

# Healthier, together.

### CLICK HERE TO SIGN UP OR SCHEDULE A CALL FOR MORE INFO

### Mission

IBPI Well-being inspires and empowers our community to embrace a culture of wellness through connection, education, and action. We provide awareness and support for individuals to take small, significant steps toward optimal health - fostering an environment that makes balance, vitality, and longevity accessible to all.

Well-being looks different to everyone. IBPI Well-being will focus on the four pillars of health: movement, sleep, nutrition, and mental health.





































































Pictured: real employees, real programming. Encouraging movement, eating whole foods, hydration, community, and mindfulness. Your employees will feel seen, valued, and cared for.

Doug Albregts, **CEO of Marco** 

"The best investment a CEO can make is back into their employees. And the greatest ROI for those dollars are putting them to work to improve their collective health and well-being. Marco has worked with Nest Health Connections over the past year and the partnership has positively impacted the well-being of our employees, decreased our insurance costs, and shifted the culture of our organization. This is why I felt it was important to bring this programming to IBPI members. I believe your organization would benefit from making the investment."

## **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

### Value 🕮







### **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!









