

2024 Health Fair & A-La-Carte-Options



Health Fairs Direct

*216 US Highway 206. Ste 20
Hillsborough, NJ 08844*

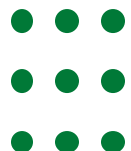
**Maria Orellana:
(646)-415-8610**

Morellana@healthfairsdirect.com

www.HealthFairsDirect.com



HEALTH FAIRS DIRECT
CORPORATE WELLNESS PROGRAMS



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, but we also 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 & 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 & Appreciative Staff
- Effective Health & Wellness Education



Health Fair - Option 1

City & State

TBD – Pricing Based Up To 3 Hours

Coordination
Fees

\$2,500 For a Basic Health Fair For
Each Location

1. Complete event organization for services below
2. Remote Dedicated Account Manager
3. Provide (1) station for Blood Pressure, BMI, and Body Fat %
4. Two (2) Chair Massage Stations
5. Hand Grip Screening
6. Sea Salt Hand Scrubs
7. Promotional Material (Online/paper sign ups, flyer)

Optional: For \$350 Add Door Prizes & Healthy Snacks

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

Onsite Event Coordinator Optional

\$575 plus travel costs for out-of-NYC area (up to 4-hour event, \$150 per additional hour) plus travel fees (Average estimated travel costs per city \$975).

Local Coordinators available in certain states and would not require travel expenses other than coordinator's fee, please inquire with your sales rep.

* See page 14 for details

We require a minimum of 4 - 12 weeks lead-time to process your event!

Parking fees for our staff is additional, if applicable plus sales tax



HEALTH FAIRS DIRECT
CORPORATE WELLNESS PROGRAMS

Health Fair - Option 2

City & State

TBD - Pricing Based up to 3 hours

Coordination
Fees

\$4,585 per location

Includes Everything in Option 1 Plus:

Two Reflexology Stations
One Chair Yoga Station
One Nutrition Awareness Station

Upgrade Option: Replace the Nutrition Awareness Station with Healthy Smoothies 5 oz Samples, 100 servings for \$250

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



Parking fees for our staff is additional, if applicable plus sales tax



HEALTH FAIRS DIRECT
CORPORATE WELLNESS PROGRAMS

Health Fair - Option 3

City & State

TBD - Pricing Based up to 3 hours

Coordination
Fees

\$6,485 per location

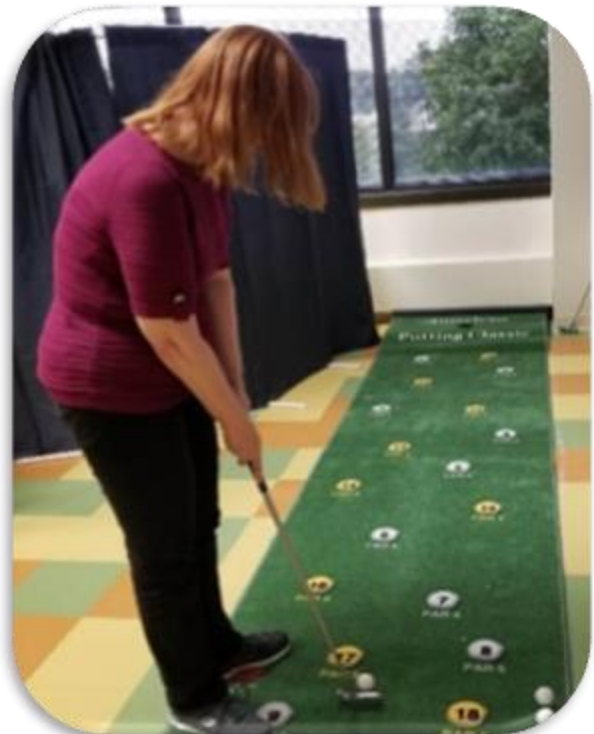
Includes Everything in Option 1 & Option 2 Plus:

Paraffin Hand Treatment

Mini Golf Competition *or* Wii Fit Body Balance Challenge

Healthy Snacks (\$300 Value) *or* \$300 in Additional Door Prizes

Note: This package requires an event coordinator (check to see if we have local or need to travel someone)

