

Sample Corporate Package by Proactive Approach*

Package	Includes	Details	Potential Benefits
B	Seminar Series: 12 Sessions	<p>12, one-hour sessions (monthly)</p> <p>Customized to meet the needs of [REDACTED] employees</p> <p>“Lunch-and-learn” format (short, practical, interactive)</p> <p>Topics selected by [REDACTED]</p>	<p>Regular follow-up ensures consistent message is being delivered</p> <p>Continuous learning, can connect topics</p> <p>Convenient, on-site</p> <p>Decrease absenteeism & health care costs; increase productivity when employees implement what they learn in seminars</p>
	Group Nutrition Series: 12 Sessions	<p>Up to 25 participants, monthly</p> <p>Includes customized programs for participants; recognition for achieving milestones; contests & group support</p>	<p>Employees who eat right feel more energetic & healthy which means better productivity</p>
	Group Exercise Series: 12 Sessions	<p>Up to 25 participants, monthly</p> <p>Includes customized programs for participants; recognition for achieving milestones; contests & group support</p>	<p>Decrease risk of high blood pressure, disease, illness and increase energy levels for lower absenteeism, less spent on health care</p>
	Monthly Wellness e-Newsletter	<p>Can be distributed via e-mail or sent for posting on Intranet</p>	<p>Up-to-date tips / articles on various “hot” wellness topics dispels myths and keeps employees on the right track</p>
	15% Discount on Individual Nutrition and Fitness Programs for Employees	<p>Employees who prefer individual nutrition or fitness sessions pay a discounted rate</p>	<p>One-on-one consulting keeps employees accountable and creates a “safe” environment</p>
	Wellness-related give-a-ways	<p>Given to participants who attend seminars</p>	<p>Serve as constant reminders that good health is serious business</p>
	Results Report	<p>Progress reported to Human Resources every six months</p> <p>Based on data from group nutrition and exercise sessions</p>	<p>Organization can review employee improvements to ensure its resources are well-spent</p>

*Packages are always customized to meet the needs of an organization and its employees.

