

You Define Wellness!™



An employee benefit plan with individual wellness options.

Employee ~~CORPORATE~~ WELLNESS BENEFIT PLAN

Happy, healthy and thriving employees are more engaged and productive team members.
“62% of employers report an increase in productivity with a wellness program.”

Society for Human Resource Management, February 25, 2015: *Employers See Wellness Link to Productivity, Performance* by Stephen Miller, CEBS

You Define Wellness! is not insurance, nor is it a replacement for medical insurance. We are an employer subsidized complement to your existing health initiatives by encouraging employees to attain and maintain healthy living! Employees are invited to experience - on a regular basis - various types of services not normally included in medical insurance plans or corporate wellness programs.

“(Employees on a wellness plan are) **17% less likely to quit.** Every company I’ve met with would take a 10% reduction in unwanted turnover over a 10% reduction in health costs any day.”

Huffington Post, 7/12/2016, “The Right Way to Look at the ROI of Wellness in the Workplace”

EDUCATION

Finding qualified wellness educators is time-consuming and we’ve done the work for you!

Our network wellness providers have contributed to an approved library of classes to choose from, or we can provide a set schedule of topics:

- **Months 1 & 7:** Mindfulness or Mind/Body Wellness
- **Months 2 & 8:** Life Balance
- **Months 3 & 9:** Stress Management
- **Months 4 & 10:** Meditation / Relaxation
- **Months 5 & 11:** Nutrition
- **Months 6 & 12:** Fitness / Movement



ACCESS TO WELLNESS CAREGIVERS

“Americans make more visits to holistic health care providers than to M.D.s and spend more money out-of-pocket to do so, about \$30 billion a year.” **Newsweek**

When sessions for services are included in your **You Define Wellness!** plan, either through gift cards or the Employee Wellness Benefit Plan, employees can select the wellness service of their choice from over 100 different types of wellness services in our network provider directory!

Services are conducted at the provider’s location, often on employee personal time.

You Define Wellness! is not medical insurance nor a replacement for insurance.

Are these services in your corporate wellness or employee benefits package?

Access Bars Abundance Coaching **Acupuncture** Aromatherapy Art Therapy Auricular Therapy **Ayurveda** Chinese Herbal Therapy **CHIROPRACTIC COUNSELING** CranioSacral **Dental** energy Medicine **Feldenkrais** Fertility **Fitness** Health Assessment Herbal Therapy **Hypnotherapy** Intuitive **Counseling** Life Coach **Massage Therapy** MoneyCoach **NATUROPATHY** Nutrition Parenting Coach **Personal Trainer** Physical Therapy **Pilates** Pranic Energy **Psychotherapy** QiGong **Raindrop Therapy** **Reiki** **Relationship Coach** Roling Smoking Cessation Spiritual Coach **Stress Reduction** Thai Yoga Massage **Trauma & Grief** **Weight Loss** **Wellness Coach** **Yoga** ...and more!



OUR PLANS

PLAN FEATURES AND BENEFITS		EMPLOYEE WELLNESS BENEFIT PLAN	
		Bi-Monthly Sessions	Monthly Sessions
		6 wellness sessions	12 wellness sessions
EDUCATION	OnSite Wellness Education from our Library of Classes (Approx. 1 hour class)	Included in same frequency as wellness services; employees not enrolled in program may also participate.	
		Meal extra, we are happy to arrange at cost	
WELLNESS SERVICES	Employee selects wellness services from our network providers	6 wellness sessions per year, one earned every other month.	12 wellness sessions per year, one earned per month.
	Additional Sessions at employee cost	\$69.50 per additional session	
	Session Expiration	Sessions expire 90 days after activation. If unused, 1/2 of the value is returned to the employer and 1/2 supports non-profit healing partners in the community.	
Minimum Enrollment		5+ enrolled employees	
Other		Employee opt-in, employer contributes minimum of 50%, employer receives partial credit for unused and expired sessions. See contract for details.	

Or purchase the components a la carte!

A la carte Group Wellness Education classes are as requested. \$250 class up to 40 participants.

Meal extra, we are happy to arrange at cost

Wellness sessions are available as gift certificates!

1-2 cards: \$75 each
 3-10 cards: \$73.50 each
 11-20 cards: \$70.50 each
 21+ cards: \$69 each

SPECIAL OFFER:
 Buy a minimum of 5 gift certificates and get a wellness education class for your staff for only \$85!

Investment in Wellness

\$80

Per enrolled employee, per billing cycle.

You Define Wellness! is not insurance, nor is it a replacement for medical insurance.

You Define Wellness!... a benefit plan that makes sense!

- Employer contributes only for those who are enrolled.
- Employer may share the plan cost with enrolled employees.
- Employer receives a partial credit back for unused and expired wellness sessions (Employee Wellness Benefit Plans only).

Wellness Sessions: How they work

When the employer pays our monthly invoice, we credit each employee account with one session either monthly or every-other-month depending on the Employee Wellness Benefit Plan selected by the employer. Notification is made to employees via email that a session has been placed in their account, along with instructions and the authorization code for services.

The employee:

- **Selects a service from our online provider directory;**
- **Schedules the appointment as they would with any other health care provider; and,**
- **Presents the authorization email at the appointment.**

While dozens of services are 100% free to the employee, many also have a fee due at time of service. For more expensive services, the employee can use more than one session authorization (if available in their account).

We are different than medical insurance that has a set fee (co-payment) for specific services. Each of our wellness providers has the right to set their own rates so - as an example - massage therapy might be completely free at one practice while another practice has a \$5 or \$10 fee at time of service.

We provide, upon request, Wellness PathFinders for brief consultations at initial enrollment to help employees identify their wellness goals. For longer conversations, the employee may use one of their authorized sessions for a private appointment.

Gift cards work the same way as sessions entitling the bearer to one wellness service of choice.

You Define Wellness!

9615-B East County Line Road #103
Centennial, Colorado 80112

Sales: 303.222.7168; ext. 700

Email: info@YouDefineWellness.com

Website: www.YouDefineWellness.com