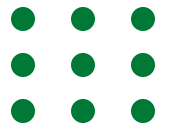


Parking fees for our staff is additional, if applicable plus sales tax



HEALTH FAIRS DIRECT
CORPORATE WELLNESS PROGRAMS

A-La-Carte Options



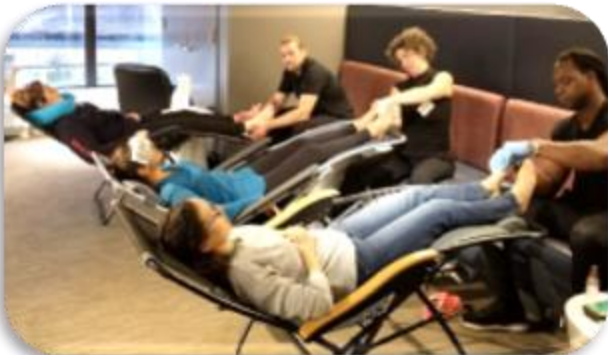
Chair Massage

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

\$450 includes 3 hours minimum (1 therapist).

\$130 per additional hour

Yields 17 10-minute sessions



Reflexology

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

\$450 includes 3 hours minimum (1 therapist).

\$130 per additional hour

Yields 17 10-minute sessions



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

Yields 50-60 participants in 3 hours



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

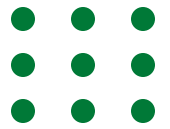
Yields 50-60 participants in 3 hours

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



HEALTH FAIRS DIRECT
CORPORATE WELLNESS PROGRAMS

A-La-Carte Options



Adult Mindfulness Coloring Station:

A mindfulness / stress relief station. Employees color the cards and then take an envelope to give the card to someone else or select a paper frame to keep the card at their desk.

*\$600 includes 3 hours minimum,
\$125 per additional hour
Yields 50-60 participants in 3 hours*



Henna Tattoos:

Bring some fun to your event. Henna Tattoos take about 3-4 minutes per person.

*\$500 includes 3 hours minimum,
\$150 per additional hour (depends on availability)
Yields 50 participants in 3 hours*



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 (depends on availability)
Yields 11 15-minute sessions*



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
(depends on availability)
Yields 11 15-minute sessions*

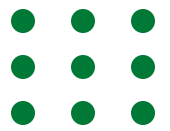
All orders charged a one-time fee of
\$50 - \$250 Administration Fee and
Applicable Sales Tax



HEALTH FAIRS DIRECT
CORPORATE WELLNESS PROGRAMS

Est. 1997

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 takeout boxes, ingredient labels with calories and napkins. Priced with or without staff for the table.

*\$975 includes 3 hours minimum,
\$175 per additional hour (includes 100 servings)*



Nutritional Awareness Station

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

Select One Topic:

- Sugar Shocker
- Eat This, Not That
- Deciphering Nutrition Labels
- Supermarket Savvy
- Eating For Energy
- Nutrition For Busy People

*\$710 includes 3 hours minimum,
\$175 per additional hour*



Nutrition Smoothie Station

1 smoothie sampling with recipe. Station is manned by a nutritionist/dietician/health coach and employees will see how easy it is to make tasty smoothies.

*\$1,050 includes 3 hours minimum,
\$175 per additional hour (includes 5oz 85 - 100 servings)*

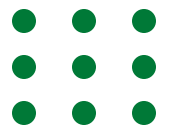


Bike & Blend Smoothie Bike

Includes 2 smoothie flavors, participants can bike & blend smoothies. This is an interactive service and includes staff and ingredients for station.

*\$1,850 includes 3 hours minimum,
\$250 per additional hour. (includes 2 flavors –
5oz samples - 150 -200 servings)
(Only available in NJ, NY and PA)*

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
Yields 45-50 participants*



Hydration Station

Includes 2-3 infused water stations for your event for up to 150-200 servings. Includes all supplies and setup for station.

*\$675 includes 3 hours minimum,
\$175 per additional hour
Book with a package above and fee will be \$450



Fresh Popcorn

Bring fresh popcorn to your wellness event.

