

WHY EMPLOYEE WORKPLACE WELLNESS IS VITAL

Employees are a company's most valuable asset. A growing body of evidence suggests that investing in the well-being of your workforce will yield powerful results.



TOGETHER, WE CAN... .

- Work to promote health and wellness in the workplace.
- Make positive changes for a healthy environment.
- Motivate employees to adopt and keep a healthy lifestyle.
- Reduce the growing rate of obesity, heart disease, diabetes, and more in the Wabash Valley.

GET SOCIAL WITH THE Y!

Follow the YMCA of the Wabash Valley for events, promotions, program updates and more:



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING A HEALTHY WORKFORCE

Corporate Wellness



Vigo County YMCA
951 Dresser Dr., Terre Haute, IN 47807
812-232-8446 | www.ymcaswv.org

YMCA CORPORATE PARTNERSHIP

The YMCA is proud to offer your employees the opportunity to get, and stay healthy through our valuable services.

New members at the Y receive:

- Full-Facility access to Clay and Vigo County YMCA Branches.
- A free personalized wellness orientation upon sign up will allow the new member the chance to set goals with the YMCA wellness coordinator, and plan the best ways to reach those goals.
- Access to a wide variety of Group Exercise classes for all levels at no additional charge.
- Free access to the YMCA TOO (Taking On Obesity) Wellness Group
- Personal training at a discounted rate.
- Child Care and a variety of programs at a reduced rate.

A PROGRAM FOR YOU...



YMCA Membership Options

- **Option A – Advanced Purchase:** Company buys a predetermined amount for employees. When the employee joins he/she gets a credit to reduce cost of membership.
- **Option B – Voucher Program:** Company issues vouchers to employees that is used to cover a portion of monthly membership fee. The company only pays for vouchers redeemed.
- **Option C – Reimbursement:** The company's employees use the Y facility a prescribed number of days in a quarter (tracked by scanning their Y membership card). Employee is reimbursed quarterly for actively attending and managing their health.

TAKE THE FIRST STEP...

... toward a healthier workplace when you offer a YMCA corporate membership as part of your employee benefit package.

COMPANY ADVANTAGES:

- Minimal time commitment
- Easy to implement
- Payroll Deduction Partnership
- Flexibility to tie into an overall wellness plan or operate independently
- Assistance promoting Y corporate membership program and YMCA benefits to employees

EMPLOYEE ADVANTAGES OF JOINING AS A CORPORATE MEMBER:

- FREE week pass for employees to "Try the Y" during open enrollment month
- \$50 enrollment fee is waived
- Reduced membership rates
- Convenient payment options

