



Benefits of a high-level worksite wellness program

Employers save money

Fewer sick days and slower
premium growth

Employees are healthier

Improve work & home life

Employees save money

Reduce co-pays and premiums, &
avoid unnecessary care!

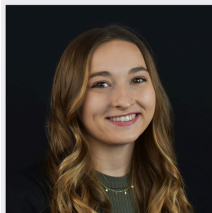


Contact Us

Scan the QR code to schedule
a meeting with our Worksite
Wellness team:



Work with us!



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SEQUOIA
WELLNESS




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WELLNESS

Worksite Wellness

.....
Your employee
wellness partner.

Why choose Sequoia Wellness?

- From manufacturing settings to corporate offices, our certified team of professionals are equipped to work with all employee populations.
- Not every worksite wellness program is the same. We work closely with each company to design culture changing, long lasting, and impactful programming.
- Our team is dedicated to inspire employees to take positive action toward their mental health and well-being. Your staff will learn the skills needed to live a balanced lifestyle.



Corporate Partnership

- Your business or organization serves as a business liaison for Sequoia.
- Receive a quarterly Wellness Newsletter that includes wellness tips, service information, and more.
- Business employees receive a one time membership enrollment fee discount

*Under the Corporate Partnership, employees are responsible for purchasing their own membership and monthly membership dues.

Corporate Membership

- Includes all benefits of Corporate Partnership PLUS 10% discount off of wellness programs & services.
- Business purchases memberships for qualified employees to provide a high-quality Wellness Benefit to assist them in their wellness journey.

Wellness Services & Programs

Programs & Services can be conducted either at your organization, subject to location and staff availability, or at the Sequoia Wellness facility. These services are offered as standalone purchases or as part of a monthly program. Monthly programs are eligible for discounted rates.

- **Chair Massage**
- **Small Group Training**
- **Group Nutrition Counseling**
- **Group Health Coaching**
- **Fitness Challenges**
- **Education Presentations**
- **Group Exercise Classes**

Individual Services such as massage and personal training may be purchased via gift card for employees.

Schedule an appointment for pricing by scanning the QR Code.