*\$795 includes 3 hours minimum,
\$175 per additional hour. Includes 100-125 servings*

Limited to certain states, inquire with your sales rep to check on availability.



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:

- SkinnyPop
- Kind Healthy Grains Granola Bars
- Almonds Snacks
- Fruit & Nuts Trail mix

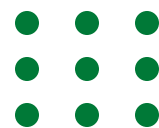
*\$795 includes 3 hours minimum,
\$175 per additional hour. Includes \$200 worth of snack*

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



HEALTH FAIRS DIRECT
CORPORATE WELLNESS PROGRAMS

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.

*\$525 includes 3 hours minimum,
\$125 per additional hour
Yields 36 participants in 3 hours*



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
Yields 45 participants in 3 hours*



Visual Acuity Screening

A visual acuity test is a test that checks your vision. Your "visual acuity" is the medical term for how well you can see. Space needed for this station is at least 10 – 20 feet wall space.

*\$675 includes 3 hours minimum,
\$175 per additional hour
Yields 45 participants in 3 hours*



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
Yields 35-40 participants in 3 hours*

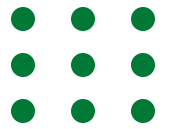
Available only in the NJ/NY Tri-State Area

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



HEALTH FAIRS DIRECT
CORPORATE WELLNESS PROGRAMS

A-La-Carte Options



DermaScan Screening

(Sun Damage Screening):

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, \$125 per additional hour
Yields 36-40 participants in 3 hours*



Heart Health Awareness

Station is focused on promoting cardiovascular health aiming to educate individuals about heart disease prevention and encourage healthy lifestyle habits. The station is crucial in raising awareness about heart health and empowering individuals to take proactive steps toward preventing heart disease.

*\$675 includes 3 hours minimum,
\$175 per additional hour*



Breast Cancer Awareness

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,
\$125 per additional hour*



Smoking Cessation Awareness

Station aims to empower individuals to take steps towards a smoke-free life by providing information, support, and practical tools for quitting smoking.

*\$675 includes 3 hours minimum,
\$150 per additional hour*

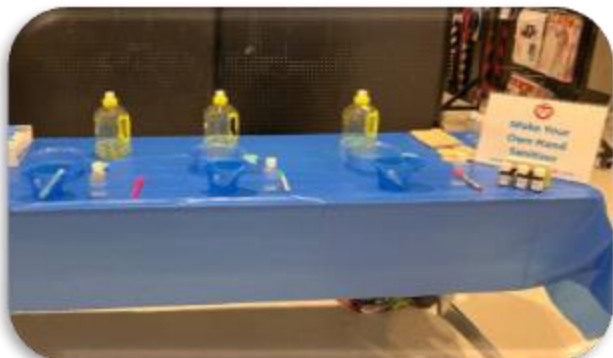
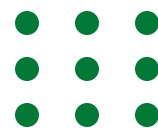
All orders charged a one-time fee of \$50 - \$250 Administration Fee and Applicable Sales Tax



HEALTH FAIRS DIRECT
CORPORATE WELLNESS PROGRAMS

Est. 1997

A-La-Carte Options



Make Your Own Hand Sanitizer:

Employees will have a chance to create their own hand sanitizer, HFD will provide all the products and employees will walk away with a 1oz hand sanitizer. (Includes 100-125 samples)

*\$675 includes 3 hours minimum,
\$175 per additional hour*



DIY Aromatherapy Rollers

Creating DIY aromatherapy rollers is a fun and customizable way to enjoy the benefits of essential oils on the go.

*\$800 includes 3 hours minimum, \$175 per additional hour,
\$5 per each additional roller (available based on
availability in the area)(includes up to 75 rollers)*



Aromatherapy Station

(educational)

Scents and smells can impact our mood, alertness and even our emotional well-being. This station will teach you to combine different scents to get the benefits you need.

*\$575 includes 3 hours minimum,
\$175 per additional hour (available based on availability in the area)*



Hand Washing Station

This station is a memorable way to show how germs spread and how good hand washing techniques are important in preventing disease!

