

CORPORATE EMPLOYERS

Autry Technology Center	City of Enid
Cintas	Collins, Butler & Co., P.C.
Cummins Construction, Inc.	Dense Mechanical
Dillingham Insurance	Emmanuel Baptist Church
Enid Public Schools	Envirotech
Groendyke Transport	INTEGRIS
Jackson's of Enid	Koch Fertilizer
Lowe's	Metals USA
Mid-America Wholesale	Mustang Fuel
Northcutt Chevrolet	Northern Oklahoma College
Northwest Pediatrics	Oxbow Calcining
Parrish Manufacturing Group	Roberts Ranch/Hanor
Security National Bank	Stevens Ford
St. Mary's Medical Center	Stride Bank
Tyson	United Way



For more information on Corporate Wellness
please contact :

Kim Jackson - Membership & Operations
580-237-4645 ext 22
kjackson@enidymca.org

Denny Price Family YMCA
415 W. Cherokee
Enid, OK 73701
P 580.237.4645

ENIDYMCA.ORG

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING A STRONGER WORKFORCE

WELLNESS FOR BUSINESSES AND
CORPORATIONS



DENNY PRICE FAMILY YMCA

EMPLOYEE HEALTH

- **Wellness programs reduce medical costs an average of \$3.27 per employee and absentee costs an average of \$2.73 for every \$1 spent.**
- **Each inactive employee costs \$1,500 extra a year on healthcare costs.**
- **Employee wellness programs can return up to \$10 per dollar spent**

Let's team up!

PARTNER WITH THE YMCA FOR YOUR CORPORATE WELLNESS NEEDS

Each company is different and we appreciate your uniqueness. That is why we customize the corporate fitness model to suit your businesses needs. Here is a short list of what you will get when you partner with us.

- Health Risk assessments for each participant
- Weight loss and weight management services
- Weekly workouts to suit individual needs
- An evidence-based approach to verify results
- Personal goals for participants to keep interest high & to make them invested
- Healthy eating tips
- Weekly, monthly, and yearly challenges



EMPLOYER GROUP DISCOUNTS

Group rates are available for employees of local businesses. These discount slots work off an annual fee paid by the employer.

Employee Units	Annual Fee
0-10	\$600
11-15	\$900
16-20	\$1200
21-30	\$1600
31-50	\$2300
51-65	\$2800
66-100	\$3300
101-150	\$3800
151-200	\$4300
200+	\$4800

Employees covered under the employer membership will receive a 20% discount on membership fees. Current full pay members who sign up for corporate will receive the

discount at their renewal date.

Optimize Participation

One of the biggest challenges of corporate wellness programs is participation, or buy in, from the employees. We will work together to keep spirits high, provide positive experiences, and keep everyone involved!

Here are a few ideas that work:

1) Weekly Incentives

Week 1: Team with 100% participation at 1st training session wins free water bottle

Week 5: YMCA Bingo - win a free t-shirt

Week 8: Most body fat % loss wins free 3 month membership

2) Extra Personal Time

It is amazing how hard people will work for time off! Offer hours of extra personal time for participation and various achievements. Your business will be rewarded with healthy employees that work harder & miss fewer days.

3) Monetary Reward

When money is on the line, people respond!

- Double Your Money: participants pay \$ and if they successfully complete the program they double their money.

- Cash Pot: Everyone who wants to participate chips in \$, winner takes all, based on various pre-set criteria.

- BMI Challenge: Motivate employees with dangerously high BMI's with health and \$.