



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**BUILDING A
HEALTHIER
WORKPLACE
TOGETHER**

YMCA CORPORATE HEALTH & PARTNERSHIP PROGRAM OVERVIEW

The YMCA of Riverside County has designed a **FREE Corporate Health & Partnerships Program** that encompasses many financial and health benefits for your company while also aligning with recommendations of the U.S. Department of Health and Human Services (2000) for comprehensive worksite health promotion through the following components:

- **There is NO COST to the Company to offer this program to its employees. That's right... it's FREE!**
- YMCA Health & Wellness Membership & Benefits include options for adults, families, couples, students, and individuals suffering from diabetes.
- Referrals and program options for employees with health issues, diabetics and pre-diabetics (GlucoFitClub, ADA nutrition classes, Personal Training).
- Access to recreation, family events, and reduced fees for sports programs held at the Y.
- Educational Classes & Health Screenings and Vaccinations (Flu Shots, etc.) conducted on-site at the workplace.
- We saved the best for last! Customizable marketing & communications templates for emails, newsletters, and health promotion. – The Y will provide all the materials and resources you need to get started and manage a corporate partnerships program – from promotion, to recruitment, to enrollment – we are your partner in creating a healthier, more productive work-place!

Specific Features of YMCA Corporate Membership include:

- **No Enrollment or Processing fees for your entire employee population.**
- 12-month open enrollment period for employees following official signed agreement. We will provide support for promoting the program to your employee base and enrolling individual employees in the program.
- 1 FREE company outing/luncheon/party at any of our YMCA's (Rental fee waived).
- Certified Personal Trainers to conduct onsite Health screenings (scale, Electro-Static Body Fat Tested) on site.
- YMCA Lunch n Learns, fitness demonstrations & vaccinations on-site or at your work place or at your local YMCA (if available in your area).
- GlucoFitClub seminars and ADA nutrition classes.

CUSTOM OPTIONS (additional fees may apply)

- On-site fitness or group exercise classes. (Yoga at lunch, Walking Club, Zumba®, etc)
- On-site Wellness Center.
- Management of existing on-site Wellness or Childcare Center by YMCA Professionals.

Benefits of YMCA Corporate Partnerships to...

THE COMPANY gains healthier and more balanced employees, who tend to be more productive, have lower health care costs, take fewer sick days and handle stress better. In 2000, the *American Journal of Health Promotion* found that physically active employees are \$391 less expensive per year than sedentary employees. Offering the Corporate Partnerships Program makes an employer more desirable to potential employees. In alignment with national efforts to improve health and reduce the cost of health care through preventative measures, the Y is helping companies to lead the way by offering programs that can potentially improve productivity and reduce costs associated with health care, insurance premiums, and absenteeism.

THE EMPLOYEE reaps all of the social and health benefits of a YMCA membership, and the satisfaction that comes with working for a company that cares enough to offer this exceptional benefit. The Y provides fitness and enrichment for the whole family, but the Y is more than a gym, it is a charitable organization with a social mission to strengthen communities. When employees join the Y, they join a community of health and support; When companies partner with the Y for corporate partnerships, they take an important step to building a healthier workplace.

For more information,
contact Matt Rogers at
(714) 508-7613 or mrogers@ymcaoc.org

YMCA OF RIVERSIDE COUNTY
ymcarc.org

BUILDING A HEALTHIER WORKPLACE TOGETHER

10 key reasons for an Employer to develop a worksite health promotion program:

1. **Most illnesses can be avoided.** Preventable illnesses make up approximately 70% of all illness related costs. Research shows that regular exercise and healthy eating habits can prevent many common and costly illnesses.
2. **Health care costs are rising** due to unhealthy lifestyle habits. Costs can be mitigated through preventative approaches to wellness.
3. **The technology revolution** has created health risks of its own including repetitive stress injuring, low back problems, and sedentary lifestyles.
4. **The work week is expanding**, and traditional work-life boundaries are disappearing, creating additional health risks to employees and creating a need for programs that encourage healthy recreation and work-life balance.
5. **Employee stress levels are increasing.** According to a recent national poll, 78% of Americans describe their jobs as stressful. Stress can be managed and properly channeled with regular exercise and social support.
6. **Increasing diversity in the workforce** requires businesses to address a variety of health and social concerns.
7. **Corporate Partnerships Programs** send a message that you care for your employees health and family life and is an attractive benefit for recruiting talent.
8. **Preventive approaches to wellness** increase employee satisfaction, well-being, and productivity – bringing immediate and long-term benefits to the bottom line.
9. **Families and kids are in need** of healthy and accessible recreation activities that provide community and social connections.
10. **It's the right thing to do!** With the challenges brought on by the obesity epidemic and rising healthcare costs nationwide, we are all responsible to create a more health-conscious and active community.

Why choose YMCA Corporate Partnerships?

The Y is the premier option for Health & Wellness programs, because at the Y, healthy living is our business!

Rising medical costs, low productivity, inefficiency and considerable financial loss due to employee illness and absence are ever-increasing concerns for organizations and communities today. By creating and integrating programs that combat the rigorous demands and time constraints of our fast-paced world, the Y meets the needs of organizations by building lasting relationships and offering programs and opportunities that strengthen our community.

YMCA Corporate Partnerships Programs offer an opportunity to increase the health and well-being of employees and their families with affordable fitness and recreation options that build support networks and local communities. YMCA Corporate Partnerships is much more than a fitness program, it's an investment in your employees health and happiness; It's an investment in your organization's productivity, efficiency and future.



To enroll your company in the
YMCA Corporate Partnership Program
call Matt Rogers at (714) 508-7613
or go visit ymcaoc.org/corp
for more information.