YOUR  
LOGO

**COMPANY NAME**

CORPORATE WELLNESS PROPOSAL

Prepared by:

**[Client Name]**

**[Contact information]**

**[Date]**

# Introduction

Thank you for considering [Your Company Name] to support your organization’s wellness strategy. Our goal is to deliver an engaging, sustainable corporate wellness program that promotes employee health and boosts workplace morale.  
  
This proposal outlines a customized approach to enhance well-being across your workforce.

# Program Objectives

The main objectives of this corporate wellness program include:  
  
- Improving employee physical and mental health  
- Reducing absenteeism and healthcare costs  
- Enhancing productivity and job satisfaction

# Proposed Solution

We propose a structured corporate wellness program tailored to [Client Company Name]'s needs.  
  
Key Components:  
- On-site or virtual wellness workshops  
- Fitness and mindfulness sessions  
- Wellness challenges and incentives  
- Individual coaching and resource access

# Scope of Work

Our services include:  
  
- Initial wellness audit and planning  
- Monthly themed workshops (stress, nutrition, etc.)  
- Weekly fitness or yoga sessions  
- Wellness portal and tracking tools  
- Quarterly wellness progress reviews

# Timeline

Program rollout and key milestones:

|  |  |  |
| --- | --- | --- |
| Phase | Description | Estimated Date |
| Planning & Onboarding | Initial meeting and wellness audit | [Start Date] |
| Program Launch | Kickoff event and first activities | [Launch Date] |
| Ongoing Activities | Monthly/weekly wellness delivery | [Ongoing] |
| Review & Adjust | Quarterly review and refinement | [Review Dates] |

# Pricing

Estimated cost for program implementation and maintenance:

|  |  |  |
| --- | --- | --- |
| Service | Description | Cost |
| Workshops | Monthly wellness education sessions | [Amount] |
| Fitness Sessions | Weekly fitness or yoga classes | [Amount] |
| Wellness Portal | Tracking, resources, and reporting | [Amount] |
| Coaching (Optional) | Individual wellness sessions | [Amount] |
| Total |  | [Total] |

# About Us

[Your Company Name] delivers comprehensive wellness solutions for businesses seeking to create healthier, happier workplaces.  
  
- Years in service: [X]  
- Team: Certified wellness coaches, trainers, and facilitators  
- Mission: To integrate wellness into company culture with lasting impact

# Case Studies / Testimonials

Case Study: [Client Company Name]  
  
- Program: 6-month employee wellness challenge  
- Outcome: 30% increase in wellness participation, reduced reported stress  
  
Testimonial:  
“[Your Company Name] helped us build a culture of well-being. Our team is more energized and engaged.” — [Client Contact Name]

# Terms and Conditions

Payment Terms: Quarterly invoicing or annual package rate.  
Confidentiality: All employee data remains private.  
Customization: Programs are flexible and can be scaled by department or size.  
Participation: Minimum of [X] employees recommended for group activities.

# Acceptance

To confirm participation in the corporate wellness program, please sign below.  
  
Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Name: [Authorized Representative’s Name]  
Title: [Title]  
Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_