



Your Wellness Program That Fits You.

## Wellness Program Options:

### Gym Memberships:

Organizations can reimburse employees for their Gym Memberships on a monthly basis. Organizations can choose alternative amounts, the below is just an example.

- \$30 for a Single Membership
- \$50 for a Family Membership

MimsFit can take care of the administrative side of the memberships. Choosing this option, we recommend that employees would need to submit proof of payment by a certain business day of the month, by 5pm. Reimbursements will be for the previous month. Example: November's Memberships will be reimbursement on employees December Paycheck. MimsFit would submit a spreadsheet monthly to the organization of the employees who have submitted receipts for reimbursement.

MimsFit can set up Corporate Memberships at the following gyms. Each gym has different discounts; all gyms will waive the joiners fee. In order to sign up, you will need to bring some type of proof of your employment. Fitness Center's require 3-5 employees to be members in order to qualify for a Corporate Discount. If a Fitness Center is not listed, MimsFit can set up the Corporate Membership for you. Listed below is an average for discounts.

- Anytime Fitness: \$35 for a single & \$60 for a family.
- Granite: \$48 for a single & \$76 for a family.
- Billings Family YMCA: \$38 for a single & \$57.60 for a family.
- BAC: \$39 for a single & \$66 for a family.

### **One-on-One's:**

One-on-One's with [MimsFit](#), is where a wellness goal can be set up. A goal can be anywhere from stop smoking, lower your stress level, losing weight or getting started on an exercise program. Once a goal has been completed organizations usually give some type of incentive. For example, paid time off/vacation time. The hours being rewarded or incentive is up to each organization. Jaysun and Mistie Mims are both available to meet with employees.

### **Health Screenings:**

[MimsFit](#) can arrange to have Health Screenings for employees. We have the options of arranging for the blood draw to be at a local clinic or having the clinic come to the organization. Billing can go through insurance. Some organizations cover the fee associated with this service for those not insured.

### **Flu Shots:**

[MimsFit](#) can arrange to have Flu Shots for employees during the Fall. We like to have employee's sign-up about 3 weeks in advance. Some organizations cover the fee associated with this service for those not insured.

### **Healthy Vending Machine:**

Organizations have the option of removing their unhealthy Vending Machines and replacing them with a local company that offers healthy options. [MimsFit](#) likes to recommend removing pop machines from organizations as well. We can organize the transition of replacing the machines.

### **Newsletters:**

Organizations have the options of receiving newsletter either once or twice a month. The newsletters consist of healthy recipes, motivation, exercise or physical activities, lowering stress, importance of getting away from your desk, and challenges for a healthier lifestyle. As well as information on upcoming local events for example Women's Run, Relay for Life, Heart & Soul, etc.

### **Community Events:**

MimsFit keep tracks of community events and will organize your teams. Example: Women's Run, Walk MS, Relay for Life, Heart and Soul, etc.

### **Weight Watcher's:**

MimsFit can bring Weight Watcher's to the organization throughout the year, depending on if there are enough employees interested in joining. Organization's need a minimum of 12-15 employees to start a class. Some organizations pick up a portion of the fee for the classes.

### **Guest Speakers:**

MimsFit can organize to have guest speakers come to the organization. We can arrange for speakers to come in based on the needs and wants of the organization. For example: Stress Management, Age Management when dealing with hormones.

### **Motivational Speaking:**

Jaysun Mims is an exceptional motivational speaker. He has presented at several community events. He can provide speaking engagements to motivate your employees to stop focusing on their problems, limitations, and start focusing on their strengths.

### **On-Site Group Exercise Classes:**

MimsFit can provide Group Exercise Classes at an organizations job site. Strength Training, Cardio, Combination of the Strength Training and Cardio, Boot Camp Style. Classes not listed would be hired out by MimsFit to a Certified Instructor that specializes in specialty formatted classes.

**\*\* MimsFit is your company's workplace professionals committed to enhancing the health and wellness of your employees. We offer support and services that will change their life around your organizations budget. Let MimsFit take the Wellness Program out of your employees hands.**

**Our average charge runs about \$75.00 an hour; we are flexible in working with the organization's budget. Most organizations choose a flat rate verses an hourly.**

