

alive@work

PRACTICAL EASY WORKPLACE WELLNESS



REAL. SIMPLE. DIRECT.

Healthy Learning at Work

HELP YOUR STAFF
COME ALIVE!



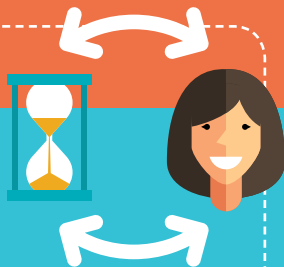
WHY?

alive@work

YOUR GO-TO SOLUTION FOR CREATING A CULTURE OF HEALTH IN THE WORKPLACE

- saves you time
- easy to enroll
- simple to deliver
- quick to engage
- add-ons when you're ready

1.5x



How much more likely an employee is to stay within an organization where wellness is actively promoted to all staff.

8x

How much more likely employees are to be more engaged when wellness is a workplace priority.

WHY NOT!

PREVENTIVE CARE IS THE MOST COST-EFFECTIVE STRATEGY FOR BOTH BUSINESSES AND EMPLOYEES

- influence corporate wellness
- inspire employee well-being
- show organizational support
- drive improved productivity
- reduce high absenteeism
- improve staff retention

57%



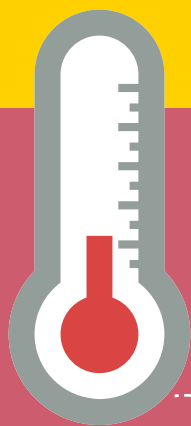
The number of employees engaged in company wellness programs who agree the program improves productivity and reduces absenteeism.

HOW?

WATCH YOUR STAFF COME ALIVE!

Tips to bring practical, simple and affordable wellness to your workplace with alive@work

- Influence positive change in employee personal health and well-being.
- Engage employees right where they work –on desktop, tablet or smartphone.



27%

The amount of sick leave a targeted workplace wellness program can cut.

EACH MONTH

- You receive a branded URL to your company landing page.
- You can include a message of your choosing –like corporate encouragement, a challenge to staff or a healthy living contest.
(option not available at the Bronze level)
- You engage your team in each new issue through an intranet link or direct email.
- You get a list of resources and ideas to jumpstart a real conversation about wellness in your workplace.

It's your choice: we drive the engagement; you're in the driver's seat!

33%

The amount of compensation claims a workplace wellness program can help reduce.



WHAT YOU CAN ACHIEVE WITH alive@work



alive@work (monthly digital content)

Launch package and monthly email templates

Featured healthy recipe PDF (part of *Take 5* bonus content)

Quick health facts PDF (part of *Take 5* bonus content)

alive magazines (print publication)

Pricing monthly

Pricing annually

Buy annually and save 10%

French version

Start and Motivate

BRONZE

- Enhance your company's commitment to total health
- Get email templates to grab your team's attention
- Give staff quick access to cutting-edge health articles

Your company logo added



Fuel and Empower

SILVER

- Drive a culture of wellness and immediate action
- Get impossible-to-ignore recipe of the month
- Give staff bite-sized health facts they can act on

Your clickable company logo added, plus permanent company message



1 per month

Every 2 months

5 per month

\$199.92

\$2159.00

- \$240.00

+ \$1000.00

Elevate and Accelerate

GOLD

- Pull ahead of the rest with comprehensive wellness
- Get *alive* magazine in addition to your digital content
- Give staff the most recipes of any alive@work package

Your clickable company logo added, plus company message (changed quarterly; option for monthly)



3 per month

Monthly

100 per month imprinted with company logo and message

\$416.58

\$4499.00

- \$500.00

+ \$1000.00

MORE!

How else we can help

alive@work is your partner in workplace wellness. We're here to help.

Alive Publishing Group has more than 40 years of expertise providing actionable, preventive health information to readers around the globe.

We can offer layers of awareness and additional support to your workplace wellness program with these tools.



**YOUR
LOGO
HERE**

alive MAGAZINE

Monthly print publication focused on natural ways to live life well

52-WEEK WELLNESS CALENDAR

plus monthly list of resources and ideas to help your workplace mark every wellness day in a meaningful way



TAKE 5 QUICK HEALTH FACTS & FEATURED HEALTHY RECIPES PDFS

At the Gold and Silver level

NEWSLETTERS

Monthly, seasonal and effective newsletters to enhance your workplace wellness program



LET'S WORK TOGETHER!

Call us any time to discuss your specific needs and to explore more solutions to fit your business and employee challenges.

Phone: 604.295.9126 or 800.663.6580



HEALTHY LEARNING AT WORK



alive@work

REAL. SIMPLE. DIRECT.

Healthy Learning at Work

**For more information,
contact:**

- wellness@alive.com
- 604.295.9126 or 800.663.6580