WELL-BEING
ENGAGEMENT TOOLS
AND SERVICES
70% of employees are interested in taking proactive steps to improve their health.

Amy Cohen • 904-710-2686
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www.WellnessCoachesUSA.com
BRAND YOUR PROGRAM FOR ONGOING AND CONSISTENT COMMUNICATIONS

Let Us Design Your Program Logo To:

• Match your organization’s mission
• Help build your brand
• Increase program recognition and buy-in
• Cost: $500 includes 3 options and 1 add/edit or change

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CONTENT INCLUDED PER CATEGORY IN EACH ISSUE:

Page 1 - Inspire To Move: One full-page cover article
Page 2 - Nourishing You: Two articles and a recipe
Page 3 - Health Harmony: Two articles and health tip
Page 4 - Good Decisions: One half-page article and a quiz

- **Content** is taken from evidence-based information and written in a creative writing style that makes it more appealing and relevant.

- **Personalize** to your brand and promote your internal programs and benefits.
  - Wellness website and program deadlines.
  - Carrier programs and EAP.
  - Events, and challenges.

- **Delivery** Options:
  - Electronic PDF or print options.
  - Bulk ship or direct mail to homes (engage spouses and families).

- **Eco friendly** - Printed on recycled paper and/or delivered electronically.

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**ELECTRONIC LEVEL** | **INCLUDES** | **COST PER ISSUE**
--- | --- | ---
1 | STANDARD | PDF newsletter with logo. | $295
2 | PERSONALIZED | Logo/masthead with branding on cover and option for ½ page article on pg. 4 to highlight programs or resources. | $395
3 | CUSTOM | Branding on cover and option to add/edit or replace existing articles within topic categories. | $600

**PRINT:**
Printed version based on number of copies. Call for a quote. Bulk shipping or individual mailing options priced separately.

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 Integrates seamlessly with any portal or website!
  • Embed to any web page with a unique API key code.
  • Licensed content to use internally to create your own communications.

Library Content Includes:

- Database of hundreds of concise, searchable articles of interest, featuring topics on all elements of well-being.
- Tasty and healthy recipes that are easy to prepare.
- Enough wellness tips to provide a tip per week for 3 years.
- Clever video clip tips.

SINGLE USE LICENSE
Use as a tool to create your own wellness communications.
$195/mo. or $2095 annually

MULTIPLE USER LICENSE
Embed into any portal or website.

ELIGIBLE EMPLOYEES

<table>
<thead>
<tr>
<th>Employee Range</th>
<th>Annual Cost</th>
</tr>
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<tbody>
<tr>
<td>1-499</td>
<td>$1250</td>
</tr>
<tr>
<td>500-999</td>
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<tr>
<td>1500-1999</td>
<td>$1695</td>
</tr>
<tr>
<td>2000+</td>
<td>Call for quote</td>
</tr>
</tbody>
</table>
Virtual Well-Being Challenges that stimulate a sense of curiosity and adventure!

Select your challenge(s) based on a well-being focus and campaign type

**INSPIRE TO MOVE**
Challenges that encourage Movement

**NOURISHING YOU**
Challenges that inspire healthy eating

**HEALTH HARMONY**
Challenges that boost self-care

**GOOD DECISIONS**
Challenges to help make wiser choices

Choose a level of service and options for your unique needs.

All challenges include:
- Marketing flyer
- Promotional video
- User support
- Weekly engagement messages to participants
- Weekly reporting
- Social message boards
- Choice of team or individual challenge
- Online Well-Being Library
- App

Tailor with optional services:
- Fitness device/app integration
- Custom challenge creation
- Incentive/prize consulting, purchase and fulfillment
- Resource Page to highlight all benefits and programs with links and files
- Tailored messaging to integrate all programs, events and initiatives.
- Annual portal with incentive tracking

Choose a level of service and options for your unique needs.

**NATIONAL PARKS Adventure**
Take a virtual trip visiting national parks and historic sites and while you participate online, get ideas to plan safe real adventures in your area.

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CHALLENGES THAT ENCOURAGE MOVEMENT:
Motivating ideas to incorporate physical activity into daily life.

