

Contain Health Costs • Improve Employee Health
Increase Employee Morale • Enhance Productivity



WORKSITE WELLNESS

Benefits of
WELCOA
Membership



2009

★ JOIN TODAY ★
\$365
★ ONLY \$1.00 PER DAY! ★

WELCOA Membership will help
you get the results you desire.

INTRODUCING
MEMBER
PRICING

You Get 10 Powerful MEMBER BENEFITS

JOIN TODAY
★ \$365
★ ONLY \$7.00 PER DAY!



Absolute Advantage Online

Ten times a year, you'll receive great tips, strategies, and insights from the nation's best minds in workplace wellness through our dynamic member magazine.

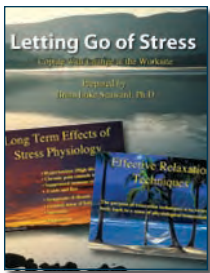
BENEFIT TO YOU –
10 great online issues



Comprehensive Incentive Campaign

As a member you'll receive our newest incentive campaign. Addressing major areas of prevention this campaign is guaranteed to get your employees involved.

BENEFIT TO YOU –
1 great incentive campaign



Quarterly Presentations

4 "lunch 'n' learn" PowerPoint presentations, developed by experts but designed for you to deliver with compelling information and great graphics.

BENEFIT TO YOU –
4 dynamic presentations



Reproducible Wellness Bulletins

You'll receive 4 monthly health and wellness bulletins. These easy-to-read bulletins are yours to share in paper or electronic format with your employees.

BENEFIT TO YOU –
48 employee wellness bulletins



Membership News

You'll receive member news, alerting you to new resources and all kinds of free documents, reports, and updates.

BENEFIT TO YOU –
Membership updates and news



Monthly Expert Interviews

WELCOA's interviews provide insightful dialogue with national experts, CEOs, and noted practitioners revealing unique insights and information.

BENEFIT TO YOU –
Insights from wellness leaders



Wellness Webinars

As a member you'll be able to participate in wellness webinars/podcasts. Both informative and entertaining, these resources will keep you updated in the world of wellness.

BENEFIT TO YOU –
12 webinars



Bi-Monthly Company Case Studies

Through bi-monthly in-depth profiles of America's Healthiest Companies you'll learn how the best programs work at the grassroots level and achieve real results.

BENEFIT TO YOU –
6 success stories to emulate



Annual Best Resources Guide

Whether it's HRAs, or pedometers, we'll provide you with options for selecting among the field's best resources—you may even get discounts.

BENEFIT TO YOU –
Comprehensive resource guide



Member Pricing

WELCOA members receive discounts on some of the finest health and wellness information in the industry.

BENEFIT TO YOU –
Your WELCOA membership means huge cost savings on health information

“As a Benefits Manager without formal wellness training, I highly value my WELCOA membership. I rely heavily upon the many resources, articles and materials that provide me with accurate information to help me manage the program while saving me a considerable amount of time.”

– Julie Cole, Manager of Associate Services
Subaru of Indiana Automotive

Plus... Well Workplace Training & Resources



In addition to the core member benefits, you'll have access to extensive training and resources to help you benefit from WELCOA's patented *Well Workplace* Blueprint. This blueprint will become your master plan to help you design and manage your program to get the results you need.

Learn How To:

- ✓ **Capture Senior Level Support**
With membership, you'll get *interviews, reports, case studies, tools, and return-on-investment* statistics to capture senior level executives attention in order to secure their buy-in.
- ✓ **Create Cohesive Wellness Teams**
With membership, you'll get *sample meeting agendas, job descriptions, summaries of roles and responsibilities*, as well as *white papers* that show you how to assemble your team.
- ✓ **Collect Data to Drive Health Efforts**
With membership, you'll get the guidance you need to successfully offer *health risk appraisals, administer corporate culture audits, and examine corporate health claims*.
- ✓ **Craft An Operating Plan**
With membership, you'll have access to examples of actual *operating plans*. Complete with goals, objectives, and budget information, these operating plans will jump-start your efforts.
- ✓ **Choose Appropriate Interventions**
With membership, you'll have access to 100's of *practical strategies, tips and programming ideas* from weight management to physical activity to medical self-care.
- ✓ **Create a Supportive Environment**
With membership, you'll have access to actual *corporate health promotion policies* which will help you to decrease tobacco use, increase physical activity, and offer healthier food options.
- ✓ **Consistently Evaluate Outcomes**
With membership, you'll have access to the *latest outcomes research* from such names as the best and the brightest in the field.