*\$550 includes 3 hours minimum,
\$125 per additional hour
Yields 50-60 participants*

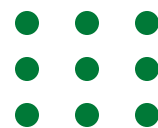
All orders charged a one-time fee of
\$50 - \$250 Administration Fee and
Applicable Sales Tax



HEALTH FAIRS DIRECT
CORPORATE WELLNESS PROGRAMS

Est. 1997

A-La-Carte Options



Mini Golf Challenge:

Each player has 5-10 chances to put the ball in the hole. Winners chosen from those who get the most balls in the hole. The top 2 scorers will each receive a \$10 amazon gift card as their prize.

*\$700 includes 3 hours minimum,
\$125 per additional hour
Yields 45 participants*



Drunken Goggles Demo:

Using specialty goggles that distort 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.

*\$675 includes 3 hours minimum,
\$125 per additional hour
Yields 50-55 participants*



Wii Fit Challenge:

Employees compete against time and test their skills in one of the many Wii Fit sporting competitions. The top 2 scores will each receive a \$10 amazon gift card as their prize.

*\$700 includes 3 hours minimum,
\$125 per additional hour
Yields 40-45 participants*



Hand Grip Test:

Employees test their strength to see if they are in the normal ranges. Includes handout on strengthening their hand and wrist muscles. The top 2 scores will each receive a \$10 amazon gift card as their prize.

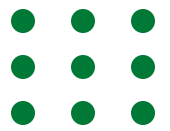
*\$700 includes 3 hours minimum,
\$125 per additional hour. Includes 30 hand grippers at no cost, plus applicable sales tax. Additional grippers available at \$3.75 each*

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



HEALTH FAIRS DIRECT
CORPORATE WELLNESS PROGRAMS

A-La-Carte Options



Optional Onsite 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 (up to 4-hour event, \$150 per additional hour) plus travel fees (estimated travel \$975) Actual expenses will be billed

\$575 for the coordinator (up to 4-hour event, \$150 per additional hour) plus travel fees (estimated travel \$975) Actual expenses will be billed



Virtual Reality Experience:

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) Available only in the NJ/NY Tri-State Area



Giant Jenga:

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

\$450 includes 3 hours minimum, \$125 per additional hour



Brain Games:

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

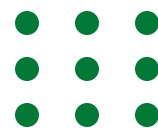
\$575 includes 3 hours minimum, \$125 per additional hour

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



HEALTH FAIRS DIRECT
CORPORATE WELLNESS PROGRAMS

A-La-Carte Options



Reiki/Stress Management:

We all have energy blockages in our bodies. This results in tension, fatigue, and inflammation. Reiki opens the energy blockages and helps energy to flow more freely. Experience the relaxing power of Reiki in a session with our Reiki Master.

*\$575 includes 3 hours minimum,
\$150 per additional hour (depends on availability)*



Assisted Stretching & Guided Movement:

Increased core strength, posture and comfort through guided stretching/flexibility.

*\$575 includes 3 hours minimum,
\$150 per additional hour (depends on availability)*



Tai Chi

This session engages in a gentle form of exercise that cultivates the body's vital energy, maintains mobility, balance, and can help in our growing health crisis.

*\$575 includes 3 hours minimum,
\$150 per additional hour (depends on availability)*



Chair Yoga 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,
\$150 per additional hour*

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



HEALTH FAIRS DIRECT
CORPORATE WELLNESS PROGRAMS

A-La-Carte Options

Relaxation & Rejuvenation Experience

Experience a one-of-a-kind relaxation and rejuvenation experience with guided relaxation, breathing techniques, and aromatherapy as a part of our unique ambiance.

\$2,500 includes 3-4 hours. \$350 per additional hour (depends on availability)



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



HEALTH FAIRS DIRECT
CORPORATE WELLNESS PROGRAMS

Est. 1997

A-La-Carte Options

3D Body Scans

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.

