

STARTER WELLNESS PACKAGE

Total package cost  
**\$10,000**

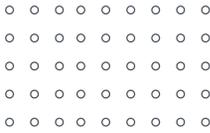
# SoHookd Essentials

SoHookd Essentials is the perfect starting point for any company looking to introduce wellness into the workplace.



## 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

### 4 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.

### 2 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

\$4,000 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.

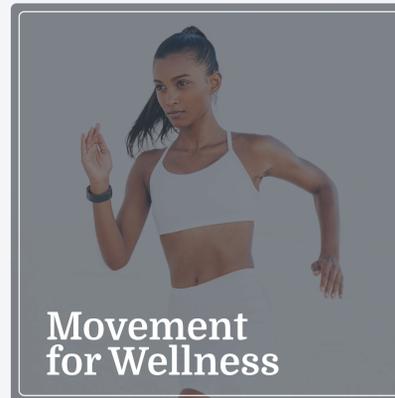
#### QUARTERLY WELLNESS THEMES



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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## Sample Program Schedule

DATE	TYPE	TITLE	CATEGORY
Month 1	WEBINAR	Self-Care for Busy People	Self-Care
Month 2	REWARD	Self-Care Rewards	Self-Care
Month 3	WEBINAR	Dealing with Burnout	Mental Health
Month 5	CHALLENGE	Journaling Challenge	Mental Health
Month 6	REWARD	Mental Health Rewards	Mental Health
Month 7	WEBINAR	Workplace Mobility Drills	Movement
Month 8	CHALLENGE	Movement Challenge	Movement
Month 9	REWARD	Movement Rewards	Movement
Month 10	WEBINAR	Eating for Heart Health	Healthy Eating
Month 11	REWARD	Healthy Eating Rewards	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 Essentials 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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