



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CORPORATE WELLNESS PLAN

Our Corporate Wellness Plan is a simple way to ensure that any organization can involve its team in healthy lifestyles in the Salem community through the Y. While engaging in healthy lifestyles is proven to reduce health related costs and improve attendance and performance, at the Y we know that healthy living improves every aspect of a person's life.

Studies show that individuals who participate in health and wellness activities, tend to be more productive, have lower health care costs, take fewer sick days, deal with stress better and are more likely to stay loyal to their employer. The Y firmly believes in the implementing a sound wellness program which includes physical activity, good nutrition, relaxation and self-empowerment.

INDIVIDUAL BENEFITS:

Group Classes (Zumba, cycling, yoga, boot camp, aquatics and more!)

Strength Training

Drop-in child watch

Open & lap swim times

Open Gym/Pickup basketball

Wellness Orientation w/ Personal Trainers

Free Adult Jujitsu

Cardio Equipment

Hot Tubs & Sauna

Indoor Track

Youth Activity Center

Youth Sport Programs

Volunteer & Coaching Opportunities.

GROUP BENEFITS:

- Bi-annual enrollment at your location
- Annual employee day at the Y with organized activity
- Y Trains one CPR class for your employees annually
- Employee Usage Reports
- Worksite Wellness Assessment
- Improved employee efficiency
- Reduced sick days
- Improved workplace moral
- One Free Personal Training session



To begin your Corporate Wellness Plan at the Y, please contact
Janice Naimy @ 503-581-YMCA (9622) or jnaimy@youry.org

685 Court St. NE, Salem, OR, 97301 503-581-YMCA(9622) www.youry.org



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OPTION I: Employer Coordinates payments for Employee Memberships:

The employer pays for the employee memberships and they may collect a portion, or all of the payment from the employee, but the employer submits all payments to the Y.

Employer Benefits:

- Annual Business Fee (\$150)- Covers employee joining fees
- Bi-annual enrollment at your location at your location
- The Y- offers annual employee day at the Y with organized activity
- The Y-trains one CPR class for your employees annually
- Worksite Wellness Assessment
- Employee Usage Logs
- Improved Employee Efficiency
- Reduced Sick Days
- Improved Workplace moral

OPTION II: Employer Pays a Portion of Employee Memberships:

The Employer pay the Y for a portion of employee membership and the employees pays the balance.

Employer Benefits:

- Annual Business Fee (\$250)- Covers employee joining fees
- Bi-annual enrollment at your location at your location
- The Y- offers annual employee day at the Y with organized activity
- The Y-trains one CPR class for your employees annually
- Worksite Wellness Assessment
- Employee Usage Logs
- Improved Employee Efficiency
- Reduced Sick Days
- Improved Workplace moral

OPTION III: Employee Pays for Membership. Employer May or May Not, Reimburse Employees for All or a Portion of Membership.

The employee pays the Y for their membership. The employer may or may not choose to reimburse the employee for all or a portion of the membership for the employee and /or their family.

Employer Benefits:

- Annual Business Fee (\$300)- Covers employee joining fees
- Bi-annual enrollment at your location at your location
- The Y- offers annual employee day at the Y with organized activity
- The Y-trains one CPR class for your employees annually
- Worksite Wellness Assessment
- Employee Usage Logs
- Improved Employee Efficiency
- Reduced Sick Days
- Improved Workplace moral