

# CORPORATE WELLNESS PROGRAM

## JEFFERSON CITY AREA YMCA

A healthy employee is a productive employee. Invest in your employee's health and take advantage of Corporate Memberships at the Y! You as employers will pay a portion of the YMCA membership fees, the YMCA will match the portion you pay by discounting up to 25%, then the employee pays the remaining fees.

"Companies with health promotion programs can see a return of \$3-\$6 for every \$1 invested over a 2-5 year period. Documented savings are observed in medical costs, absenteeism, worker's compensation claims, short-term disability and improved on-the-job efficiency due to fewer employee health problems." -American Journal of Preventative Medicine

With three convenient locations, your employees will have access to a multitude of activities available to them each day. Among our many great amenities:

- 3 state-of-the-art fitness centers
- Personal Training – Individual, Small Group, & Youth.
- Youth Fitness for children ages 8-14
- LIVESTRONG at the YMCA FREE 12 Week Wellness Program for Cancer Survivors
- Child Development Center Member Discounts
- FREE Childcare ages 3 months to 13 years old, Open 8-12 & 4-8pm
- Indoor and Outdoor Pool
- Basketball Courts
- Multipurpose courts
- Racquetball Courts
- Martial Arts
- Soccer
- Climbing Wall
- Before and After School Y-Care Discounts
- Summer Camp Member Discounts
- FREE Group Fitness Classes
- And More!

**For more information regarding Corporate Memberships or to get started, please contact Isaac Williams at 573-761-90504 or by e-mail at [iwilliams@jcmca.org](mailto:iwilliams@jcmca.org).**

## Employer Participation Memorandum

### Jefferson City Area YMCA

Employer participation allows the employer to pay a portion of the employee's monthly fee, thereby reducing the total cost to the employee. As an additional benefit, when the employer participates, the YMCA will match their contribution, up to 25%. Please keep in mind that a minimum of five employees are required to be considered as a corporate group.

Below are sample invoices you would receive each month if the company paid 10–25% and the Y matched that discounted amount. The charts below are based on employee participation – one in each of our membership categories (for example only).

#### Example: Employer 10% / YMCA 10% Contribution

Type	Mem Fee	Join Fee	YMCA	Your Company	Employee
Household 2	\$50.00	Waive	\$5.00	\$5.00	\$40.00
Household 3	\$70.00	Waive	\$7.00	\$7.00	\$56.00
Household 4	\$90.00	Waive	\$9.00	\$9.00	\$72.00
Adult/Senior Couple	\$40.00	Waive	\$4.00	\$4.00	\$32.00
Single Parent Family	\$40.00	Waive	\$4.00	\$4.00	\$32.00
Youth/Young Adult	\$29.00	Waive	\$2.90	\$2.90	\$23.20
Senior Adult	\$33.00	Waive	\$3.00	\$3.00	\$27.00

#### Example: Employer 15% / YMCA 15% Contribution

Type	Mem Fee	Join Fee	YMCA	Your Company	Employee
Household 2	\$50.00	Waive	\$7.50	\$7.50	\$35.00
Household 3	\$70.00	Waive	\$10.50	\$10.50	\$49.00
Household 4	\$90.00	Waive	\$13.50	\$13.50	\$63.00
Adult	\$40.00	Waive	\$6.00	\$6.00	\$28.00
Single Parent Family	\$40.00	Waive	\$6.00	\$6.00	\$28.00
Youth/Young Adult	\$29.00	Waive	\$4.35	\$4.35	\$20.30
Senior Adult	\$33.00	Waive	\$4.95	\$4.95	\$23.10

#### Example: Employer 25% / YMCA 25% Contribution

Type	Mem Fee	Join Fee	YMCA	Your Company	Employee
Household 2	\$50.00	Waive	\$12.50	\$12.50	\$25.00
Household 3	\$70.00	Waive	\$17.50	\$17.50	\$35.00
Household 4	\$90.00	Waive	\$22.50	\$22.50	\$45.00
Adult	\$40.00	Waive	\$10.00	\$10.00	\$20.00
Single Parent Family	\$40.00	Waive	\$10.00	\$10.00	\$20.00
Youth/Young Adult	\$29.00	Waive	\$7.25	\$7.25	\$14.50
Senior Adult	\$33.00	Waive	\$8.25	\$8.25	\$16.50

**As an added benefit, employees in an employer participation group are not required to sign the commitment agreement or pay the joining fee.** The employee's portion can either be payroll deducted and mailed to the YMCA each month with the company's portion, or we can establish a bank draft for each employee. If you have any questions about the YMCA's employer participation group opportunities, please contact Isaac Williams at (573) 761-9504 or [williams@jcyymca.org](mailto:williams@jcyymca.org).