

Special IBPI Pricing

\$7,500 annually | \$800 monthly

The average cost of a Nest Well-being Program is \$200,000.

What to expect

**Book a 15-min
consultation**

- Initial customized survey for employees and analysis of data
 - Survey used to help determine employee needs, preferences, and interests
- Personalized well-being program development
 - Annual wellness content calendar
 - 10-minute meditations, stretch breaks, wellness tips and strategies, trivia, recipes, cooking demonstrations, accountability challenges, and more
 - 2 live and recorded educational health talks each month
- Custom website: branded, password protected
 - Houses all scheduled programming, annual calendar, recordings of health talks, resources, and employee engagement opportunities
- IBPI Marketing
 - Bi-weekly wellness newsletter, branded collateral
- Monthly Wellness Ambassador Meeting
 - Company can choose to designate wellness ambassadors from within its workforce to drive and support wellness initiatives.

IBPI+

For companies seeking a more individualized approach. Choose 1 option in addition to annual investment.

+ONE
\$10,000

- 1 unique challenge/activity
- 2 additional unique talks/year
- 2 health coaching check-ins/year

+TWO
\$25,000

- 2 unique challenges/activities
- 1 Wellness Day/Community Service Project
- 4 additional unique talks/year
- 4 health coaching check-ins/year

+THREE
\$50,000

- 4 unique challenges/activities
- 2 Wellness Days/Community Service Projects
- 6 additional unique talks/year
- Full-access health coaching + monthly programming



Recruiting & Retention:

Commitment to your employees' well-being makes your organization an attractive choice for future hires and ensures long-term employee satisfaction.

Employee Productivity:

Employees who are healthier and happier are more engaged, motivated, and focused – resulting in increased overall productivity and efficiency.

Healthcare Savings:

By reducing the incidence of preventable diseases and lowering healthcare costs, our program contributes to a healthier financial outlook for you.



Nest Health Connections, revolutionizing health and happiness in the workplace since 2017. For more information, visit www.nesthealthconnections.com, follow us on social media @nesthealthconnections, and listen to our Healthier and Happier Podcast on Spotify, Apple Podcasts, or Google.

**Sign up or
schedule a
call with us!**

