



# Bring Health and Fitness to Your Team with Wellness Packages



These corporate wellness program packages are designed to promote health, reduce health care costs for your team and your company, and offer exciting benefits your current employees and new recruits will love.

## WELLNESS PACKAGES

Includes four *Listen and Learn information sessions* with a Cone Health specialist on topics such as:

### GETTING STARTED BUNDLE (\$400)

- ✓ Stress Management
- ✓ Heart Health
- ✓ Exercise and Fitness
- ✓ Cholesterol, Blood Pressure, and Blood Sugar
- ✓ Understanding Metabolism, Calories, etc.
- ✓ Healthy Eating and Cooking
- ✓ Nutrition

*These events can be offered on-site or virtually. Contact us to explore other topics or to create a custom session for your team.*

The experts at Cone Health Employee Health & Wellness can help you find fun, innovative, effective ways to keep your employees healthy, lower health care expenses, and showcase your investment in employee benefits for new hires.



Getting in shape, staying fit, and working out stress is fun with our certified fitness specialists and instructors. This package includes four of the following fitness classes:

**FITNESS FOCUSED PACKAGE** (\$750)

- ✓ In-Body Composition Assessment\*  
(for up to 100 employees)
  - ✓ Strength training
- ✓ Circuit training
  - ✓ Cardio classes
  - ✓ Yoga
- ✓ Barre
  - ✓ Pilates
  - ✓ Zumba

*\*Measures fat, lean body mass, resting metabolic rate, and body water in an easy-to-understand analysis that helps participants reach their personal health goals.*

**REFRESH AND REWARD PACKAGE** (\$900)

Time to let work and the rest of your stress go for a while. Take a much-needed break to recover with this package that includes:

- ✓ 8 Hours of Chair Massage
  - ✓ 2 Yoga Classes
- ✓ Two-Hour Self-Care Retreat  
(for up to 15 employees)

*The retreat includes a well-being assessment, meditation, gentle exercise, and a fun make-and-take activity.*

**PREVENTION MATTERS PACKAGE** (\$1200)

Invest in these proven prevention health care programs to keep your employees well and promote long-term wellness. Bundle any two of our prevention programs:

- ✓ QuitSmart®  
(Smoking Cessation Program)
  - ✓ Under Pressure  
(High Blood Pressure Classes)
  - ✓ Pre-Diabetes  
(Care and Prevention Series)
- ✓ Living Well  
(Nutrition Program)
  - ✓ Back on Track  
(Lower Back Series)

**Learn More about These Packages and Benefits**

**Learn more today!** Contact Jacqueline Heyward at [Jacqueline.heyward@conehealth.com](mailto:Jacqueline.heyward@conehealth.com) or call (336) 832-7315.



*Employee Health & Wellness*