



Annual Wellness Programs and
Services

At Healthbreak, our vision is to transform individuals and cultures into reflections of health. That's why we synthesized 30 years of experience and knowledge to formulate hbWELL.

2023



At Healthbreak, we are passionate about modeling wellness in the workplace. We engage members with inspiring, personalized service and leading mobile-first solutions that empower lasting, healthy-lifestyle breakthroughs.

History + Expertise

Founded in 1990, Healthbreak is a leading national provider of worksite wellness services and programs. For more than three decades, our team has created, implemented, and managed an array of programs and tools tailored for companies of all sizes, private and public.

- We serve employers across the United States
- Headquartered in Golden, Colorado
- Privately held, women owned and managed
- Experts at causing breakthroughs in wellness

Our Delivery Model

We work with you, your team and your employees to develop long-term sustainable wellness strategies that align with your mission, goals and budget. When you team with Healthbreak, you won't get a cookie cutter plan. Together, our teams determine the right combination of programs and services that make wellness achievable and sustainable for each organization.

Curated Wellbeing Annual Programs

Healthbreak's hbWELL program options are annual solutions that make healthy living attainable, fun, and enduring. Each quarter or twice a year we take a deep dive into one of our focused themes: **DRIVE, MOVE, NOURISH, AND BALANCE**. Using proven strategies including personal goal setting, peer encouragement, and scientifically based habit-building techniques, participants tune into healthy living in ways they never have before.



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Check All the Boxes for Your Wellness Program for the *Entire Year*.

How would it feel to have your complete wellness program handed to you, then updated with fresh, new content every year? Healthbreak's perennial solution, **hbWELL**, offers an entire year of programming in one fell swoop—and builds the social and cultural foundations that are crucial for life-long vitality and organizational health.

- **Minimal Admin Time**
Our **hbWELL** program is truly turnkey—say goodbye to planning, scheduling, and administrative time.
- **A Year's Worth of Expert Programming**
Annual planning calendar, quarterly themes, and distributed content put an end to disjointed or stop-and-start efforts with a fluid, consistent delivery schedule.
- **A Mobile Enabled Platform**
Delivered via our mobile enabled, secure and HIPAA compliant platform. The member experience is streamlined offering device sync capabilities, goal setting, a chat feature and more!
- **Fresh, Relevant and Engaging**
Address trending topics and incorporate resource-rich materials, tools, and interactive technology that participants may already be using to catalyze change.
- **Effective**
Participants report they are more productive, energetic, and resilient, and incorporate wellness into their daily lives.
- **Affordable**
Organizations with tight budgets and limited resources can provide their employees with a robust and effective wellness program.
- **Simple Content**
Supplementary expertise and hands-on support. Our signature service, **hbWELL**, will help create a strong leadership team built on strengths with staying power.
- **Holistic**
Touches on all aspects of wellbeing, including personal goals, movement, nutrition, and mental and emotional health.
- **Culture Building**
Sparks participants' interest and hooks them with engaging activities that build healthy behaviors—which in turn build healthy habits—which influence your core culture.

hb WELL

BREAKTHROUGHS IN WELLNESS

Employers can choose from our curated wellness program options, freeing up valuable time and resources while ensuring employees receive the support needed to attain their health goals.

Deliverable	Description	Quarterly
Wellness Challenges	Wellness Challenges are delivered via our mobile enabled, secure and HIPAA compliant platform.	4
Health Webinars	Webinars include employer promotional materials, online registration and post webinar satisfaction survey.	4
Champion Consult	Program champions will receive valuable consultations, including resources, to empower them to drive a culture of wellbeing at the worksite.	4
Fitness Channel	Healthbreak's Fitness Channel provides on-demand fitness videos that include strength, cardio, HIIT, yoga, mobility and more!	24/7




- Quarterly themed calendar provides a foundational base for best practices for wellness programming.
- Our established program schedule keeps employees engaged throughout the year.
- Option to add enhancer solutions to grow and evolve your wellness program.



EMPLOYER SOLUTIONS

hbWELL Service Fees & Enhancers

Choose the hbWell plan that best aligns with your organization's mission and goals.

Program	Details	Fee	Comments
	hbWELL+ Program Option <ul style="list-style-type: none"> Quarterly wellness challenge Quarterly health webinar Quarterly culture consult On-Demand Fitness Channel 	\$9,995.00 per year	<ul style="list-style-type: none"> Focused themes are pre-set Choice of challenges & webinars Annual contract

Consider adding one or more of these Enhancer Solutions.

Program	Details	Fee
	<ul style="list-style-type: none"> Healthy Lifestyle Coaching 	<ul style="list-style-type: none"> \$55.00 per session
	<ul style="list-style-type: none"> Strive! Health Coaching 50 person minimum per program 	<ul style="list-style-type: none"> \$150.00 per person \$500.00 program set up fee
	<ul style="list-style-type: none"> Head Games Health Coaching 50 person minimum per program 	<ul style="list-style-type: none"> \$175.00 per person \$500.00 program set up fee
	<ul style="list-style-type: none"> hbFIT On-Demand Fitness Channel Access to 75 + high quality, fitness, yoga and wellbeing videos. Fresh content released regularly. 	<ul style="list-style-type: none"> \$.30 PEPM or an annual minimum of \$2,500.00 annually



WORKING TOGETHER FOR BREAKTHROUGH RESULTS



Mission Statement

"We are committed to providing quality health promotion programs in order to develop a healthier, more productive work force."

91
Award-Winning
Programs

250k
Employees
Served

200
Employers
Served

Creating Thriving Workplaces

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BREAKTHROUGHS IN WELLNESS

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