CHALLENGES THAT INSPIRE HEALTHY EATING:
Helpful ideas that feed our body and mind.

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CHALLENGES THAT BOOST SELF-CARE:
Create mindfulness and balance.

ARRR MATEY... LOSE YER BOOTY!

MAINTAIN DON'T GAIN
There is No Time Like The Pleasant

SMILE FOR SUCCESS

FILLER UP H2O=HYDRATION

MINDFUL MINUTES

IT'S COOL TO BE KIND

Wind in Your Sails

GOOD DECISIONS

Financial, safety, medical.

BLAST BAD HABITS

Good Cent$!

BREAK OUT OF YOUR SHELL

BEAT THE FLU

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Positive Psychology tells us that... the CHANCE to earn an incentive is AS MOTIVATING to most people than directly receiving a reward. Providing small non-cash prizes to participants who perform a target behavior, based on meeting a goal, is an exciting motivator to drive value.

People will strive for something they desire!
The uniqueness of non-cash incentives makes workers feel more valued. People will work harder to obtain a reward that helps them feel appreciated.

Answer a few questions to help our experts make recommendations:
1. What event or program do you need items for?
2. How many people or items will be distributed?
3. What is your per person budget range?
Your Product Specialist will create a menu of creative choices and price options matching the theme and topics of your events or programs.

Pricing
Based on quantity and items of interest. Call for quote

Delivery
Bulk shipping or individual fulfillment

One invoice + one contact = less hassles
Pick the right external motivators to push internal motivation and drive.

### PER CHALLENGE PRICING

<table>
<thead>
<tr>
<th>ELIGIBLE EMPLOYEES</th>
<th>BASE CHALLENGE</th>
<th>USERS INCLUDED IN PRICE</th>
<th>PRICE PER USER OVER THOSE INCLUDED</th>
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<tbody>
<tr>
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<td>$1795</td>
<td>100 users</td>
<td>$7/user over 100</td>
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<tr>
<td>500 - 999</td>
<td>$1995</td>
<td>150 users</td>
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<tr>
<td>3000 +</td>
<td>$2995</td>
<td>400 users</td>
<td>$4/user over 400</td>
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</table>

### OPTIONAL SERVICES:

- Fitness device/app integration: $750/challenge or $2500 for the year.
- Prizes/incentives and fulfillment: Call for pricing.
- Custom challenge creation: $150/hr.

### ANNUAL PORTAL AVAILABLE - CALL FOR PRICING

### PROMO ITEMS & INCENTIVES

- **Fitness device/app integration**: $750/challenge or $2500 for the year.
- **Prizes/incentives and fulfillment**: Call for pricing.
- **Custom challenge creation**: $150/hr.

**WELL-BEING CHALLENGES & INCENTIVES**
WALL CALENDAR
Simply hang up to create an atmosphere of Well-Being

GOOD OLD FASHIONED FUN

Classic indoor and outdoor games have the added benefits of endorphins for the brain, exercise for the body and fun for the soul! A few ideas to have a blast and to work up a sweat include:

- **Badminton** - Set up net, grab a set of rackets and light birdies, and get active together in the backyard.
- **Hopscotch** - Requires nothing more than chalk and a small object like a rock or bean bag for hopping good fun.
- **Four Square** - Gather a rubber ball and four players, then draw four squares, one for each player to stand in. Bounce the ball between players in squares until a player makes an error and is eliminated.
- **Jump rope** - Enjoy practicing basic jumping skills. Add rhymes to increase fun and variety to the game.
- **Hula hooping** - Master the challenge of spinning the hoop around your waist and see who can keep it going the longest.

**Games Plan:**
1. _______________________________________________
2. _______________________________________________
3. _______________________________________________

**HEALTHY REMINDER:**
Whether it's a workout at home or outdoors, games can be a fun way to spend time with your family, kids and friends.

