



HEALTH FAIRS DIRECT
CORPORATE WELLNESS PROGRAMS

2022 Health Fair Proposal And A-La-Carte Options

Health Fairs Direct
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Health Fair Overview

Health Fairs Direct is pleased to present first class health and wellness events for you and your employees.

Background:

HFD is a National Provider who has been coordinating corporate health and wellness programs since 1997. We not only grew up with the industry, we helped shape it.

At present we operate in 42 states and deliver over 600 events a year. We can deliver full-service wellness programs, fill in the gaps in an existing program or deliver a whole host of one-off wellness components.

Customization:

Each of our services are customizable to meet your vision and/or needs. Please feel free to tell us what would be the best fit for you and your employees.

Health and Wellness Events:

Our health and wellness events are fun, interactive and educational experiences. Our unique combination of interactive screenings, educational services and pampering options create:

- Well attended events
- An interactive experience
- Happy and appreciative staff
- Effective health and wellness education



Health Fair - Option 1

| City and State | Coordination Fees |
|----------------|---|
| TBD | \$2,750 for a Basic Health Fair for each location |

1. Complete event organization
2. Dedicated Account Manager
3. Provide Blood Pressure, BMI, and Body Fat %
4. Two (2) Massage Therapists up to 3 hours
5. Hand Grip Screening or Sea Salt Hand Scrubs
6. Coordination of Company Benefits Vendors. (Note: HFD can not guarantee benefits providers will confirm or attend the event once confirmed.)
7. Provide hand sanitizers for attendees
(Up to 100 - 2 oz bottles, While Supplies Last)
8. Promotional Material (if desired)
8. Door prizes secured from exhibitors
(HFD also offers choice of \$50 Amazon Gift Card, \$50 Spa Gift Card, \$50 Amex Card)

Note: This package is only a suggestion. HFD will customize your events per your request!

Onsite Event Coordinator Optional

HFD will send a dedicated event coordinator to assist with the setup and management of the wellness event. The coordinator will arrive 2 hours prior to setup and will bring tables cloths, table signs, and supplies for the door prize raffle. The coordinator will assist the onsite Contact with anything that may be needed on the day of the event as Well as manage the vendors.

\$575 plus travel costs for out-of-NYC area
(Average estimated travel costs per city \$975)

We require a minimum of 10 - 12 weeks lead-time to process any event with local health and wellness exhibitors

Health Fair - Option 2

| City and State | Coordination Fees |
|----------------|----------------------|
| TBD | \$4,290 per location |

Includes everything in Option 1 plus:

1. Two (2) Reflexology stations
2. One (1) Sea Salt Hand Scrubs Station or Hand Grip Screening
3. One (1) Nutrition Awareness Station

(Upgrade Option: Replace the Nutrition Awareness Station with Healthy Smoothie 5 oz Samples, 85 servings for \$200)

Note: This packages is only a suggestion. HFD will customize your events per your request!



Parking fees for vendors additional, if applicable plus sales tax

Health Fair - Option 3

| City and State | Coordination Fees |
|----------------|----------------------|
| TBD | \$6,110 per location |

Includes everything in Option 1 and Option 2 plus:

1. Paraffin Hand Treatment
2. Par-3 Golf Competition **or** Wii Fit Body Balance Challenge
3. Healthy Snacks (\$300 value) **or** \$300 in additional Door Prizes
(gift cards, Fit Bit Flex, etc.)

Note: This package is only a suggestion. HFD will customize your events per your request!



Parking fees for vendors additional, if applicable plus sales tax

Biometrics Services Offered

| | |
|--|---|
| <u>Biometrics Plus</u> | <i>Includes Total cholesterol, HDL, TC/HDL Ratio, Glucose, Blood Pressure, BMI & Body Fat , Height & Weight, Waist Circumference</i> |
| <u>Biometrics Complete</u> | <i>Includes Total Cholesterol, HDL, LDL, TC/HDL Ratio, Glucose, Triglycerides, Blood Pressure, BMI & Body Fat, Height & Weight, Waist Circumference</i> |
| <u>A1C Testing</u> | <i>Measures the amount of hemoglobin in the blood that has glucose attached to it. Hemoglobin is a protein within red blood cells that carries oxygen. Hemoglobin cells are constantly dying and regenerating with an life span of approximately three months</i> |
| <u>Prostate Screening</u> | <i>A finger stick test used to measure the level of Prostate Specific Antigen in the blood that may be an early warning sign of prostate cancer.</i> |
| <u>Post Testing Consultations</u> | <i>Qualified, trained and HFD staff will meet privately with employees to review their results and provide explanations, feedback and recommendations</i> |

Pricing is on the next page.



