

BY THE NUMBERS

Workplace wellness programs are an investment in a company's most important resource, their workers. Insurance premiums and employees medical claims is at an all-time high and continues to rise. When done well, comprehensive worksite wellness programs can yield on average a \$3 return on ever dollar spent, over a 2-5 year period.

According to the National Wellness Association, the following benefits were reported at more than 30 companies that had emplemented wellness programs over a 15 year period.

- Average days of sick leave reduced by 22%
- Number of hospital admissions reduced by 64%
- Number of physician visits reduced by 16%
- Per capita health costs reduced by 28%
- Injury incidence reduced by 25%
- Per capita workers compensation cost reduced by 47%

"There's no question that workplace wellness is worth it. The only question is whether you're going to do it today or tomorrow. If you keep saying you're going to do it tomorrow, you'll never do it."

Warren Buffet
Chairman, Berkshire Hathaway



For more information, please contact:

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FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EMPLOYEE WELLNESS WITH RESULTS

Corporate Wellness Program

SALINA FAMILY YMCA



WHY IT'S IMPORTANT

YMCA Corporate Membership & Wellness programs are a value to your business and your employees. In addition, your company will benefit through:

- Reduce employee and company health care cost
- Improve productivity and morale of employees
- Retain employee absenteeism and turnover
- Improve your employer/employee relations

VALUE OF MEMBERSHIP

- Unlimited use of the Salina Family YMCA
- Over 85 FREE weekly group exercise and aquacise classes for all fitness levels
- 3 FREE sessions with a certified Personal Trainer to jump start or change a routine
- AWAY (Always Welcome At YMCA) privileges at reciprocating out of town YMCAs (some restrictions may apply)
- Convenient monthly bank draft, quarterly, semi-annual or annual payment options with no contracts to sign
- Volunteer and community involvement opportunities
- Facilities include: two swimming pools, racquetball courts, basketball courts, nature trail, family center, newly renovated wellness center and more!
- Member rates on great youth programs for youth sports, gymnastics, dance, martial arts, swimming and more!

EMPLOYEE BENEFITS

- Corporate members have all regular first month prorated membership fees waived (does not apply to Everyone Belongs or Financial Assistance memberships)
- Additional discounts on YMCA programs such as Kids Play Date
- Corporate members receive 25% discount on Kids Gym (drop in child care service while you work out)

COMPANY BENEFITS

- One FREE "Y Week" for all employees per year
- FREE Corporate Friday Fun Night per year

COMPANY RESPONSIBILITIES

- Designate a representative to act as the communication liaison and assist in company promotion and recruitment



ADDITIONAL SERVICES

CHAMPION OF HEALTH & WELLNESS

If your company makes a financial contribution towards the employee's membership, your company logo will be listed on the YMCA website as a Champion of Health and Wellness for their employees in the Salina Community.

HEALTH RISK ASSESSMENT (HRA)

Assess the health of your employees through a confidential HRA to evaluate the health habits and general health status of your staff.

LUNCH AND LEARNS

Let us help you educate and motivate your staff through a variety of lecture-based topics.

HEALTH FAIRS

Hosting a health fair? We would love to participate and assist with free body fat, blood pressure and flexibility screenings.

ON-SITE GROUP EXERCISE CLASSES

Classes such as yoga, pilates or core classes can be provided. No charge for a demo or a one time class. Try it out!

CORPORATE RENTALS

Rent the Y for 3 hours to enjoy swimming, basketball, volleyball and more! \$350/100 people/3 hours.

ENVIRONMENTAL ASSESSMENT

Let us assist you in a facility walk-thru to evaluate your employees access to healthy foods, physical activity and worksite wellness.

Have other needs or ideas? Let us know!

HAPPY, HEALTHY EMPLOYEES IMPROVES THE WORKPLACE!