



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



WORKPLACE WELLNESS
Healthier Employees, Healthier Business.
DECATUR COUNTY FAMILY YMCA

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YMCA MEMBERSHIP IS GOOD FOR BUSINESS

Reduced Health Care Costs

The majority of US health care expenses can be attributed to the diagnosis and treatment of chronic diseases and health conditions such as cardiovascular disease, diabetes, high blood pressure, and obesity. Positive lifestyle changes, including a healthy diet and increasing one's physical activity, can often prevent these costly medical conditions before they start.

Increased Productivity and Morale

Workers who exercise regularly tend to have more energy and be more productive while at work. As little as 30 minutes of physical activity on most days of the week can have a significant impact on workers' physical and mental well being.

Decreased turnover and Increased Recruitment Potential

Many employees view employer led wellness 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 spent to recruit, hire and train new team workers. Similarly, a corporate wellness program can serve as a valuable recruiting tool to attract the best possible employees to your organization.

Decreased Absenteeism

Employees suffering from a chronic health condition are more likely to miss work than healthy employees. Helping workers make positive lifestyle changes can reduce absenteeism and the drain it represents on company morale and resources.

Companies with Corporate wellness programs can see a return of \$3-\$6 for every \$1 invested over a 2-5 year period. Documented savings are observed in medical costs, absenteeism, worker's compensation claims, short-term disability and improved on-the-job efficiency due to fewer employee health problems.

- American Journal of Preventative Medicine

Level 3:

Corporations with 75 Employees or less:

- ◆ Basic YMCA membership, with 24/ 7 access available for an additional \$15 key fob purchase.
- ◆ Monthly YMCA facility tracking
- ◆ Quarterly Corporate Newsletter
- ◆ \$50 discount of Corporate Challenge
- ◆ "Corporate Open House Week"
- ◆ 3- 1 day passes and 1- 2 week pass available to hand out
- ◆ **FREE** Blood Pressure Self-Monitoring Program for Employees
- ◆ **FREE** Smoking Cessation Class for Employees
- ◆ 2 **FREE** Lunch and Learn Classes
- ◆ 2 **FREE** Fitness Tests for Employees throughout the year
- ◆ 1 **FREE** 2 hour rental of choice during business hours

Level 4:

Corporations with 100 Employees or less:

- ◆ Basic YMCA membership, with 24/ 7 access available for an additional \$15 key fob purchase.
- ◆ Monthly YMCA facility tracking
- ◆ Quarterly Corporate Newsletter
- ◆ \$50 discount of Corporate Challenge
- ◆ "Corporate Open House Week"
- ◆ 3- 1 day passes , 1- 1 week pass, and 1- 2 week pass available to hand out
- ◆ **FREE** Blood Pressure Self-Monitoring Program for Employees
- ◆ **FREE** Smoking Cessation Class for Employees
- ◆ 2 **FREE** Lunch and Learn Classes
- ◆ 2 **FREE** Fitness Tests for Employees throughout the year
- ◆ 1 **FREE** 2 hour rental of choice during business hours
- ◆ 1 **FREE** league enrollment in league of choice

Level 5:

Corporations with 100 Employees or more:

- ◆ Basic YMCA membership, with 24/ 7 access available for an additional \$15 key fob purchase.
- ◆ Monthly YMCA facility tracking
- ◆ Quarterly Corporate Newsletter
- ◆ \$50 discount of Corporate Challenge
- ◆ "Corporate Open House Week"
- ◆ 4- 1 day passes , 2- 1 week passes, and 2- 2 week passes available to hand out
- ◆ **FREE** Blood Pressure Self-Monitoring Program for Employees
- ◆ **FREE** Smoking Cessation Class for Employees
- ◆ 2 **FREE** Lunch and Learn Classes
- ◆ 2 **FREE** Fitness Tests for Employees throughout the year
- ◆ 1 **FREE** 2 hour rental of choice during business hours
- ◆ 1 **FREE** league enrollment in league of choice
- ◆ 1 **FREE** Weight Loss Program

Ala Carte Options:

League Enrollment: \$350 for 8 weeks (no non-member fee)

Group Wellness Class: \$300 for 6 week class

Team Building Activities: \$300 for 6 hours

Weight Loss Programs: \$300 for 6 week class

2-hour Facility Rental: \$175

Smoking Cessation Program: \$25/hour

First Aid/ CPR Class: \$25 per person

Lunch and Learns: \$25/hour

Fitness Testing for Employees (includes weight, body fat, blood pressure, cardiovascular endurance, strength assessment and flexibility): \$15 per person

All Employees of a Corporate Partner will receive a 10% discount on the 3- Weight Loss Programs offered at the Y throughout the year.

**YMCA CORPORATE
PARTNERSHIP PLAN OPTIONS
Decatur County Family YMCA**

INCENTIVES ARE AVAILABLE FOR THE CORPORATION TO USE FROM JANUARY TO DECEMBER. UNUSED INCENTIVES WILL NOT CARRY OVER. CORPORATIONS CAN EITHER PURCHASE A LA CARTE OPTIONS FOR ADDITIONAL INCENTIVES, OR THEY MAY RECEIVE ADDITIONAL INCENTIVES BASED ON THE INCENTIVES GIVEN TO THEIR EMPLOYEES.

