

# MINDFRESH

Automate Your Employee Wellness Program

By: MINDFUL MOB 

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## A Better Way Of Receiving Wellness At Work

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It is no secret employees are overworked, disengaged, burnout, and dealing with overwhelm, anxiety, and possibly depression.

Thanks to the Covid-19 pandemic and all the overwhelming news out there, **nearly half of employees- in the US- today are suffering from mental health issues**, a sheer rise from 39% from a mere two years ago.

You may have tried other wellness programs with disappointing results. Here are a few reasons why most programs don't work:

- Not easily accessible
- Perception of time availability
- Lack of Interest in topic
- Classes are too long
- Aren't fun, interesting or engaging
- Don't fit into employee's schedule or already booked
- Employees position does not permit attendance
  - (Field workers, CS agents, Manufacturing Plants,...)

Sounds familiar? We've taken all this into account and created a wellness program that offer results and one you wont need to keep babysitting.

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## Mindfresh Wellness Plan By Mindful Mob

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For the last 4 years we have been working with businesses like yours and seen first hand the difficulties HR/Benefits/Culture teams are experiencing finding that right wellness programs for their employees.

Our program is 100% online and can be taken at a time that fits your employees schedule. Employees who choose to opt-in will receive our wellness email every Monday and Thursday directly in their email box, they can open it when they need a short break or healthy distraction in their day, and the content keeps them coming back.

### Your weekly e-mails will include:

- 1** A 5 min Stretching, Breathwork, Meditation, or SoundBath Video.
- 2** An inspirational quote of the day with a link "About the Author" for those who need a boost in their day.
- 3** An interesting/fun "Fact of the Day", or "Riddle Me This", for those who like to stimulate their mind by learning something new.

\*Example of the wellness E-mail your employees will receive each week + pricing below:

**\*SAMPLE E-MAIL YOUR EMPLOYEES WILL RECIEVE TWICE WEEKLY**

Subject line: **Are you allergic to the moon?**

Hi David,

It turns out that staring at our computer screens for hours a day can have an enormous effect on our delt's, subclavius, and trapezius muscles, open this 2 min video for a quick stretch.

We hope the quote gives you that extra boost today and feel free to drop the fun fact into all conversations over the next week ;)



**Wellness Video**

[Watch it now](#)



**Quote of the Day**

[More About C.S. Lewis](#)



**Fun Fact of the Day**

**Did you know an astronaut was allergic to the moon?** Seems like someone had a tre-moon-dous allergy problem! During the Apollo 17 mission, astronaut Harrison Schmitt found out that he had a severe reaction to moon dust.

**Have an incredibly successful week!**

Embrace. Empower. Elevate.

*The Mindful Mob Team*

# Mindfresh Wellness Plan By Mindful Mob

## PRICELIST

Quickstart our wellness program with a 3 month starter kit:

### 1) Initial 3 month fee = \$3500\*

Initial 3 month includes:

- 2 weekly MINDFRESH wellness emails for all employees who opt-in.
- Access to all videos in our wellness video library geared for the corporate environment.
- 3 live/virtual events from our wellness pro's:
  - Event #1: 30 - 45 min - Mindfulness Event with Melody
  - Event #2: 30 min - Hand Drum Sound Bath + Poetry with Gina
  - Event #3: 40 - 60 min - How your mind works on Meditation with Jax

\*If your company employ's under 200 employees or over 1000 please contact us for Initial pricing.

### 2) Loved the initial package! Want to keep it up?

Pick the monthly maintenance plan that fits your need. Pricing is based on the number of employees who are opted-in to the MINDFRESH wellness program & below is our sliding scale pricing sample.

# of Employee's registered**	Email Only	Email + Monthly Live Event
up to 25 licenses	\$200 (\$8/person)	\$550 per month
up to 100 licenses	\$500 (\$5/person)	\$725 per month
up to 300 licenses	\$1050 (\$3.50/person)	\$1250 per month
up to 1,000 licenses	\$2500 (\$2.50/person)	\$2700 per month
up to 3,000 licenses	\$4500 (\$1.50/person)	\$4700 per month

\*\*(1 license = 1 employee)

Employees get to choose if they want to participate & your company only pays for those who do!!!  
What a refreshing way to do business.

We take Payment from most insurance companies and your "wellness bucks" programs.

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## MINDFRESH is exactly what your employees need

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Want to get started? Wondering how easy it is?

Check out these 4 easy steps:

1

You say: "Heck yes! I want to create a happier healthy work environment for my employees to thrive and feel supported".

2

We send you an e-mail to forward to your employees letting them know about the MINDRESH Wellness Program. Employees that are interested sign-up in 1 click.

3

For 3 month your company will receive 2 weekly emails and 1 live virtual wellness event will be offered each month. Once the 3 month trial is over, We sign you up to a package depending on the number of the employees that want in and start delivering e-mails directly to their inbox the very next week.

4

You breathe a sigh of relief knowing that you have created the best environment for you employees to be happy and do their best work.

Let us help you take your employees from



TO



\*beach not included

Click on the Calendly link below to set a quick demo and to ask any questions you might have.  
<https://calendly.com/mindfulmob/30min>