

## THANK YOU for your interest in the Akron Area Y's Corporate Wellness Program

As a leader in strengthening communities, the Y is primed and positioned to be your partner for the greatest asset you have – your employees.

We offer two levels from which you can choose: **Friend or Partner.** Both levels get your employees in the door and on the road to better health. Of course, the **Partner** level offers a few more bells and whistles, but it also comes with a commitment, from you, to provide a slight monetary investment.

**Companies that have implemented Corporate Wellness programs have attained:**

- 28% reduction in sick days
- 26% reduction in health care costs
- 30% reduction in workers' compensation and disability management claims
- \$5.93 in costs saved for every \$1 spent

*"The Impact of Wellness Programs on America's Workforce"*  
by Audrey Tillman, The Institute for Healthcare Consumerism. Jan 27, 2017.



## Y Membership Perks

- Unlimited access to all Ys associated with the Akron Area YMCA (Akron, Barberton, Cuyahoga Falls, Green, and Wadsworth)
  - Nationwide access to over 10,000 Y's across the whole United States
  - FREE Child Watch with family membership
    - FREE Wellness 101
    - FIRST DIBS to sign up for classes
- LOWER RATES on classes that require additional fees
  - NO CONTRACT ... EVER.

For additional information, please visit:

[Akronymca.org/HealthyLiving/CorporateWellnessProgram](http://Akronymca.org/HealthyLiving/CorporateWellnessProgram)

or call:

### FIRESTONE PARK YMCA

350 E. Wilbeth Rd.  
Akron, OH 44301  
330-724-1255

### GREEN FAMILY YMCA

3800 Massillon Rd.  
Uniontown, OH 44685  
330-899-9622

### KOHL FAMILY YMCA

477 E. Market St.  
Akron, OH 44304  
330-434-9622

### LAKE ANNA YMCA

500 West Hopocan Ave.  
Barberton, OH 44203  
330-745-9622

### RIVERFRONT YMCA

544 Broad Blvd.  
Cuyahoga Falls, OH 44221  
330-923-9622

### WADSWORTH YMCA

623 School Dr.  
Wadsworth, OH 44281  
330-334-9622

#### Our Mission:

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Financial assistance available

# HEALTHY EMPLOYEES Make Good Business Sense

AKRON AREA Y  
Corporate Wellness Membership



# Partner Level Perks

## YMCA Weight Loss Program

A 12-week program developed for adults to personally assist them with their weight loss goals. Interactive sessions are led by a facilitator who introduces weekly topics and offers support and guidance in a small group setting. This is not an exercise / diet plan, but a non-prescriptive approach to help participants self-identify and monitor barriers to weight loss challenges while offering ideas to personalize for their own success.

**Program Price:** \$120

**Member Price:** \$60

**Partner Price:** \$45

## YMCA Diabetes Prevention Program

A 1-year commitment for those at risk for developing Type 2 Diabetes. Interactive sessions are led by a facilitator who introduces weekly topics and offers support and guidance in a small group setting. Very specific goals in the reduction of body fat and the increase of physical activity will be developed and monitored on an individual basis. Participants are admitted into the program by doctor or self-referral indicating their risk for the development of this life-threatening disease.

**Member Price:** \$429

**Partner Price:** \$229

## Fitness Classes at Your Location

The Akron Area Y can come to you. Arrangements can be made for a certified Group Exercise Instructor, employed by the Y, to come to your location and teach the group on a regular basis. What's your preference? Yoga, Stretching, Toning, Cardio, or a mix of all? We can accommodate the group in your space, with our expertise.

## Leadership Development

High ropes, archery, horseback riding and a good, old-fashioned campfire can really bring your workplace together. Located in the City of Green, our flagship Camp Y-Noah can plan and deliver daytime or overnight teambuilding options for groups of any size. Meals are included in the price so no one has to cook or wash the dishes. Indoor plumbing and a staff that makes every moment meaningful and fun, are also part of the package. Team Building can also be done on site without the overnight option.

For more details on any of these partner levels, contact:

corporate@akronymca.org  
or call (330) 434-9622 ext. 1211

| LEVEL                | DESCRIPTION  | TRY THE Y*   | ONGOING JOIN BENEFITS   |
|----------------------|--|--|---|
| <b>FRIEND LEVEL</b>  | We offer you the opportunity of joining the Y as a Friend of the Y   | <ul style="list-style-type: none"> <li>• 2 weeks to Try the Y (offered annually)</li> <li>• <b>No Start Up Fee during the 2-week trial</b></li> <li>• Waive pro-rated first month's dues</li> </ul>  | <ul style="list-style-type: none"> <li>• 50% off Start-Up fees for Employees joining after the Try the Y weeks</li> </ul> |
| <b>PARTNER LEVEL</b> | By partnering with the Y, together we can make an impact on employee health and wellness by using <b>Payroll Deduct - and/or - Company Subsidy</b> | <ul style="list-style-type: none"> <li>• 2 weeks to Try the Y (offered annually)</li> <li>• <b>No Start Up Fee during the 2-week trial</b></li> <li>• Waive pro-rated first month's dues</li> <li>• <b>Waive full first month's dues</b></li> <li>• Special Pricing for on-site fitness and team building sessions</li> <li>• Special Pricing for corporate retreat options at Camp Y-Noah</li> <li>• Special Pricing for Y preventative health programs</li> <li>• Free Lunch 'n Learns 2 times per year</li> </ul> | <ul style="list-style-type: none"> <li>• No Start-Up fee</li> <li>• Waive pro-rated first month dues</li> </ul>           |

**\*Try the Y offered to new employees throughout year within 60 days of hire with proof of hire from company's HR department. The YMCA will provide a form letter for this purpose.**

## CORPORATE WELLNESS MONTHLY DUES

|  |  |   |   |
|--|--|---|---|
| <b>ADULT MEMBERSHIP</b><br>[add 6.75% sales tax] | <b>FAMILY MEMBERSHIP</b><br>[add 6.75% sales tax]            | <b>2-PERSON MEMBERSHIP</b><br>[add 6.75% sales tax] | <b>YOUNG ADULT</b><br>[add 6.75% sales tax] |
| Any adult age 26+                                | 2 adults and any children, up to age 25, living in household | Any 2 people living in same household               | Adult age 18-25                             |
| \$43.26 / month                                  | \$62.83 / month  | \$57.50 / month                                     | \$26.27 / month                             |

Visit [akronymca.org/membership/about](http://akronymca.org/membership/about) for a complete list of all membership types