**Level 1:
Corporations with 25 Employees or less:**

- ◆ Basic YMCA membership, with 24/ 7 access available for an additional \$15 key fob purchase.
- ◆ Quarterly YMCA facility tracking
- ◆ Quarterly Corporate Newsletter
- ◆ \$50 discount of Corporate Challenge
- ◆ YMCA will host a "Corporate Open House Week" - Employees will get a FREE week pass to the YMCA. Employees will just need to present proof of employment for tracking purposes. We can pick the week, or you may choose, restrictions may apply depending on time of year.
- ◆ 2- 1 day passes available to hand out
- ◆ **FREE** Blood Pressure Self-Monitoring Program for Employees
- ◆ **FREE** Smoking Cessation Class for Employees
- ◆ **FREE** Lunch and Learn



**Level 2:
Corporations with 50 Employees or less:**

- ◆ Basic YMCA membership, with 24/ 7 access available for an additional \$15 key fob purchase.
- ◆ Quarterly YMCA facility tracking
- ◆ Quarterly Corporate Newsletter
- ◆ \$50 discount of Corporate Challenge
- ◆ "Corporate Open House Week"
- ◆ 2- 1 day passes and 1- 1 week pass available to hand out
- ◆ **FREE** Blood Pressure Self-Monitoring Program for Employees
- ◆ **FREE** Smoking Cessation Class for Employees
- ◆ **FREE** Lunch and Learn
- ◆ **FREE** Fitness Test for employees

**WE'RE MORE THAN A GYM.
WE'RE A CAUSE.**

By introducing your employees to the benefits of a Y membership, you're giving them much more than a place to work out. The Y provides programs and opportunities in each of our three focus areas- youth Development, Healthy Living, and Social Responsibility.

**YOUTH DEVELOPMENT
Nurturing the potential of every child and teen**



- Various summer programs including day & overnight camps

- Age appropriate child care while you workout for children on an active membership
- After school care available
- Youth & Government Programs
- Youth Sports

**HEALTHY LIVING
Improving one's health and well-being**



- Participation in several FREE group exercises classes. There is something for every fitness level.
- FREE health and wellness orientations, assessments and coaching

- Chronic disease programs including Blood Pressure Self-Monitoring Program and YMCA's Diabetes Prevention Program
- Access to YMCA's throughout the state of Indiana at no extra charge, and starting in December 1, 2017, nationwide access.
- Corporate Wellness and Membership and Membership Programs

**SOCIAL RESPONSIBILITY
Giving back and providing support to our neighbors**



- Financial assistance for those in need for membership, programs, Preschool, and so much more

- Volunteer opportunities
- Personal and family strengthening opportunities
- Programs designed to strengthen your faith and spiritual wellness
- Various training programs

EMPLOYEE HEALTH AND WELLNESS IS GOOD BUSINESS

The Y is a leader in improving the health and wellness in its community. Partnering with the Y promotes a healthy work environment which is known to produce healthier, happier and more productive employees!

The Y's Corporate Partnership does more than provide membership cards. We create a partnership in well-being that offers a healthier workplace environment for you and your employees. By connecting with the Y, employees receive personalized service supporting them on their journey in getting active as they become engaged in a healthier lifestyle.

Benefits the Local Community

The Y is unparalleled for strengthening our community. We nurture the potential of children and help people of all ages be healthy, confident, connected and secure. So when you join the Y, you create meaningful change not just for you, but for the whole community.

Helping Your Employees Live Better

Through a Corporate Partnership with the Decatur County Family YMCA, your workforce has access to a full complement of resources for increased physical activity and improved overall health.

- Group Fitness classes such as yoga, Pilates, Zumba, and cycling
- Complimentary fitness orientation
- Swimming pool
- Specialized classes to alleviate arthritis pain
- Child watch while you work out
- Evidence-based chronic disease programs



Family Friendly

Child care, summer day camp, swim lessons, youth sports and leagues are just a few of the resources provided to Y families. Our rates make it easy to get the whole family engaged.

Getting Started

Membership at the Y means your employees will get the support they need to achieve their health goals. We can develop a Corporate Partnership tailored to meet the unique needs of your Corporation.

Employees of existing Corporate Partners should bring in proof of employment (recent pay stub or dated paperwork) to the Y to join as part of the corporate group.

Be part of Something Bigger

The Decatur County Family YMCA can help your company set up an annual community service event or encourage your employees to share their talents with the community by volunteering in a variety of ways:

- Serve on our Board of Directors
- Assist as program volunteer
- Coach a youth sport
- Lend a hand throughout the year with special events



Everyone is Welcome

Corporate Partnership is one of the best investments for personal and family well-being and fun. The Decatur County Family YMCA has special offers available for your employees.

- Reduced monthly membership fees*
- No contracts or cancellations fees
- Opportunities for on-site health screenings, fitness classes or seminars

Reduced fees occur if the Corporation agrees to pay a portion of the membership fees as an incentive

Promotional Tools

- Free "Corporate Open House Week" for your Company so your employees can try out the Y before becoming a member.
- Representation at company health fairs
- On-site membership enrollment
- Rate cards
- Free day passes
- Electronic advertisements for company newsletters or websites.