

# HOW WE HELP

# WHAT YOU GET

# HOW YOU JOIN

## BUILD

**We teach** you how to integrate wellness into your business model.

**We support** your leaders in making workplace health an asset.

**We provide** a network of professionals to connect on trending issues in workforce wellness.

**We're a trusted resource** for cutting edge worksite wellness tools and expertise.

## ENHANCE

**We provide** expert consulting services that focus on workforce health, wellness, & benefits.

**We offer** opportunities & training for certifications, awards, & community recognition.

**We empower you** to embrace a culture of health and wellness..

**We connect** you with discounted health, wellness, & benefits vendors & service providers.

## RESOURCES

**Exclusive Member Portal** access to our white papers, case studies, articles, event presentations, webinars, wellness news, & additional resources

**Ready-made** wellness toolkits

**One free admission** to the annual Health & Wellbeing Conference, featuring national speakers, educational training, & networking

**Employer forums** with topical training and networking

**Training** course series for beginner, advanced, and leadership needs

**Iowa** events, forums, networking opportunities

## MEMBER PERKS

**Personal worksite wellness support** in Nebraska & Iowa

**One free hour** of consulting annually

**Free Organizational Assessment & Report**

**High-touch personal service** for your needs & questions

**Discounted early registration** to Trek Up the Tower

**Preferred pricing** on our partner wellness products

**Discounted rates** for consulting services

**Elevate**, our wellness magazine

**Wellness To Go**, our monthly e-newsletter

EMPLOYEES	ANNUAL FEE	
1 TO 100	<del>\$500</del>	\$250
101 TO 300	<del>\$850</del>	\$425
301 TO 600	<del>\$1,450</del>	\$725
601 TO 1000	<del>\$2,700</del>	\$1,350
1000+	<del>\$3,800</del>	\$1,800

Associate members receive 50% off!

## MEMBERS SAY

**"WELLCOM** has been my number-one partner that I go to for any of our wellness activities."

*Veronica Barrientos  
Marketing & Brand Ambassador  
RTG Medical*