



the

EMPLOYEE WELLNESS WITH RESULTS

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Corporate Wellness Program | STEPHENS FAMILY YMCA

Research has shown an effective wellness program can have significant impact on a variety of health risk factors including cholesterol, blood pressure, cardiovascular disease and obesity.

Through a YMCA Corporate Wellness Partnership, companies can provide their employees with a comprehensive wellness program, health education and unprecedented savings on memberships, all of which can improve employee morale, absenteeism and productivity.

EMPLOYER BENEFITS

› DECREASE ABSENTEEISM

Employee wellness programs reduce the stress, depression, injury or illness that employees are experiencing in the workplace. Helping workers make positive lifestyle changes can reduce absenteeism and the drain it represents on company morale and resources.

› REDUCE HEALTH CARE COSTS

Employers have a vested interest in health-related issues and reducing unnecessary medical costs. The majority of US health care expenses can be attributed to the diagnosis and treatment of chronic diseases and health conditions such as diabetes, obesity, cardiovascular disease and high blood pressure. Positive lifestyle changes, such as increased physical activity and a healthy diet, can often prevent these costly medical conditions before they arise.

› IMPROVE PRODUCTIVITY AND MORALE

Improved employee productivity plays a big role in the success of a company. Workers who exercise regularly tend to have more energy and are more productive while at work. As little as 30 minutes of physical activity five days a week can have a significant positive impact on workers' physical and mental well-being.

› REDUCE INJURIES

Healthy employees are at a lower risk for injury than those who are unhealthy with multiple risk factors.

› IMPROVE EMPLOYEE RETENTION

Many employees view health promotion programs as an added perk that makes them feel valued and appreciated by their employer. Employees who feel valued are less likely to seek employment elsewhere, decreasing turnover and the time and money needed to recruit, hire and train new workers. Similarly, a well-being program can serve as a valuable recruiting tool as you seek to attract the best possible talent to your organization.



EMPLOYEE BENEFITS

The Corporate Wellness Partnership provides an opportunity for employees to receive a variety of benefits, such as:



EXCLUSIVE RATES

Save on all programs and services like swim lessons, youth sports, camps and more with our exclusive member-only rates



CHILDWATCH

Complimentary on-site childcare while using a YMCA facility with a household membership



UNLIMITED GROUP EXERCISE

Designed all levels and all interests, from aerobics and strength training to indoor cycling and yoga



WELLNESS ORIENTATION

A one-on-one appointment to establish goals and familiarize yourself with fitness equipment



MOBILE APP

Download our mobile app to keep you in the know of facility updates, schedules and more



ACCESS TO YMCAs NATIONWIDE

Your Stephens Family YMCA membership allows you access to hundreds of YMCAs across Illinois and around the country

BECOMING A CORPORATE PARTNER

Become a corporate partner by following these steps:

1. Designate a corporate representative to act as a liaison and assist in communicating benefits to employees.
2. Confirm the commitment of at least five employees.
3. Determine your company's level of financial commitment (minimum \$10 subsidy) per employee. The Y will match your commitment up to \$10/month per employee.
4. Contact the YMCA's Corporate Wellness program representative.

EXAMPLE:	PER EMPLOYEE		
Eligible Employees	Company Investment	YMCA Match	Monthly Savings
20	\$10.00	\$10.00	\$20

Company Investment per month **\$200**
Combined Employee Savings **\$400**

EMPLOYER PAYMENT AGREEMENT

Subsidy Billing - Companies will be invoiced for the total partner subsidy amount on a monthly basis. Employers will be responsible for paying the agreed subsidy per employee that joins the Stephens Family YMCA.

\$1 → \$6

On average, for every \$1 spent on health management and education, companies could save \$3 – \$6 on healthcare costs.

