



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUR GUIDE TO A HEALTHIER WORKPLACE

**Good Health
& Wellness
is Good
Business**

Corporate Memberships
YMCA of Southeastern North Carolina

ymcasenc.org/corporate



PARTNERING FOR A BETTER US

Good health and wellness is good business. In fact, research shows that effective wellness programs can boost employee engagement and productivity, while also having a significant impact on health risk factors, including high blood pressure, cardiovascular disease, obesity and high cholesterol.

Through a YMCA Corporate Membership, companies can provide their employees with comprehensive wellness programs, health education and savings on memberships, all of which can improve employee morale, absenteeism and productivity.

At the Y, our corporate memberships are designed to strengthen the whole person in spirit, mind and body. Everything we do, from fitness assessments to preventative health education, focuses on meeting the individual needs of each person. Our YMCA community provides the resources and encouragement your employees need to live healthier, more productive lives.

EMPLOYER BENEFITS

Healthy Workforce



Reduces healthcare costs and absenteeism

Positive Attitudes



Improves turnover rates and productivity

Balance of Spirit, Mind and Body



Leads to better work performance and sense of well being

FULLY SUBSIDIZED BY EMPLOYER PLAN

Employer contributes 100% of monthly membership dues at a reduced rate.

1

Company will receive a discount on monthly membership dues based on the number of employees enrolled in YMCA Corporate Membership.

1-10 Employees Enrolled: \$5 discount per employee

11-49 Employees Enrolled: \$10 discount per employee

50+ Employees Enrolled: \$15 discount per employee

Includes the Following Benefits:

- No Joining Fee
- Invitations to YMCA's Online Nutrition & Wellness Seminars
- Company-Wide Wellness and Fitness Challenges
- Assigned YMCA Community Liaison to Engage Employees
- On-Site Enrollment Sessions
- + On-Site Health Screenings (A1C, Balance Assessment, Blood Pressure)
- + Facility Usage Reports Upon Request

PARTIALLY SUBSIDIZED BY EMPLOYER PLAN

Both the employer and employees will contribute a portion of the monthly membership dues.

2

The employee will pay a reduced rate based on the number of employees enrolled.

1-10 Employees Enrolled: YMCA does not contribute

11-49 Employees Enrolled: YMCA contributes \$5 per employee

50+ Employees Enrolled: YMCA contributes \$10 per employee

Includes the Following Benefits:

- No Joining Fee
- Invitations to YMCA's Online Nutrition & Wellness Seminars
- Company-Wide Wellness and Fitness Challenges
- Assigned YMCA Community Liaison to Engage Employees
- On-Site Enrollment Sessions

LARGE EMPLOYER PLAN

For companies with 50+ employees. Employers pay a membership rate for 10% of their total number of employees, but all employees are eligible to participate.

3

Employers have the option to pay a subsidy of their choice up to 100%. See below for example of a 100% subsidy:

- 1,000 total employees
- 10% = 100 employees
- Employer pays 100% subsidy on adult membership
- Membership Rate: \$55/month*
- Employer pays \$5,500 per month for 12 months

Includes the Following Benefits:

- No Joining Fee
- Invitations to YMCA's Online Nutrition & Wellness Seminars
- Company-Wide Wellness and Fitness Challenges
- Assigned YMCA Community Liaison to Engage Employees
- On-Site Enrollment Sessions

*Example membership rate. Subject to change.

**Midtown YMCA**

709 George Anderson Dr
Wilmington, NC 28412
(910) 769-6800

YMCA Camp Kirkwood

2015 Camp Kirkwood Rd
Watha, NC 28478
(910) 726-9789

Nir Family YMCA

2710 Market St
Wilmington, NC 28403
(910) 251-8196

YMCA Youth Services

PO Box 3467
Wilmington, NC 28406
(910) 726-9847

Sampson County YMCA

417 E Johnson St
Clinton, NC 28328
(910) 490-1311