

# fact sheet...



## Benefits to Employers

*The LifeBalance Program offers clients a great value by offering a turnkey, custom branded program that promotes health and wellness benefits to employees throughout the year*



*The program helps create a healthier, happier and a more loyal employee base*

*Gain a recruiting advantage and see higher retention rates*

*Very cost effect to implement with high perceived value to the receiving employees*

*A proven program currently servicing over 3,000 clients and 400,000 program members*

*Be an industry leader and invest in your most important asset, your employees*

*The program offers members a comprehensive website located at [LifeBalanceProgram.com](http://LifeBalanceProgram.com)*



## An Active Wellness Program That Works for your Employees

Statistics prove time and time again that healthy employees are more productive employees! Generate a happy and healthy corporate culture with this active wellness program that provides financial incentives to your employees to make active lifestyle choices. The mission of the LifeBalance Program is to encourage employees to engage in recreational, cultural and wellness pursuits in order to reduce stress and improve health. The LifeBalance Program facilitates healthy activity by partnering with well-respected recreational, cultural and wellness related businesses. These partners provide substantial discounts and savings to employees on goods and services, classes and continued learning opportunities, tickets and events as well as provide wellness content and tools that encourage active lifestyle choices and healthy living.

## LifeBalance Program Features Include

**LifeBalance Provider Network** consists of over 2,500 recreational, cultural and wellness focused businesses in over 70 different categories that offer discounts to members.

**LifeBalance Member Events** are pre-scheduled recreational, cultural and wellness activities, events, classes and tours offered at preferred pricing to all members and their families.

**LifeBalance Ticket Window** offers members direct access to discounted tickets to a wide variety of events including professional sports, live theater, music, movies, skiing, snowboarding, museums and more.

**LifeBalance Wellness Window** offers members Daily Fitness Tips, Healthy Recipes, Motivational Quotes, Informative Wellness Articles as well as Fitness Tools such as BMI (Body Mass Estimator), BMR (Basal Metabolic Rate), Calorie Counters, Target Heart Rate and more.

**MyLifeBalance** offers members on line wellness tools such as the LifeBalance Activity Tracker and LifeBalance Activity Journal tools and allows members to customize their member profile.

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