Screening Packages and Pricing

| Biometrics Plus | |
|--|--|
| \$50 Per Person Minimum 40 screens or responsible for what is ordered. | Includes staff, screening supplies, appointment scheduler, promotion and aggregate results report. |
| Biometrics Complete | |
| \$55 Per Person Minimum 40 screens or responsible for what is ordered | Includes staff, screening supplies, appointment scheduler, promotion and aggregate results report. |
| A1C Testing | |
| \$21 Per Person <i>When paired with another screening</i> \$24- Stand Alone Plus Nursing | Includes staff, screening supplies, appointment scheduler, promotion and aggregate results report. Minimum 40 screens or 85% of order |
| Prostate Screening | |
| \$48 Per Person Minimum 20 screens or 85% of order | Results will be emailed/mailed to employee within 2 weeks of the event. |
| Post Testing Consultations | |
| \$175 Per hour Minimum of 4 hours | Includes educational materials for employees. |

Additional Staff - \$300 for 4 hrs. – Per Staff – If Needed

HFD requires a minimum of 6-weeks lead time to provide staff and supplies for screening events. The lead time is determined by the date that the approved order estimate is received. Client is responsible for in-office location with table/conference room, trash cans and access to electricity. Supplies may be shipped directly to the location to the attention of the Onsite Contact.

Change of quantity allowed up to 3 weeks prior to the event date.

Certifications & Reporting

Licensed and Insured Staff

Our medical staff are certified, properly licensed, and highly trained for the best quality service.

HFD carries umbrella liability insurance for all our staff.

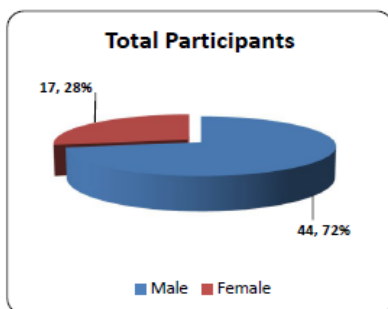
Aggregate Reporting:

All Biometric Testing Events include a multivariable aggregate report overviewing results alongside national averages to identify risk levels. All Personal Health Information (PHI) is removed from the final report.

Client needs a minimum of 40 participants in order to statistically maintain participant privacy.

Aggregate reports delivered 3-4 weeks after the event date

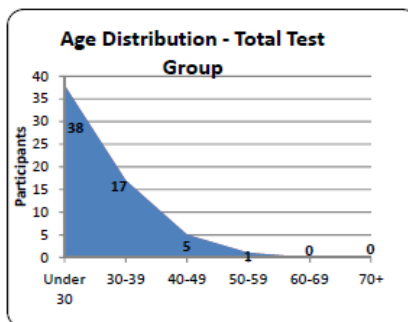
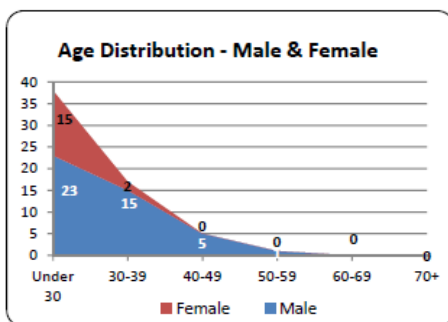
Demographics - Participants



72% MEN participated in this screening

28% WOMEN participated in this screening

| |
|-------------------------------------|
| Total Number of Participants |
| 61 |



A-La-Carte Options



Chair Massage:

10-to-15-minute massages - Promotes decreased stress, increased alertness. Massage also improves creative thinking and relieves fatigue.

\$120 per hour, 3 hours minimum



Reflexology:

10-to-15-minute foot or hand treatments. Same stress relieving properties as chair massage.

\$120 per hour, 3 hours minimum



Sea Salt Hand Scrubs:

Exfoliation with sea salts helps to remove dead skin particles, tones up the skin tissues, encourages peripheral blood circulation, and helps in skin renewal.

\$575 includes 3 hours minimum, \$175 per additional hour



Paraffin Hand Treatments:

To soften and soothe skin. Your hands are submerged in the warm liquid wax of a paraffin hand spa. The paraffin wax helps deep-moisturize and condition the skin on your hands, your nails and cuticles. The spa's heat has a relaxing effect, helping calm and relieve stress.

