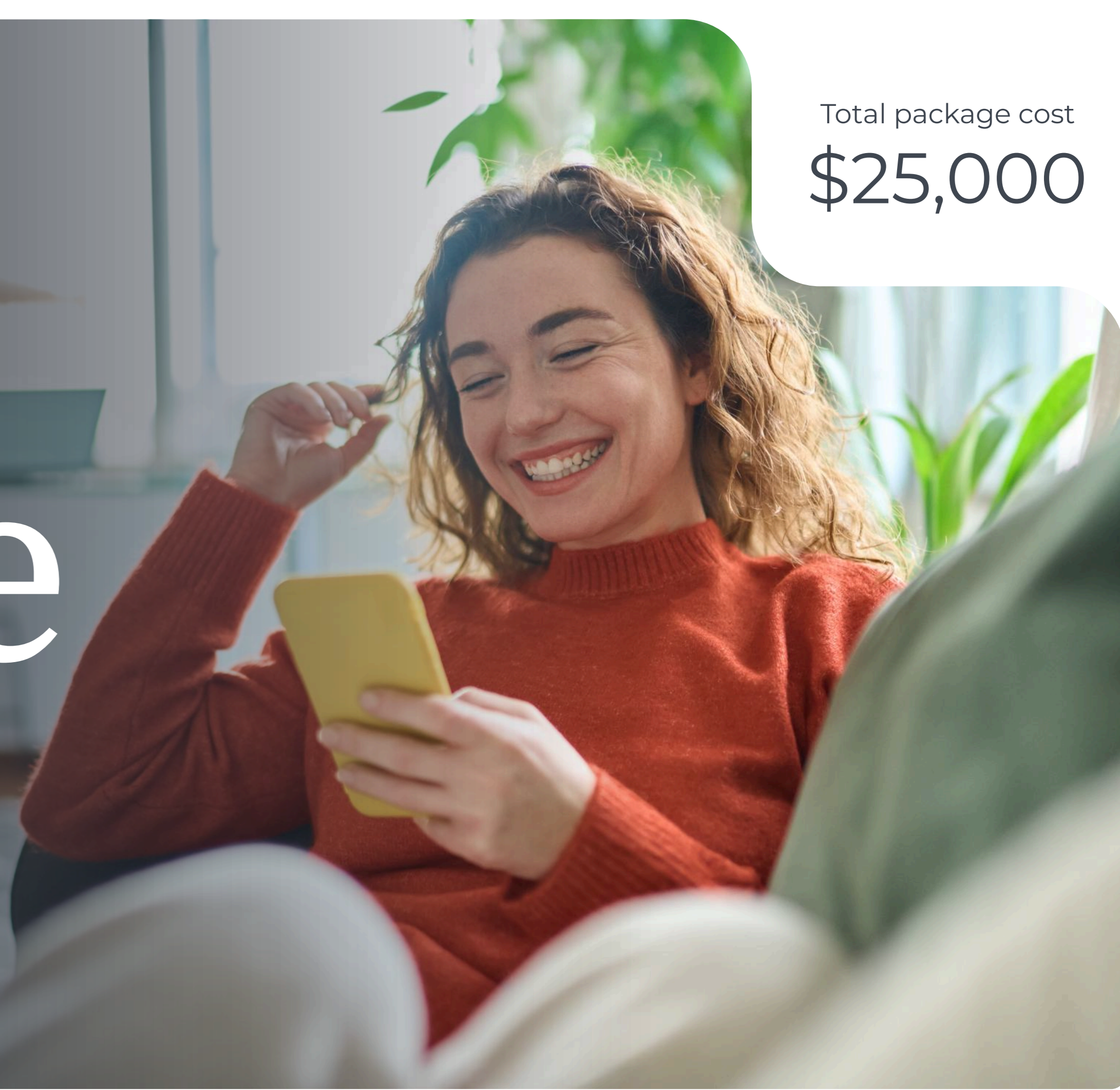


CORE WELLNESS PACKAGE

Total package cost
\$25,000

SoHookd Advantage

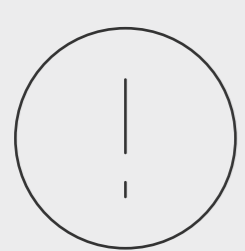
SoHookd Advantage is the ideal choice for companies looking to elevate their wellness programs and keep employees engaged all year round.



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.

12 MONTH AGREEMENT REQUIRED

SOHOOKD