

CORE WELLNESS PACKAGE

Total package cost
\$25,000

SoHookd Advantage

SoHookd Advantage is the ideal choice for companies looking to elevate their wellness programs and keep employees engaged all year round.

Key Benefits

This turnkey, off-the-shelf package includes expertly curated content that provides the foundation for your team's well-being.



Holistic & Balanced

Covers four essential wellness areas year-round, supporting overall health.



Expertly Curated

Access pre-built, ready-to-use content designed by wellness experts.



Affordable Solutions

Comprehensive wellness coverage with minimal time investment.

Package Details

12 ON-DEMAND WEBINARS

A quarterly deep dive into key wellness topics.

- ✓ **Expert-Led Sessions:** Presented by industry professionals with actionable insights.
- ✓ **Quarterly Themes:** Topics like self-care, mental health, movement, and nutrition.
- ✓ **Accessible Anytime:** Watch on-demand for flexibility and convenience.

4 CHALLENGES

Engage your team with two focused challenges.

- ✓ **Engagement-Focused:** Boost participation and camaraderie among employees.
- ✓ **Aligned with Webinars:** Challenges enhance the topics covered in webinars.
- ✓ **Simple Tracking Tools:** Easy-to-use platform for participants to track progress.

REWARDS BUDGET

\$10,000 to boost engagement.

e.g., 10 people randomly selected for a \$25 gift card for attending a webinar

- ✓ **Flexible Spending:** Winners can choose however they want to use their gift cards.
- ✓ **Pre-Planned Allocation:** Helps ensure wellness budget use throughout the year.

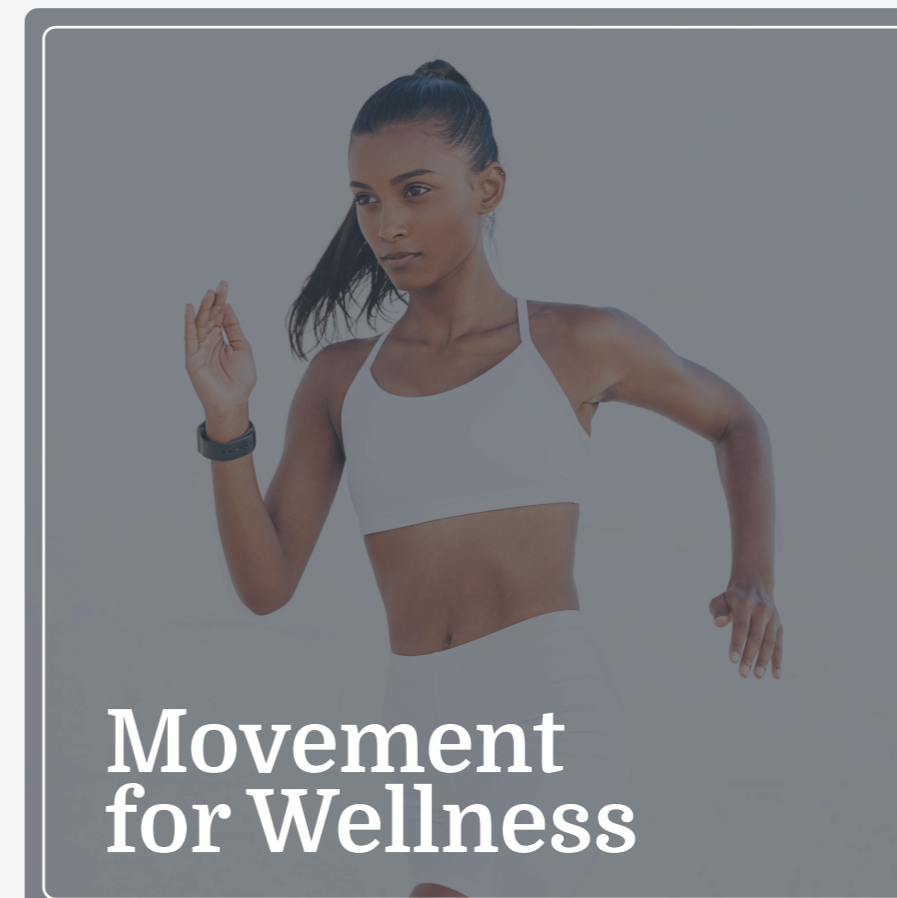
QUARTERLY WELLNESS THEMES



Self-Care Strategies



Mental Health Focus



Movement for Wellness



Healthy Eating Habits

① SEE SAMPLE PROGRAM SCHEDULE ON NEXT PAGE.

