



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF GREATER HOUSTON

**CORPORATE MEMBERSHIP
DIABETES PREVENTION PROGRAM**



**LINDSAY LEWIS - MEMBERSHIP
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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GOOD HEALTH IS GOOD BUSINESS

Corporate Membership
YMCA Of Greater Houston

www.ymcahouston.org



WHY WELLNESS?

Your team is your most valuable asset.

- Improve Absenteeism
- Decrease Health Care Costs
- Improve Productivity
- Reduce Injuries
- Improve Employee Morale and Retention



WORKING TOGETHER

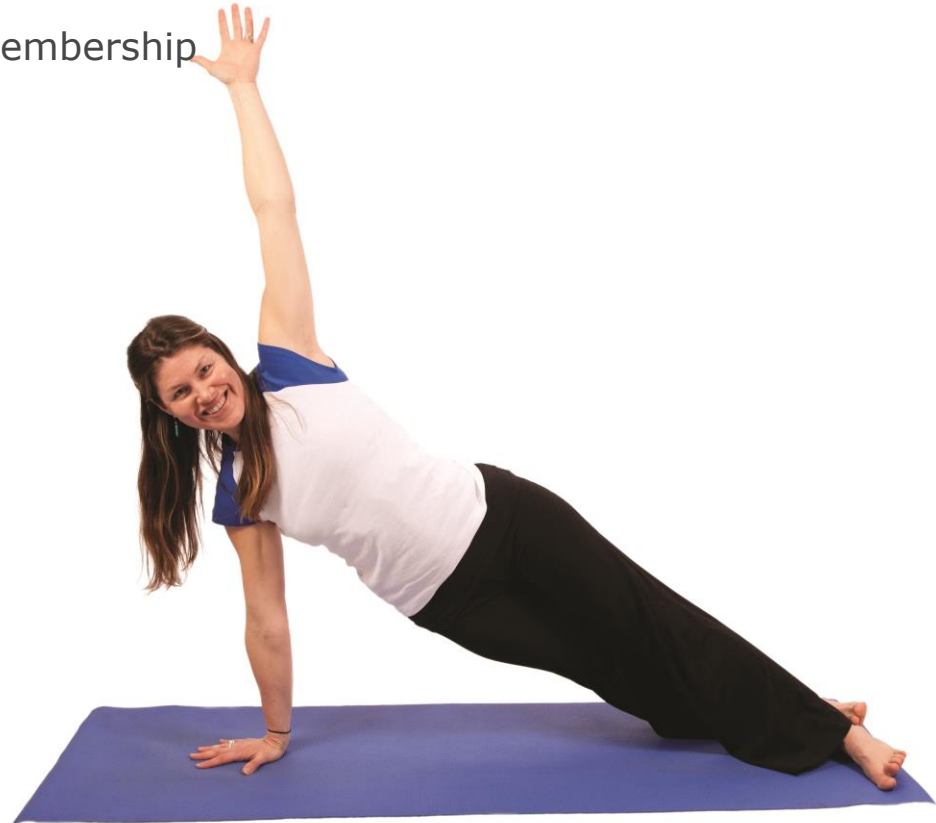
Promote healthy lifestyles for your employees and their families.

Standard Company Features

- Four Company "Try the Y" Periods Per Calendar Year
- Savings on Joining Fee and First Month of Membership
- Complimentary Smart Start appointment

Optional Company Features

- On-Site Classes and Wellness Seminars
- Corporate Team Building Programs
- Company Events at the Y or Camp Cullen
- Automatic Payroll Deduction
- Philanthropic Opportunities



EMPLOYEE BENEFITS

CORPORATE MEMBERSHIP SAVINGS

YEAR-ROUND

50% OFF THE JOINING FEE

50% OFF THE FIRST FULL MONTH'S DUES

- UP TO A \$122 VALUE
- ACCESS TO Y CLASSES AND PROGRAMS SUCH AS GROUP EXERCISE, PERSONAL TRAINING, SWIM LESSONS AND CHILD WATCH

DURING SCHEDULED "TRY THE Y"

100% OFF THE JOINING FEE

100% OFF THE FIRST FULL MONTH'S DUES


- UP TO A \$220 VALUE
- EMPLOYEES CAN ENJOY UP TO 2 TRIAL MEMBERSHIPS PER YEAR

GETTING STARTED

Simple Enrollment

- Complete Enrollment Form
- Coordinate dates for your Try the Y times
- Submit to your center representative

\$0 COST TO ENROLL



The form is titled "Corporate Membership Enrollment Form" and features the YMCA logo at the top left. The logo consists of a stylized 'Y' with a blue and purple gradient, and the text "the Y" below it. To the right of the logo, the text reads "FOR YOUTH DEVELOPMENT", "FOR HEALTHY LIVING", and "FOR SOCIAL RESPONSIBILITY".