\$895 includes 3 hours minimum, \$175 per additional hour

A-La-Carte Options



Trail Mix Station:

Employees build their own trail mix from high-protein and low-calorie options. Includes bowls, scoops, 8 oz. Chinese take out boxes, ingredient labels with calories and napkins. Priced with or without staff for the table.

\$875 includes 3 hours minimum, \$175 per additional hour (includes 100 servings)



Nutrition Awareness Station:

An informational interactive table manned by a health coach/nutrition professional.

Select One Topic:

Sugar Shocker Eating for Energy
Eat This, Not That Supermarket Savvy
Nutrition for Busy People
Eating Out – The Smart Way
Deciphering Nutrition Labels
Nutrition and Cancer Prevention

**\$710 includes 3 hours minimum
\$150 per additional hour**



Nutrition Smoothie Station:

Smoothie sampling and one pre-made healthy snack with recipes. Station is manned by a nutritionist/dietician/health coach and employees will see how easy it is to make tasty smoothies.

\$875 includes 3 hours minimum, \$175 per additional hour (includes 5oz - 85 - 100 servings)



Healthy Snack Sampling:

Includes a variety of tasty snack alternatives that are non-GMO and gluten-free. Many are organic, kosher, and/or vegan, lower in sugar.

Some examples can include a variety:

- Popcorner Chips
- Kind Healthy Grains Granola Bars
- Blue Diamond Almonds
- Sahale Fruit & Nuts

\$795 includes 3 hours minimum, \$175 per additional hour. Includes \$200 worth of snack

A-La-Carte Options



Nutrition Wheel Trivia Challenge:

This interactive game does the teaching and spinning for you. Players spin the wheel and then answer multiple-choice questions. Prize items for correct answers are available for an additional fee. **\$710 includes 3 hours minimum, \$175 per additional hour**



Skin Damage Screenings:

Employees view their face under an ultraviolet light to expose underlying skin layers. Employees will see where they could improve on their skin care routines as well as any spots that should be examined further by a dermatologist.

\$850 includes 3 hours minimum, \$175 per additional hour - COVID-19 Caution



Pulmonary Function Screenings:

Gauges lung health by measuring lung function. May motivate employees to quit smoking. It can detect early lung disease or exposure to unknown pollutants.

\$750 includes 3 hours minimum, \$175 per additional hour - COVID-19 Caution



Bone Density Screenings:

Screens for osteoporosis by measuring the density of the heel bone with ultrasound technology. This screening is open to men and women. This is a quick, easy and pain-free screening. It only requires a bare foot.

\$875 includes 3 hours minimum, \$175 per additional hour

Available only in the New York Tri-State Area

A-La-Carte Options



Mini Golf Challenge:

Each player has 10 chances to put the ball in the hole. Winners chosen from those who get the most balls in the hole. The female and male with the top score will each receive a \$10 amazon gift card as their prize.

\$575 includes 3 hours minimum, \$110 per additional hour



Drunken Goggles Demo:

Using specialty goggles that distorts vision, employees attempt to walk the 'police line', traverse stairs on a virtual mat and experience the difference in their perception and balance when drinking.

\$575 includes 3 hours minimum, \$110 per additional hour



Wii Fit Challenge:

Employees compete against time and test their skills in one of the many Wii Fit sporting competitions. Station available with a Wii Fit Bundle Game Package to be used as a door prize or for the employee with the best score. The female and male with the top score will each receive a \$10 amazon gift card as their prize.

\$675 includes 3 hours minimum, \$110 per additional hour



Hand Grip Test:

Employees test their strength to see if they are in the normal range for their age/gender. Includes materials on strengthening their hand and wrist muscles. The female and male with the top score will each receive a \$10 amazon gift card as their prize.

\$675 includes 3 hours minimum, \$110 per additional hour. Includes 30 hand grippers at no cost. Additional grippers available at \$3.25 each

A-La-Carte Options



Brain Games:

Participants must “think outside the box” as they attempt to solve puzzles designed to challenge the mind.

\$550 includes 3 hours minimum, \$110 per additional hour - - COVID-19 Caution



Chair Yoga/Stretching Station:

Employees learn several chair yoga exercises that can be done at their desk. Promotes healthy movement at the workplace.

\$575 includes 3 hours minimum, \$110 per additional hour



Mini Facials:

Pampering treatment with light massage and skin cleansing which removes oil, gently exfoliates and moisturizes the face.

