



Your Partner In Employee Health

The Northwest Arkansas Mercy Family YMCA

Benefit #1 – Containment of Health Care Costs

The majority of health care costs in the United States is attributed to the diagnosis and treatment of chronic diseases and conditions such as diabetes, obesity, cardiovascular disease and asthma. These conditions are often preventable with positive lifestyle changes, such as increased physical activity and a healthy diet.

Benefit #2 – Increase Workplace Productivity

Workers who exercise regularly tend to have more energy and are more productive while at work. As little as 30 minutes of physical activity most days of the week can have significant physical and mental benefits for workers.

Benefit #3 – Increased Workplace Morale

Along with increased productivity, the increase in energy level that comes from active, healthy employees also results in improved morale and a new level of energy within your organization.

Benefit #4 – Decreased Employee Turnover

Health promotion programs are seen as an additional perk to the employees, making them feel valued and appreciated by their employers. These employees are less likely to seek employment elsewhere, decreasing the time, energy and money associated with recruiting and training new employees.

Benefit #5 – Decreased Absenteeism

When an employee misses work due to illness, other employees take on the burden of those responsibilities, often creating a tense environment. Employees suffering from chronic conditions such as diabetes, cardiovascular disease and other obesity-related illnesses are likely to miss work more often than healthy employees. These same conditions can be controlled, and often prevented, by positive lifestyle changes such as physical activity.

Benefit #6 – Increased Recruitment Potential

In the midst of a tight labor market, businesses are forced to pull out the stops in order to recruit new talent. In some instances, health promotion can prove to be a very valuable tool in sealing the deal.

**WORK
HARD**

**PLAY
HARD**





Northwest Arkansas Mercy Family YMCA

A branch of the Tri-State Family YMCA

5214 Village Parkway

Rogers, AR 72758

479-273-9622

YMCA Corporate Membership Program

The Northwest Arkansas Mercy Family YMCA offers group memberships with incentives to corporations in Benton and Washington Counties. Any corporation that has a minimum of 10 memberships from their company and can payroll deduct is eligible to participate.

Corporate Membership Incentives:

10-30 Memberships:

- On-site Fitness Assessments twice per year
- On-site Wellness seminar twice per year

31-90 Memberships:

- On-site Fitness Assessments twice per year
- On-site Wellness seminar quarterly
- On-site Fitness class once/ week

91+ Memberships:

- On-site Fitness Assessments twice per year
- On-site Wellness seminar quarterly
- On-site Fitness class once/ week
- On-site Opportunity for Specialty 10-13-week Program once/ year.

Corporate memberships are eligible for joiner fee waiver once. If membership is terminated and employee wishes to rejoin, the joiner fee will be charged.



Northwest Arkansas Mercy Family YMCA
Corporate Membership Program Agreement

Yes, we're ready to set up a YMCA Corporate Membership _____
Total number of people employed at our corporation is _____

Company Name	
Mailing Address	
City, State, Zip	
Phone	
Fax	
E-mail	
Company Contact	
Number of Membership units initially signing up	

Please contact Jenny at 479- 273-9622 to assist you in signing up for corporate membership.
Revised 01/01/2011



Example Payroll Deduction Form
Authorization for Payroll Deduction

I hereby authorize the payroll office of, _____, to deduct:

- _____ \$14.00 per month youth membership (thru 13 years old)
- _____ \$19.00 per month teen membership (14 – 18 years old)
- _____ \$28.00 per month senior membership (62 years & older)
- _____ \$28.00 per month young adult (19-24 years)
- _____ \$38.00 per month adult membership
- _____ \$52.00 per month two-person family
- _____ \$56.00 per month multi-person family membership

from my paycheck to be forwarded to the Northwest Arkansas Mercy Family YMCA for payment of my membership dues. I agree that this deduction will be made each pay period of each month for dues payable the beginning of the following month.

 Signature of Employee

 Date

Please check the following and return this form to the Northwest Arkansas Mercy Family YMCA and the payroll/human resource department of _____.

- New Deduction
- Change Deduction
- Cancel Deduction

 HR/Payroll Representative Signature

 Date

- The prospective member must bring a completed copy of this form with them to the YMCA when filling out their membership form or fax it in advance - Attn: Jenny (479) 273-9622.