The form is divided into several sections:

- Contact Information (please print):** This section includes fields for Company Name, Contact Name, Title, Address, City, State, Zip, Phone, Fax, Number of Employees, E-Mail, and Company Healthcare Provider (optional). There are also fields for the YMCA Center and Center Representative.
- Effective Date:** A field for "Your enrollment will become effective" followed by a date line.
- Benefits:** A list of benefits including:
 - 50% off the joining fee and 50% off the first full month's dues year-round
 - Two (2) free two-week trial memberships each year during your designated "Try the Y" periods
 - 100% off the joining fee and 100% off the first full month's dues if they join during their "Try the Y" period
- Registration:** A paragraph explaining the "Try the Y" trial membership periods, stating that companies should select 4 two-week periods (1 per quarter) below, each at least 2 months apart. It also mentions that promotional materials will be sent in advance and that all trial membership periods begin on Saturday.
- Quarter Selection:** Four lines for selecting quarters:
 - Try the Y Quarter #1 (January - March)
 - Try the Y Quarter #2 (April - June)
 - Try the Y Quarter #3 (July - September)
 - Try the Y Quarter #4 (October - December)
- Agreement:** A paragraph where the representative agrees to actively promote the benefits of YMCA membership to employees through various methods like email, intranet, flyers, posters, newsletters, etc. It notes that the agreement will be renewed annually and that program benefits are subject to change with notification.
- Signature and Renewal:** A section for the "SIGNATURE OF COMPANY REPRESENTATIVE" with checkboxes for "New Account" and "Renewal". A "Notes" box is provided for additional information.
- Footer:** The bottom of the form includes the contact email "Return to workplacewellness@ymcahouston.org" and fields for "Today's Date" and "Next Renewal Date".

GETTING STARTED


YMCA Will Provide

- Try the Y Flier to distribute
- Link to our website
- Info on all area centers
- Y Wellness Newsletter
- Representative at Company Health Fair
- Literature for Camp Cullen and other programs

Share With Employees

- Post to an internal website
- Post in the break room
- Send an e-blast
- Blurb in company newsletter
- Attach to payroll stub

www.ymcahouston.org

the 

FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

TRY THE Y FOR POSITIVE CHANGE

Corporate Membership
YMCA OF GREATER HOUSTON

Since your company is part of the Y's Corporate Membership program, you and your family can experience the Y through a complimentary 2-week trial membership to "Try the Y." Simply bring proof of employment and photo ID on your first visit. We'll see you at the Y!


Join during the above dates and you'll receive:

- 100% off the joining fee
- 100% off your first full month of dues*
- Up to a \$220 value

