

ASA WELLNESS

VIRTUAL HEALTH FAIR





INCLUDED IN ALL VIRTUAL HEALTH FAIRS

4½ hour event

Live stream with commentator and prerecorded instruction

Thirteen 20-minute sessions

Choice of sessions, options available on “Session Choices” slide

Door prize drawings throughout

Must be logged into the session at that time to be included in the drawing

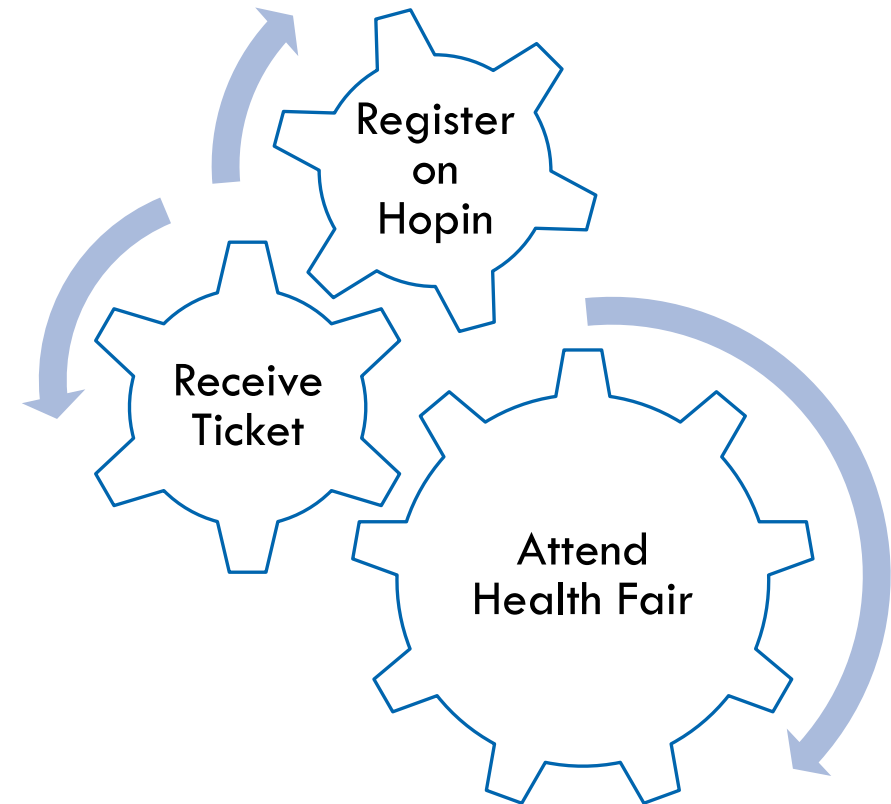


HOW IT WORKS

Step 1: Employees register on the ASA Wellness Hopin account prior to the event. This link will be provided by ASA to Event Coordinator via email.

Step 2: Employees will receive a “ticket” to the join the event through Hopin on the day of the Health Fair.

Step 3: Log in on the day of event. Employees may join sessions as they choose throughout the duration of the Health Fair.





REMINDERS



To promote a successful event the Event Coordinator will ensure direct announcements be sent to staff at the following intervals.

3 weeks prior to event
2 weeks prior to event
1 week prior to event
Day of event



The Health Fair is sponsor subsidized and will contain 30-second ads throughout the duration of the Health Fair.



Employees may access any portion of the Health Fair for the following 48 hours after the event.



PRICING

Premium Health Fair

- **\$20 per employee**
- Includes ASA Wellness Journey subscription for one year
 - Further explanation on “Premium Only” slide

Standard Health Fair

- **\$500 base rate**
 - For up to 500 employees
- **\$1.00 per employee over 500**
- Does not include ASA Wellness Journey subscription

Only charged for employees that wish to register for the event.



SESSIONS INCLUDED

Premium Health Fair

- 12 session choices
- 'Understand Your ASA Wellness Journey'

Standard Health Fair

- 13 session choices

All Health Fairs

- 'Wellness Coaching and Wellness Team'

More sessions may be added for an additional fee
or "Lunch and Learn" options available.

SESSION CHOICES

Events Coordinators pick sessions from #1 to #25

1. Boosting the Immune System
2. Building and Maintaining Strong Bones
3. Building the Habit of Daily Stretching
4. Controlling High Blood Pressure
5. Diabetes Explained
6. Employee Assistance Program Opportunities
7. Ergonomics in the Work Environment
8. Get Moving with Pilates
9. Getting a Good Night's Sleep
10. Health Insurance Benefits Explained
11. Healthy Choices on the Go / Best of Fast-Food
12. Healthy Eating for Kids
13. Healthy Substitutes for Unhealthy Choices
14. Helpful Health Apps
15. Importance of Lifestyle Choices on Weight Management
16. Keeping Kids Active
17. Mindful Meditation
18. Reading Ingredients and Food Labels
19. Reducing Risks of Heart Disease
20. Sorting Through Various Diets
21. Tips to Manage Stress and Anxiety
22. Tremendous Benefits of Walking
23. Tricks of Food Marketing
24. What is the Microbiome
25. Yoga for Beginners





PREMIUM ONLY

ASA WELLNESS JOURNEY

Comprehensive Health Risk Assessment

- Calculates an 'Overall Wellness Score', 'Health Age' and numerous other results
- Assists employees understand their current health status and provide direction in achieving wellness goals
- Access to a variety of health resources, supportive tools, and more

Subscription Available for One Year

- ASA Wellness Journey is available to the employee for one year from the date of activation
- We will email a link to create an account and activate a Health Risk Assessment

Administrative Report to Event Coordinator

- ASA will supply Event Coordinator an Administrative Report within 2 weeks after the Health Fair
- Includes a summary of the completed Health Risk Assessments to gauge overall employee wellness
- Individual employee names are not included



REACH US AT

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WEBSITE: ASAWELLNESS.COM

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