

YMCA OF FLORIDA'S FIRST COAST

Locations

Arlington Family YMCA
9119 Merrill Road
Jacksonville, FL 32225
904.744.2233

Baker County Family YMCA
98 West Lowder Street
Macclenny, FL 32063
904.259.0898

Barco-Newton Family YMCA
2075 Town Center Boulevard
Orange Park, FL 32003
904.278.9622

YMCA at the Bank of America Tower
50 North Laura Street
Jacksonville, FL 32202
904.356.9622

Brooks Family YMCA
10423 Centurion Parkway North
Jacksonville, FL 32256
904.854.2000

Dye Clay Family YMCA
3322 Moody Avenue
Orange Park, FL 32065
904.272.4304

Flagler Center Family YMCA
12735 Gran Bay Parkway West, Suite 201
Jacksonville, FL 32258
904.370.9622

Johnson Family YMCA
5700 Cleveland Road
Jacksonville, FL 32209
904.765.3589

McArthur Family YMCA
1915 Citrona Drive
Fernandina Beach, FL 32034
904.261.1080

Metropolitan Office
12735 Gran Bay Parkway West, Suite 250
Jacksonville, FL 32258

FirstCoastYMCA.org

St. Augustine Family YMCA
500 Pope Road
St. Augustine, FL 32080
904.471.9622

Williams Family YMCA
10415 San Jose Boulevard
Jacksonville, FL 32257
904.292.1660

Winston Family YMCA
170 Landrum Lane
Ponte Vedra Beach, FL 32082
904.543.9622

Yates Family YMCA
221 Riverside Avenue
Jacksonville, FL 32202
904.355.1436

YMCA at Blue Cross Blue Shield
4800 Deerwood Campus Parkway
Jacksonville, FL 32246
904.905.0010

YMCA at Shands Jacksonville
580 West 8th Street
Tower II, First Floor
Jacksonville, FL 32209
904.244.9350



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EMPLOYEE WELLNESS WITH RESULTS

Corporate Wellness Program



YMCA of Florida's First Coast

Partner with the Y



Employer Benefits

- IMPROVE ABSENTEEISM**
 Employee wellness programs reduce the stress, depression, injury or illness that employees are experiencing in the workplace, causing them to spend fewer days away from work due to illness.
- DECREASE HEALTH CARE COSTS**
 Employers have a vested interest in health-related issues and reducing unnecessary medical costs.
- IMPROVE PRODUCTIVITY**
 Improved employee productivity plays a big role in the success of a company.
- REDUCE INJURIES**
 Healthy employees are at a lower risk for injury than those who are unhealthy with multiple risk factors
- IMPROVE EMPLOYEE MORALE AND RETENTION**
 Companies that sponsor an employee wellness program send a clear message to their employees that executive leadership values their overall well-being.



Employee Benefits

The Corporate Wellness Partnership provides an opportunity for employees to receive a variety of benefits, such as:

- Access to state-of-the-art YMCA locations throughout Baker, Clay, Duval, Nassau and St. Johns counties
- Choose from one branch or access to all
- Three complimentary visits with certified wellness staff
- Complimentary on-site childcare while using YMCA facility with a household membership
- Member rates on childcare programs, sports leagues, camps and instructional classes
- Unlimited group exercise classes



What's Included

SERVICES

- Health Screenings
- In-house open enrollment
- Up to four health and wellness lectures per year presented by a health educator, exercise physiologist or registered dietitian (based on company size)

PROGRAMS

Ready, Sweat, Go! - 12-week group wellness program focused on weight loss and fitness

No Time to Waist - 12-week group nutrition program led by a registered dietitian

First Coast Games - Annual corporate wellness challenge for employees

YMCA's Diabetes Prevention Program - 16-session program aimed at reducing the risk of diabetes

OTHER PARTNERSHIP OPPORTUNITIES

Team building events at the YMCA Alpine Tower

A series of team events designed to challenge both physical and mental health and promote team building and camaraderie

Corporate Volunteer Opportunities:

- Mentoring/tutoring program at John E. Ford K-8 school
- YMCA READS! Program
- Give to the Y Campaign



Becoming a Corporate Partner

Become a corporate partner by following these steps:

1. Designate a corporate representative to act as a liaison and assist in communicating benefits to employees.
2. Confirm the commitment of at least five employees.
3. Determine your company's level of financial commitment (subsidy) per employee. The Y will match your commitment up to \$12.50/month per employee.
4. Contact the YMCA's Corporate Wellness program representative.