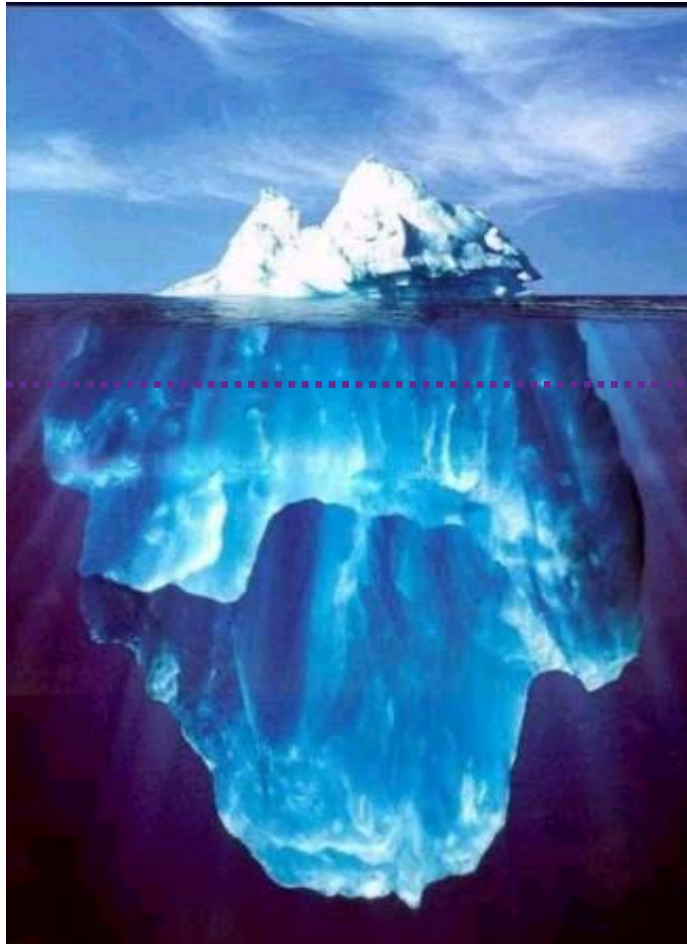
If you join after the above dates, you will receive 50% off the joining fee and 50% off your first full month's dues*, up to a \$110 value.

* You may participate in up to 2 trial periods per calendar year.
** Pro-rated membership dues apply at the time of membership enrollment.

www.ymcahouston.org



THE STATISTICS



DIABETES

**29.1 million
Americans**

**People who know they
have prediabetes**

PREDIABETES

**86 million Americans
(37% of all adults) with
progression to diabetes
at rate of 10% per year**

PREVENTION WORKS

Programs like the YMCA's Diabetes Prevention Program have been shown to reduce the number of new cases of type 2 diabetes by 58% and by 71% in individuals over age 60.

INDIVIDUALIZED LIFESTYLE PROGRAM

Program Goals:

To reduce the risk of developing type 2 diabetes through...

- \geq 5-7% loss of body weight in the first six months and maintenance of weight loss.
- \geq 150 minutes per week of physical activity.



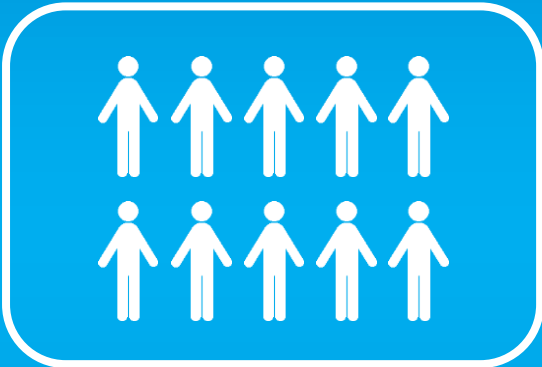
THE COST OF DOING NOTHING

Annual out-of-pocket medical cost of someone without diabetes:	Annual out-of-pocket medical cost of someone with diabetes:	Annual out-of-pocket medical cost of someone with diabetes and associated conditions:
\$3,673	\$9,202	\$17,762

Economic Costs of Diabetes in the U.S. in 2012." Diabetes Care. March 6, 2013.

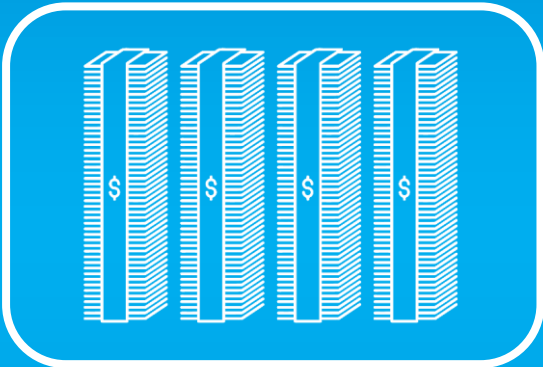
Centers for Disease Control and Prevention. National diabetes fact sheet: national estimates and general information on diabetes and prediabetes in the United States, 2011. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2011.

YMCA'S DIABETES PREVENTION PROGRAM



10 out of 100

Employees who might expect to have prediabetes



\$92,020

Annual out-of-pocket medical cost for 10 people with diabetes



\$4,290

Annual cost for 10 people to attend YMCA's Diabetes Prevention Program



THANK YOU

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