



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Happy, Healthy Employees

The Y is in your community to give everyone an opportunity to learn, grow and thrive. As the nation's leading nonprofit for youth development, healthy living and social responsibility, we are reaching out to you with an opportunity for your most valuable asset—your employees.



For Every 100 Employees in the
United States:

- ◆ 25 Have Cardiovascular Disease
- ◆ 26 Have High Blood Pressure
- ◆ 30 Have High Cholesterol
- ◆ 38 Are Overweight
- ◆ 24 Do Not Exercise
- ◆ 21 Smoke
- ◆ 6 Are Diabetic
- ◆ 12 Have Asthma

Source: US Dept. of Health & Human Services 2007



Try the Y Period

Employers can schedule up to 3 trial membership periods per calendar year. Employees are asked to bring a work badge or paycheck stub with your company name on it and a valid driver's license or state ID to gain access to the facility.

Advantages to a Corporate Membership with the YMCA of Greater Flint:

- ◆ Unlimited access to both the Downtown and Pierson Road locations which both feature:
 - Cardio equipment with personal TV's
 - Circuit machines & free weights
 - Free water aerobics classes
 - Select free group fitness classes
 - Indoor pool, sauna & hot tub
- ◆ Family Friendly Facilities
- ◆ Discount on YMCA programs such as swimming lessons, Day Camp at the Pierson Road YMCA and other youth programs
- ◆ Access to certified personal trainers
- ◆ Free child watch programs at the Pierson Road branch for those with a Family Membership
- ◆ The AWAY Program—use your YMCA membership at other YMCA's while traveling



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Getting Started

Your decision to become a “Healthy Employer” will make a significant impact on the health and well-being of your employees and their families. Joining the Corporate Wellness Program is easy. Contact Patty Rudd, Membership Director at 810-732-9622 and we can get you started today!



Corporate Membership Levels:

- | | | |
|-----------|------------------------|--|
| * Level 1 | 1—14 Employee Members | Waive the initiation Fee* |
| * Level 2 | 15-35 Employee Members | Waive the Initiation Fee, 10% Discount on Monthly Dues |
| * Level 3 | 36-65 Employee Members | Waive the Initiation Fee, 15% Discount on Monthly Dues |
| * Level 4 | 65+ Employee Members | Waive the Initiation Fee, 20% Discount on Monthly Dues |

*A meeting with your company’s wellness staff member and an opportunity to share membership information with employees must be scheduled before waiving the initiation fee.

Frequently Asked Questions

Q. How do employees sign up?

A. There are two options for signing up. Employees can come into the YMCA with an employee badge or paycheck stub with a photo id to sign up OR we’ll come to you. We can come to your business at a designated time to sign up your employees.

Q. How does payment work?

A. The YMCA will work directly with each employee to set up a monthly bank draft for their membership—there is no extra work or cost for you.

Q. What if our company would like to subsidize a portion of our employees’ YMCA memberships?

A. The YMCA will generate a monthly invoice based on each employees’ membership type if you’d like to subsidize the membership.

Q. Is it a good idea to subsidize a portion of our employees’ YMCA memberships?

A. YES! Subsidizing a portion of your employees’ YMCA memberships encourages their involvement and will be viewed as a benefit to your organization.

Q. How long does the Corporate Wellness Program last?

A. Your employees can cancel their membership at any time. We just ask that they come into the Y 15 days in advance of their next auto draft payment to terminate the membership.