\$1,800 for up to 6 hours, \$125 per additional hour

**Available in Central NJ,
NYC, and Philly, Check
availability with your
sales rep.**



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



HEALTH FAIRS DIRECT
CORPORATE WELLNESS PROGRAMS

Est. 1997

Biometrics Screening Services Offered

Biometrics Plus

Includes Total cholesterol, HDL, TC/HDL Ratio, Glucose, Blood Pressure, BMI & Body Fat , Height & Weight, Waist Circumference

Biometrics Complete

Includes Total Cholesterol, HDL, LDL, TC/HDL Ratio, Glucose, Triglycerides, Blood Pressure, BMI & Body Fat, Height & Weight, Waist Circumference

A1C Testing

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 a life span of approximately three months

Prostate Screening

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.

Post Testing Consultations

Qualified, trained and HFD staff will meet privately with employees to review their results and provide explanations, feedback and recommendations

**Pricing Is On
The Next Page.**



HEALTH FAIRS DIRECT
CORPORATE WELLNESS PROGRAMS

Biometrics Screening Services Offered

Biometrics Plus

\$57 Per Person Minimum 40 screens or responsible for what is ordered.

Includes staff, screening supplies, appointment scheduler, promotion and aggregate results report.

Biometrics Complete

\$62 Per Person Minimum 40 screens or responsible for

Includes staff, screening supplies, appointment scheduler, promotion and aggregate results report.

A1C Testing

**\$24 Per Person When paired with another screening
\$28- Stand Alone Plus Nursing fees (\$350 per screener)**

Includes staff, screening supplies, appointment scheduler, promotion and aggregate results report.
Minimum 40 screens, additional sold in increments of 20

Prostate Screening

\$50 Per Person Minimum 20 screens or 85% of order plus nursing (\$350 per screener)

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.

Nursing Cost - \$350 for 4 hrs minimum/Per Staff

HFD requires a minimum of 6-12-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.

Biometric Screenings will be charged a one-time fee of \$300 Administration Fee and Applicable Sales Tax



HEALTH FAIRS DIRECT
CORPORATE WELLNESS PROGRAMS

Certifications & Reporting

Licensed & 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.

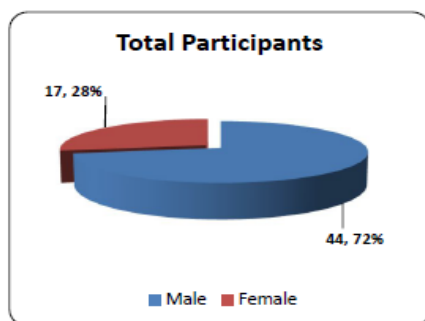
Aggregate Reporting

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

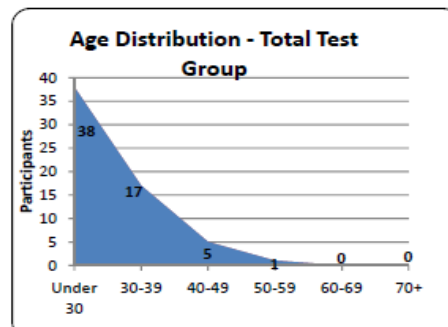
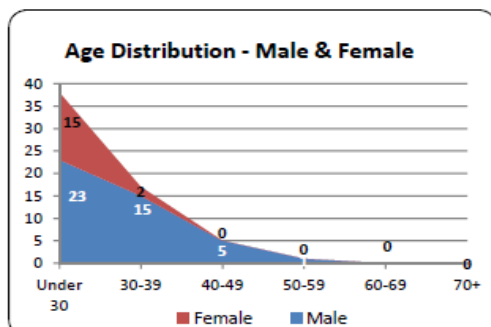
Demographics - Participants



72% MEN participated in this screening

28% WOMEN participated in this screening

Total Number of Participants
61



HEALTH FAIRS DIRECT
CORPORATE WELLNESS PROGRAMS

Est. 1997

Additional Services



Incentives
Health Fairs
Health Coaching
Virtual Webinars
Medical Screenings
Virtual Health Fairs
Employee Pampering
Lectures & Workshops
Online Wellness Challenges
Employee Appreciation Days
Wellness Program Management
Incentive Management Programs
Flu Vaccinations (Central NJ Only)
One-on-One Screening Consultations



HEALTH FAIRS DIRECT
CORPORATE WELLNESS PROGRAMS

