your company joins the Corporate Wellness Plan, not only will your employees benefit, your company will benefit as well. It's a fact that healthy employees are more productive, have lower stress, are more positive and miss less work. This in turn helps your bottom line through increased productivity, lower healthcare cost and fewer medical claims. Plus, it gives your employee benefit program one more attractive option, leading to greater employee satisfaction and retention.

- A company investment of \$100-\$150 per employee each year to participate in an employee wellness program can save companies \$300 to \$450 for each employee every year, according to Ron Goetzel, Director, Cornell University Institute for Health and Productivity Studies. The savings can take a few years to actualize, says Goetzel, and are seen in reduced health expenditures.
- The Wellness Councils of America reported a \$24 return for every \$1 spent on a company wellness program for small businesses.
- According to a 2005 survey by *The Art of Health Promotion*, companies who instituted employee health and wellness programs realized a 30% reduction in medical and absenteeism costs in less than four years.



Y MEMBER BENEFITS

When one of your employees joins the Y, they belong to a place where parents find a safe, positive environment for children to learn good values, social skills and behaviors; Families come together to have fun and spend quality time with each other and children and teens play, learn who they are and what they can achieve, and are accepted.

Adults connect with friends, pursue interests and learn how to live healthier and communities thrive because neighbors support each other and give back. We all build relationships that further our sense of belonging and purpose.

When you join the Y, they will also enjoy all these personalized benefits, in addition to your employees' amenities and classes:

- Over 60 FREE Land classes included in your membership
- **FREE** Wellness Coaching to help meet personal well-being goals
- **FREE** Activtrax Coaching (Activtrax is our interactive training software that includes a from-home, online weight management tool.)
- **FREE** Open gym time
- **FREE** Open swim time
- **Top of the line** fitness equipment
- **Child Watch** availability while you work out— included in household memberships starting in the fall
- **Kids Gym Play Area**
- **Outdoor walking path opens in August**
- **Adult fitness programs** - A broad range of fitness classes and social opportunities for adults
- **Family nights** at the Y
- **Swim Lessons** - Swimming opportunities for all ages, abilities and interests
- **Youth Sports** - Programs that help youth explore their unique talents and interests, helping them realize their potential. Reduced cost as a member
- **Membership appreciation** days and family events
- **Reciprocity** - Can visit any Y in Ohio for FREE. Must visit your home Y more than any of the other Y's.