\$595 includes 3 hours minimum, \$175 per additional hour - - COVID-19 Caution

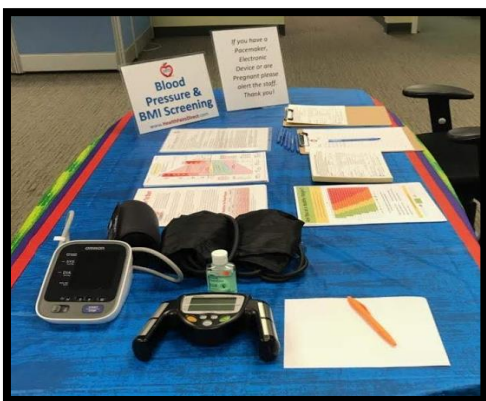


Mini-Manicures:

Polish, buff fingernails (polish removal available for individuals to take off old polish). The results of a mini manicure are similar to that of a full manicure, as the nails and hands will look clean, moisturized, and tailored.

\$595 includes 3 hours minimum, \$175 per additional hour - - COVID-19 Caution

A-La-Carte Options



Blood Pressure/Body Fat/Body Mass Index:

Station helps employees learn about their current blood pressure, body fat and body mass index.

\$500 includes 3 hours minimum, \$110 per additional hour



Adult Mindfulness Coloring Station :

A mindfulness / stress relief station. Employees color the cards and then take an envelop to give the card to someone else or select a paper frame to keep the card at their desk. Employees can also do Origami with provided samples.

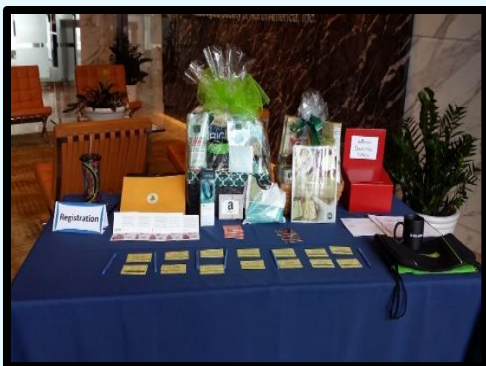
\$500 includes 3 hours minimum, \$110 per additional hour



Giant Jenga:

Bring out the your competitive edge and challenge your colleagues to see who is the last one standing.

\$550 includes 3 hours minimum, \$110 per additional hour



Optional Onsite Event Coordinator:

Health Fairs Direct will send a dedicated event coordinator to assist with the setup and management of the wellness event. The coordinator will bring tables cloths, table signs, and supplies for the door prize raffle. **\$575 for the coordinator plus travel fees (estimated travel \$1,200-1,800)**

A-La-Carte Options



Virtual Reality Experience: **COVID-19 Caution**

Virtual reality (VR) is a simulated experience that must be experienced to believe. Applications of VR can include entertainment and educational purposes. Other, distinct types of VR style technology include augmented reality and mixed reality.

\$950 includes 3 hours minimum, \$150 per additional hour (includes one station. \$1,250 for two station)



Henna Tattoos:

Bring some fun to your event. Henna Tattoos take about 4 – 5 minutes per person.

\$500 includes 3 hours minimum, \$125 per additional hour



Breast Cancer Awareness Station:

A wonderful resource to highlight the role of breast health and self-awareness. The station highlights detection methods while promoting breast self-exam as a part of understanding the normal look and feel of your breasts.

