



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**



Corporate Wellness Program YMCA OF BRISTOL

What Is the YMCA of Bristol Corporate Wellness Program?

The Corporate Wellness Program is a partnership between the YMCA of Bristol and local businesses to help promote healthy lifestyles within the workforce. Through these partnerships, employers and employees benefit from YMCA of Bristol memberships.

Benefits of a Corporate Wellness Program

Containment of Health Care Costs

The majority of health care costs in the United States are attributed to the diagnosis and treatment of chronic diseases and conditions such as diabetes, obesity, cardiovascular disease, and asthma. These conditions are often preventable with positive lifestyle changes, such as increased physical activity and a healthy diet.

Increased Workplace Productivity

Workers who exercise regularly tend to have more energy and are more productive while at work. As little as 30 minutes of physical activity most days of the week can have significant physical and mental benefits for workers.

Increased Workplace Morale

Along with increased productivity, the increase in energy level that comes from active, healthy employees also results in improved morale and a new level of energy within your organization.

Increased Recruitment Potential/Decreased Employee Turnover

In the midst of a tight labor market, businesses are forced to pull out the stops in order to recruit new talent. In some instances, health promotion can prove to be a very valuable tool in sealing the deal. Health promotion programs are seen as an additional perk to employees, making them feel valued and appreciated by their employers. These employees are less likely to seek employment elsewhere, decreasing the time, energy and money associated with recruiting, hiring and training new employees.

Decreased Absenteeism/Reduced Injuries

When an employee misses work due to illness, other employees take on the burden of those responsibilities, often creating a strained environment. Employees suffering from chronic conditions such as diabetes, cardiovascular disease and other obesity-related illnesses are likely to miss work more often than healthy employees. These same conditions can be controlled, and often prevented, by positive lifestyle changes such as physical activity. Healthy employees are at a lower risk for injury than those who are unhealthy with multiple risk factors

YMCA of Bristol
400 M L King Jr. Blvd., Bristol TN 37620
P 423 968 3133 F 423 968 3618
W bristolymca.net



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CORPORATE WELLNESS PROGRAM OPTIONS

Payroll Deduction with No Employer Reimbursement

- YMCA of Bristol will waive the joining fee.
- YMCA of Bristol will provide a 10% deduction to employee's membership fees through payroll deduction only.
- Employer provides employee with payroll deduction for monthly membership fees.

Payroll Deduction with Employer Reimbursement

- YMCA of Bristol will waive the joining fee.
- YMCA of Bristol will provide a 10% deduction to employee's membership fees through payroll deduction only.
- Employer pays at least \$10 each month towards each employee's membership. Or, the employer reimburses at least \$100 once a year for each employee who joins the YMCA of Bristol.
- YMCA of Bristol will track employee's usage on a monthly basis for payroll deduction only.
- Employer provides employee with payroll deduction for monthly membership fees.

Full Employee Pay with Employer Reimbursement

- Member will pay the joining fee.
- Employee pays 100% membership fees.
- YMCA of Bristol will track employee's usage on a monthly basis for payroll reimbursement.
- The employer reimburses the employee as agreed upon by the employer and employee.

YMCA OF BRISTOL MEMBERSHIPS 2017 MEMBERSHIP FEES

Category	Standard Rates		10% Payroll Deduction	Full Pay/Reimbursement	
	Joining Fee	Monthly Fee	Employee Pays	Employee	Employer
Young Adult	\$30	\$45	\$41	\$45	
Adult	\$30	\$52	\$47	\$52	
Senior	\$30	\$45	\$41	\$45	
Household*	\$30	\$75	\$68	\$75	
TWOgether**	\$30	\$75	\$68	\$75	

Financial Assistance is available to those who qualify...Applications are available at the Y's Business Desk.

* A Household Membership consists of any 2 adults and dependents living at the same household. A third adult may be added to a Household Membership as long as they live in the same household, for an additional \$20 per month.

** A TWOgether Membership consists of any 2 people who do not live at the same address, but join the Y together. In a TWOgether Membership, if both people work at the same business, the rate can be divided in two and charged individually. Financial Assistance is not available for TWOgether Memberships

As not all businesses are the same, if yours has a different Corporate Membership package in mind, contact us.

Chris Ayers, CEO
P 423 968 3133 E chris@bristolymca.net

Suzanne Wantland, Membership Director
P 423 968 3133 E suzanne@bristolymca.net

YMCA of Bristol
400 M L King Jr. Blvd., Bristol TN 37620
P 423 968 3133 F 423 968 3618
W bristolymca.net