Eligible Employees	PER EMPLOYEE		
	Company Investment	YMCA Match	Monthly Savings
20	\$12.50	\$12.50	\$25

Company Investment per month
Combined Employee Savings

\$250
\$500

EMPLOYER PAYMENT AGREEMENT

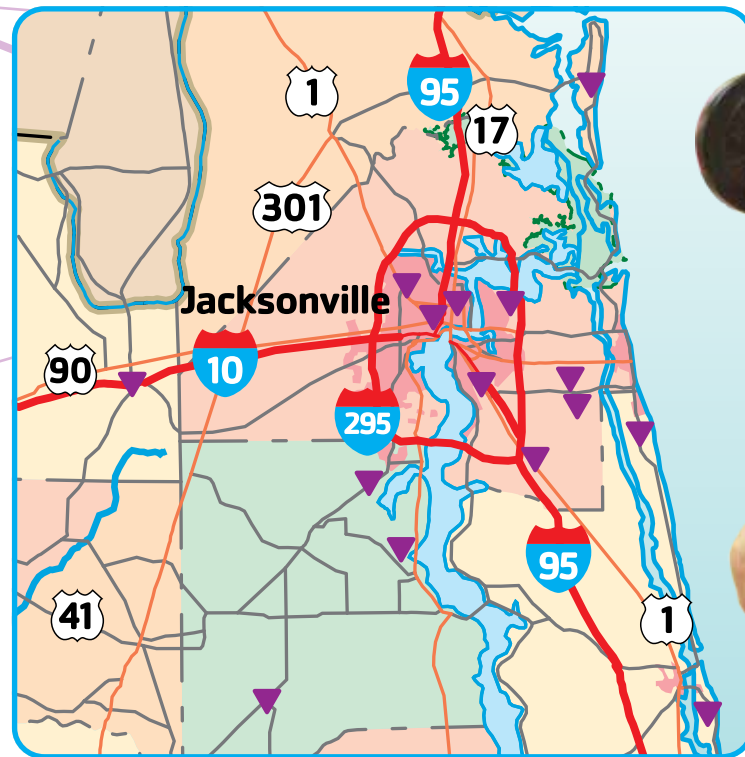
Subsidy Billing - Companies will be invoiced for the total partner subsidy amount on a monthly basis.

Employers will be responsible for paying the agreed subsidy per employee that joins the YMCA of Florida's First Coast.

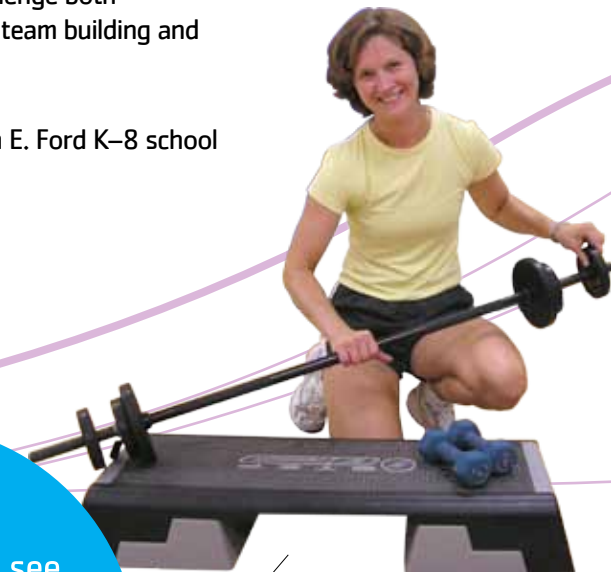
\$1 → \$6

On average, for every \$1 spent on health management and education, companies could save \$3 - \$6 on healthcare costs.

Companies with prevention programs see
26% less
direct health care costs.



There's a Y in your community.



The YMCA's Corporate Wellness Department is ready to get you started.

FirstCoastYMCA.org