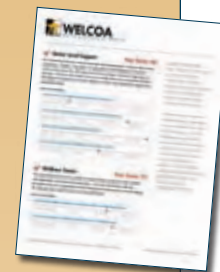
These additional benefits will help you achieve the results you seek:

Well Workplace Checklist

This online tool will help you compare your current program with the best practices of successful ones. You'll receive a **comprehensive report** providing specific recommendations.

BENEFIT TO YOU —

Benchmark your program with best practices



Well Workplace University Webinar

If you don't have formal training in wellness, this will build your expertise and give you the essentials to get your program on track.

BENEFIT TO YOU —

Basic Training in the Well Workplace Blueprint



Tools And Surveys

Whether you need employee surveys, sample operating plans, wellness team assignments, or data collection ideas, you'll find samples you can use. You don't have to start from scratch.

BENEFIT TO YOU —

Proven tools ready to use



Well Workplace Awards Criteria

After your program has incorporated the principles and practices of the Well Workplace Model, you can seek validation and recognition through The Well Workplace Awards program.

BENEFIT TO YOU —

Step-by-step guidance, validation and recognition



Unlimited Access To InfoPoint

InfoPoint is WELCOA's members only resource center. All the information and tools you need are readily available at your fingertips.

BENEFIT TO YOU —

Your own personal wellness library



Welcome To Your WELCOA MEMBERSHIP

Save Time And Money

The ultimate goal of WELCOA membership is to save you time and money. The 10 Core Benefits of membership will provide you with the tools, information, and resources necessary to better contain costs, improve employee health, and increase participation.

As A WELCOA Member In 2009 You Will Be Able To:

Remain current on all the latest developments, insights, and knowledge through:

- *Absolute Advantage*
- Interviews with Leading Experts
- Insightful Case Studies

Keep your program fresh through new **Programs and Tools** for your employees including:

- 4 new PowerPoint presentations
- 1 new comprehensive Incentive Campaign
- 48 new Wellness Bulletins
- 12 Wellness Webinars

Participate fully in the acclaimed **Well Workplace** program featuring:

- An updated, improved Well Workplace Award process
- A streamlined Award Application with revised criteria
- Training to build your skills in the 7 Benchmarks of Well Workplace

Receive discounts on some of the finest health and wellness information through our **Member Pricing** program.

- Huge savings on health information products

“There is no other organization fully dedicated to worksite wellness. WELCOA is a leader in providing valuable, trustworthy resources. This niche is WELCOA's alone.”

– Dawn Weddle, Wellness Manager
International Truck and Engine Corporation

YES, Start My Membership Today!

Contact Name _____ Title _____
Company Name _____ Street Address _____ City _____ State _____ Zip _____
Phone _____ Fax _____ Email _____
Your Preferred Client ID is: MBW1709

Check or money order enclosed Bill me (Net 30 days)
 Purchase order # _____ Pay by credit card

Card # VISA MC AMEX
Expiration Date _____ Name As It Appears On Credit Card _____

Save 20% on your WELCOA Membership Renewal through the Automatic Renewal Program!
Your WELCOA membership can be conveniently renewed each year when you sign up for our Automatic Renewal Program using your credit card. We will simply send you an invoice showing the amount taken to your card each year so you have a receipt of the transaction for your records.
Sign up for this feature by checking the box above, or contact one of our friendly customer service representatives to add this feature to your account at any point during your membership.

	WELCOA Membership	Additional Membership	Total
1 Year	\$365	\$70 x _____ =	\$ _____
2 Years	\$585	\$112 x _____ =	\$ _____
3 Years	\$765	\$150 x _____ =	\$ _____
	Grand Total	=	\$ _____

Does your wellness program involve multiple sites?
Your site coordinators will want their own WELCOA membership. Sign them up today for a reduced rate of just \$70. They will receive full membership privileges with easy, online access to *InfoPoint* and *Absolute Advantage*.

