

STARTER WELLNESS PACKAGE

SoHookd Essentials

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

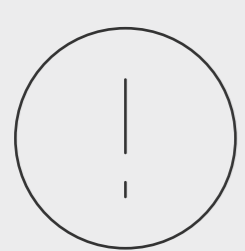
Total package cost
\$10,000



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.

12 MONTH AGREEMENT REQUIRED

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