\$675 includes 3 hours minimum, \$110 per additional hour



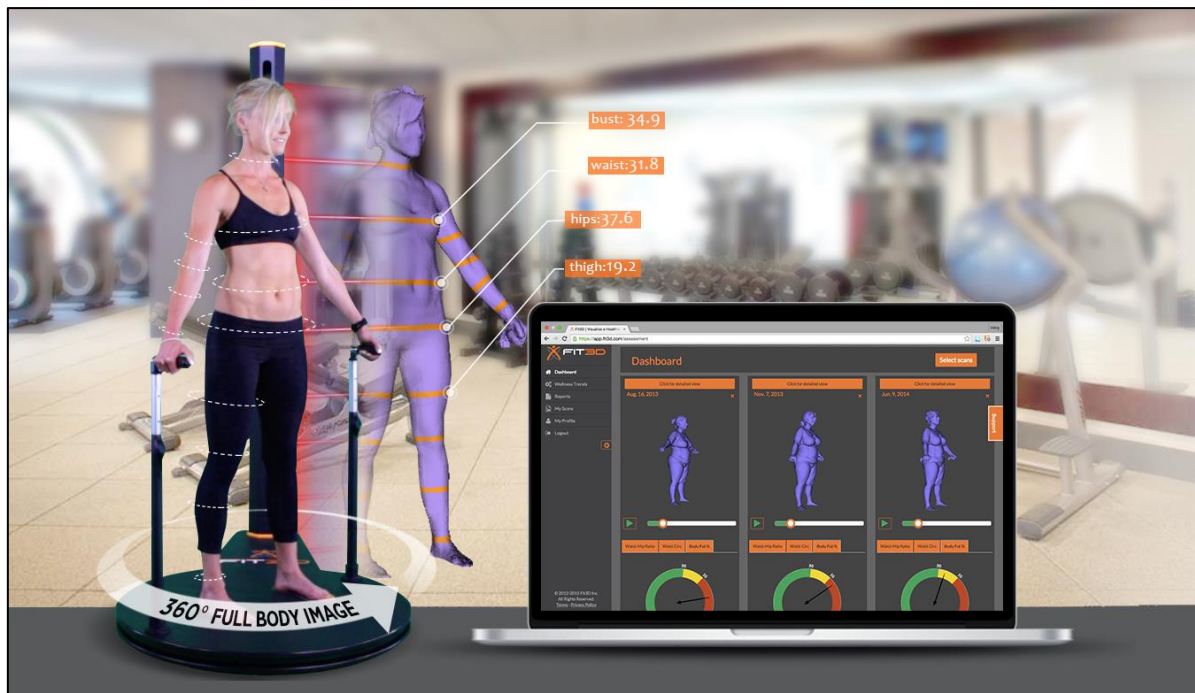
Cooking Demonstrations:

HFD offers a variety of cooking demos. They are fun, educational, and inspiring.

Call us for more information.

Cost: Call for pricing

A-La-Carte Options



Personal Avatar:

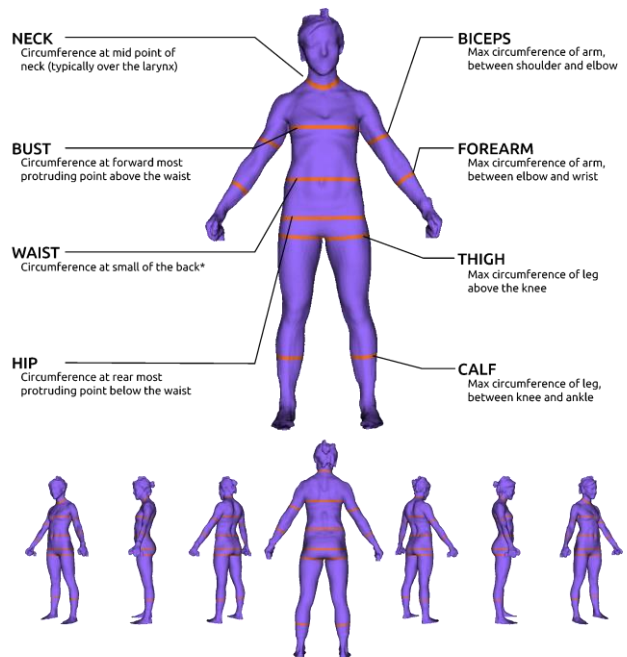
A 40 second scan creates the avatar. Employees receive a visual report of their body's statistics, including weight, body fat and dimensions of target arms, legs, torso, etc.

Employees can track their progress visually and with statistics; creating greater certainty in their ability to maintain better health.

A full postural assessment is also included with each scan to track changes in posture.

\$1,800 for up to 6 hours, \$125 per additional hour (Shipping charges may apply)

MEASUREMENT GUIDE (Female)



* Small of the Back is defined as the part of a person's back where the spine curves in at the level of the waist.

All orders charged a one-time fee of \$50 - \$250 Administration Fee and Applicable Sales Tax

Additional Services

New for 2022

Employee Wellness Channel

**Weekly Webinars, Workshops and Classes
Every Week – 50 Weeks a Year**

- Symptom Reporting, Testing, and/or Vaccination Management App
- COVID Testing
- Proctoring
- Incentives
- Health Fairs
- Flu Vaccinations
- Health Coaching
- Medical Screenings
- Employee Pampering
- Lectures & Workshops
- Employee Appreciation Days
- Smoking Cessation Programs
- Wellness Program Management
- Incentive Management Programs
- One on One Screening Consultations



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