Five Easy Ways To Join WELCOA

- MAIL your application with check, credit card, or PO information to:
WELCOA
9802 Nicholas St - Suite 315
Omaha, NE 68114
- CALL us directly with your billing information to: (402) 827-3590
- FAX your application with credit card or PO info to: (402) 827-3594
- LOG-ON and sign up via the web:
www.welcoa.org
- E-MAIL your application and billing info to: membership@welcoa.org



About WELCOA

For almost two decades, the Wellness Council of America has partnered with organizations of all kinds—businesses, hospitals, schools, and government agencies. With over 3,000 member companies, WELCOA has become one of the most respected resources for worksite wellness in North America.

Our Unconditional Guarantee To You

We guarantee that everything you receive as part of your WELCOA membership will be of the highest quality. All benefits are yours to use with your employees in your organization. There are no hidden fees or charges EVER!

You can become part of WELCOA's vast network of healthy companies and enjoy all of the benefits for an extremely reasonable investment. Your return will far exceed your annual dues.



SIGN ME UP!



YES, Start My Membership Today!

Contact Name

Title

Company Name

Street Address

City State Zip

() ()

Phone Fax

Email

Check or money order enclosed Bill me (Net 30 days)

Purchase order # _____ Pay by credit card

Card # VISA MC AMEX

Expiration Date

Name As It Appears On Credit Card

Your Preferred Client ID is: MBWI709

Save 20% on your WELCOA Membership Renewal through the Automatic Renewal Program!

Your WELCOA membership can be conveniently renewed each year when you sign up for our Automatic Renewal Program using your credit card. We will simply send you an invoice showing the amount taken to your card each year so you have a receipt of the transaction for your records.

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WELCOA
9802 Nicholas St - Suite 315
Omaha, NE 68114



CALL us directly with your billing information to: (402) 827-3590



FAX your application with credit card or PO info to: (402) 827-3594



LOG-ON and sign up via the web:
www.welcoa.org



E-MAIL your application and billing info to: membership@welcoa.org



THE COMPANY WE KEEP

WELCOA members represent a broad range of industries. We are proud of the fact that our membership is used by 3,000+ organizations of all sizes throughout North America.

A SAMPLING OF THE COMPANY WE KEEP

AN INDUSTRY SAMPLING

- Manufacturing
- Health Care
- Financial
- Government
- Industrial
- Education
- Entertainment
- Insurance
- Non-Profit
- Consulting
- Publishing
- Utilities
- Service
- Retail

**Perfect for any
small, medium
& large business!**

A COMPANY SAMPLING

- Aetna, Inc.
- American Cancer Society
- Baylor College of Medicine
- Caterpillar, Inc.
- Cessna Aircraft Company
- City of Longmont
- City of Tulsa
- Coca-Cola Bottling
- Coney Island Hospital
- Dominion Enterprises
- Dow Chemical Company
- Gulf Power
- Harley-Davidson
- Home Shopping Network
- Honda of America
- Indiana State Police
- Indianapolis Power & Light
- Navistar International Corp.
- Jackson Kelly PLLC
- Johnson & Johnson
- Kellogg's
- Mass Mutual Financial
- MasterCard Worldwide
- Mayo Clinic
- Mellon Financial Corporation
- Olathe District Schools
- Pitney Bowes
- Purdue University
- Raytheon Company
- Seagate Technology
- Staples, Inc.
- Union Pacific Railroad
- United Parcel Service
- US Postal Service
- Verizon Wireless
- Walt Disney Company
- Wells Fargo & Company
- Weyerhaeuser

I feel that utilizing WELCOA's resources has increased the sophistication and professionalism of our wellness programming.

– Erin Carpinelli, Manager, Employee Health & Wellness
Guardian Life Insurance Company

Still Not Convinced?

Want to learn more about WELCOA membership? Take a 14 day **FREE** test drive by visiting www.welcoa.org/member/freetrial.php



ORDER FORM APPEARS ON THE REVERSE SIDE