**MAY**
Write an “F” in the date squares below for each day you engage in fun and playful physical activity.

**GOOD OLD FASHIONED FUN**

- **Employee Health and Fitness**
- **Arthritis Awareness**
- **Skin Cancer**
- **Mental Health**
- **Asthma**
- **Stroke**

**APRIL 2023**

**MAY 2023**

**JUNE 2023**

**Plan Ahead Goals for May 2023:**
- **World Laughter Day**
- **Cinco De Mayo**
- **Armed Forces Day**
- **National Dog Rescue Day**
- **Memorial Day**
- **Mother's Day**
- **World No Tobacco Day**

**DELIVERY OPTIONS:**
Bulk shipping and handling - quoted separately
Direct mail to homes with color cover letter and envelope - $1.26 ea.

**COST PER COPY:**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Unit Cost</th>
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<tbody>
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<td>100-499</td>
<td>$4.95 ea.</td>
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<tr>
<td>500-999</td>
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<td>1000 - 2499</td>
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<td>2500+</td>
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**OPTIONAL PERSONALIZATION LEVELS**

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<th>Description</th>
<th>ADD TO UNIT COST</th>
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<tbody>
<tr>
<td>1</td>
<td><strong>BRANDED</strong></td>
<td>Logo and text on 1½” tab: Color $350, Black $150</td>
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<td>2</td>
<td><strong>PERSONALIZED</strong> (150 or more)</td>
<td>Custom Inside Back Cover: $500</td>
</tr>
<tr>
<td>3</td>
<td><strong>CUSTOM</strong> (2500 or more)</td>
<td>Add dates to date squares, call for quote to choose new images or topics</td>
</tr>
</tbody>
</table>

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PARTNER WITH OUR CREATIVE TEAM
Combination of Graphic Design or Content Development

Graphic Design
Professional and clean designs that are attractive and impactful. Whether following your internal brand standards or creating a new look for your communications, can work in partnership for any level combined customization.

Content Creation
We combine evidence-based content with original creative writing designed to appeal to individuals on an emotional level to promote positive behavior change.

Ideas and Common Types of Communications: (electronic & print)
- Program Resource Guides
- Roll out Introduction Announcements
- Social Media posts
- Calendars*
- Flyers and posters
- Postcards/mailers*
- Forms
- Emails
- Videos

* Ind. mailings available through USPS

Pricing
$75 per hour

Strategic Benefit/Well-Being Consulting
Full content solution to give life and visibility to your programs. Develop an ongoing comprehensive communication plan that delivers messages that are relevant, meaningful, include emotional appeal, and motivate action.
Integrate program communications delivered in “one-clear voice” to position benefits and well-being as interdependent programs that reflect accountability so the organization and its people can mutually thrive.

Create AWARENESS • Inspire MOTIVATION • Drive ACTION

Strategic Communication Action Plan Example:

<table>
<thead>
<tr>
<th>QUARTERLY THEME</th>
<th>MONTH</th>
<th>MONTHLY TOPIC</th>
<th>BENEFIT/OFFERING TO HIGHLIGHT</th>
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COLORING BOOKS

ENHANCE EMOTIONAL WELL-BEING WITH THE COLORFUL PERSPECTIVES® COLORING BOOK:

• as a health fair handout or relaxation station
• to kick off a stress program
• for holiday gifts
• to create a relaxation room
• also available with colored pencils as a kit!

Size: 10" x 10" • Gloss Cover • 28 pages
Also available with colored pencils as a kit! CALL FOR PRICING!

GOOD THINGS GRATITUDE JOURNAL

Practice Gratitude. There are many things in our lives for which we are truly grateful. Gratitude enables us to savor the unrecognized good that surrounds us, no matter what the circumstances.

The Good Things Gratitude Journal is a tool to keep track of the good things in life. Each page offers space to:

• write down three things for which we are grateful
• appreciate moments in the day
• reflect on valuable lessons we learned

Instead of feeling drained, overwhelmed or stressed by circumstances, a gratitude journal helps to lower stress, adjust perspective and encourage feelings of calm.

PRICING

50–99 ....... $8.95 each
500–999 .. $6.95 each
100–499 ....... $7.95 each
1000–2499 .. $5.99 each

Printed in the USA using recycled materials

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