12 MONTH AGREEMENT REQUIRED

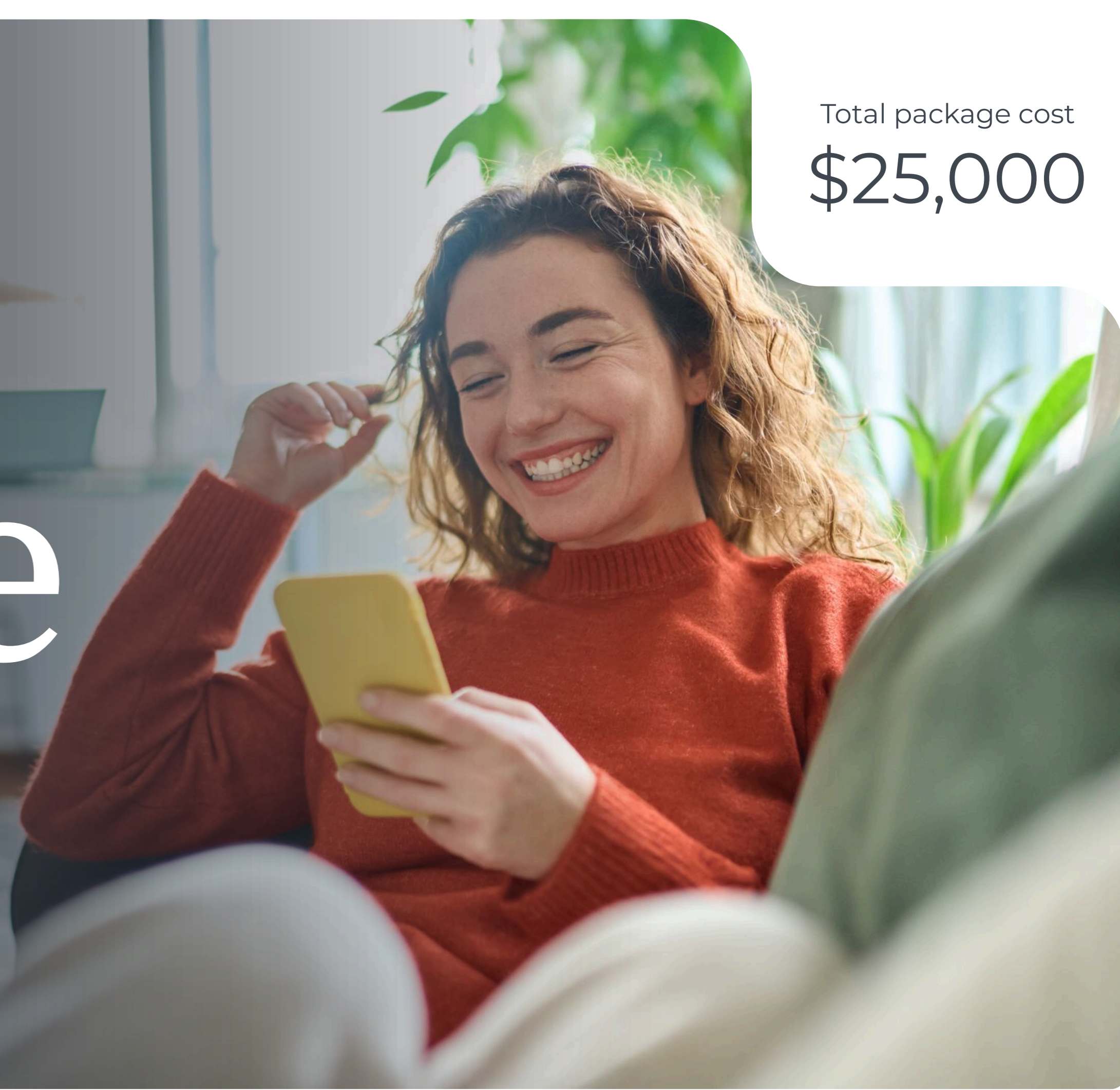
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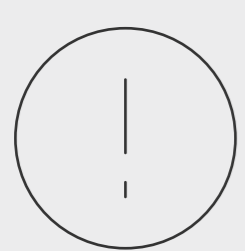
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Sample Program Schedule

DATE	TYPE	TITLE		CATEGORY
Month 1	WEBINAR	Self-Care for Busy People	👉 REWARD	Self-Care
Month 2	WEBINAR	Unplug to Recharge	👉 REWARD	Self-Care
Month 2	CHALLENGE	Bedtime Challenge	👉 REWARD	Self-Care
Month 3	WEBINAR	Master Optimal Habits	👉 REWARD	Self-Care
Month 4	WEBINAR	Mindful Meditation	👉 REWARD	Mental Health
Month 5	WEBINAR	Pouring Into You	👉 REWARD	Mental Health
Month 5	CHALLENGE	Journaling Challenge	👉 REWARD	Mental Health
Month 6	WEBINAR	Dealing with Burnout	👉 REWARD	Mental Health
Month 7	WEBINAR	Movement 101	👉 REWARD	Movement
Month 8	WEBINAR	All Levels Movement Class	👉 REWARD	Movement
Month 8	CHALLENGE	Movement Challenge	👉 REWARD	Movement
Month 9	WEBINAR	Office Chair Yoga	👉 REWARD	Movement
Month 10	WEBINAR	Family Meal Planning	👉 REWARD	Healthy Eating
Month 11	WEBINAR	Healthy Food Habits	👉 REWARD	Healthy Eating
Month 11	CHALLENGE	Screen Free Meal Challenge	👉 REWARD	Healthy Eating
Month 12	WEBINAR	Eating for Heart Health	👉 REWARD	Healthy Eating

What are SoHookd Rewards? SoHookd rewards are an engagement tool to help increase webinar and challenge participation. For example you could randomly select 10 people to receive a \$25 gift card for attending the Self-Care for Busy People webinar.



Reward distribution is **completely managed by SoHookd** and recipients are randomly selected by your account manager.

This breakdown is based on the **SoHookd Advantage Package**. Actual content breakdown is dependent on the type of package selected and the current years set content. This is just an example of what to expect.

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