

Natural, Holistic Benefits for Wellness Without Limits

Your Benefits Work for You

Card-holding members receive exclusive rates and instant savings on healthy products and services. With unlimited savings, your affordable membership pays for itself. Use it as often as you'd like!

Different than Conventional Health Care

Natural Wellness Alliance is full of products and services that are not offered by conventional healthcare or insurance. Your family will benefit from healthy choices and healthy savings.

Participating Providers

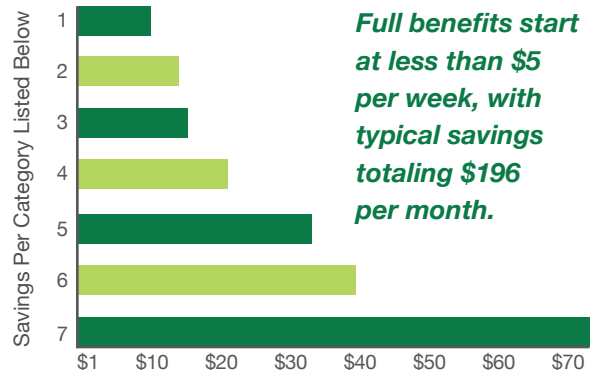
We bring benefits beyond the usual and something for everyone. See the back of this brochure for examples of provider categories, and visit us online for a complete directory. Recommend your favorite providers to us, too! We're adding more every day.

Savings on Everyday Basics & More!

Save on the products and services you already use, and you may find yourself enjoying many more! From basic necessities to the extras you deserve, making healthy, affordable choices has never been easier.

Membership Savings

The graph below illustrates typical monthly savings per person, based on average consumer spending in each category of healthy products/services. Enjoy unlimited use of your wellness benefits.



Full benefits start at less than \$5 per week, with typical savings totaling \$196 per month.

- 1) Fitness/Outdoor Equipment & Services
- 2) Counseling, life coaching and mental health services; Christian books, music and gift items for spiritual wellness
- 3) Massage, chiropractic or naturopathic services/consultation, wellness coaching
- 4) Apparel and shoes, natural/organic/non-toxic household products (kitchen, home, kids, etc.)
- 5) Eco-friendly products and services
- 6) Skin care, personal care and cosmetics
- 7) Health food store including grocery, specialty products, vitamins, nutritional supplements

Join Natural Wellness Alliance for a benefit that pays for itself!

You'll receive discounts up to 20%, 30% and more, for instant savings on the products and services you already love. Fuel your healthy lifestyle today!

Products

- Health Food Stores
- Organic Produce and Other Food
- Vitamins and Supplements
- Fitness Equipment
- Fitness Apparel and Shoes
- Non-Toxic Home Needs
- Non-Toxic Childrens' Needs
- Christian Bookstores
- Wellness Software
- Natural Cleaning Products
- Natural Skin Care and Cosmetics

Services

- Chiropractic and Massage
- Naturopathic and Related
- Integrative and Functional
- Personal Training and Other Fitness
- Eco-friendly Architecture
- Eco-friendly Interiors and Landscapes
- Nutrition and Wellness Coaching
- Lifestyle Counseling
- Mental Health
- Individual and Family Benefits
- Group Benefits and Corporate Wellness
- Health Risk Assessment
- Laboratory Testing
- Many More Holistic Therapies

For individual or group benefit needs, contact your Natural Wellness Alliance Agent:



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Additional Benefits with Natural Wellness Alliance



616.328.6732

info@NaturalWellnessAlliance.org
www.NaturalWellnessAlliance.org/membership

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Natural Wellness Alliance is a Michigan Business

Corporate Wellness

The Problem

Our workforce today is struggling with stress at unprecedented levels. With this stress comes chronic health issues and reduced productivity. Consider the combination of personal and professional stress with the effects of convenience foods, sedentary lifestyles and symptom-focused medical care. It's no wonder your team is losing their focus and efficiency!

The Solution

Corporate membership begins with full family benefits, including a full network of resources and incentives, and instant savings for healthy choices. Natural Wellness Alliance brings a network of passionate providers, with decades of experience in corporate wellness options including:

- On-Site Health Fairs
- Health Risk Assessment
- Laboratory Testing
- On-Site Services
- On-Site Education Customized to Improve the Health of Your Group:

***Wellness program participants have up to 68% less absenteeism. Absenteeism of others continues to increase by 5% per year.**

- Seasonal Prevention
- Nutrition Education
- Healthy Cooking Demonstrations
- Stress Management
- Time Management
- Personal Finance
- Fitness
- Weight Loss
- Smoking Cessation
- Long-Term Solutions for Many Common Ailments
- Many more topics!



The Impact of Presenteeism

Presenteeism** is the problem of workers being on the job, but not functioning at their best. Do you know why your employees are losing productivity?

- 30-39%** Too much to do, too little time
- 15-25%** Personal problems/worries
- 15-27%** Financial stresses/concerns
- 11-13%** Physical health limitation
- 10-14%** Depression/anxiety

What's Different?

Natural Wellness Alliance focuses on education and incentives for long-term health improvements, rather than treating symptoms only. As our entire healthcare system is shifting, it is more crucial than ever before to focus on the factors that matter most, to treat the whole person.

An Investment In True Health

Whether offered as a voluntary benefit or employer-contributed, participants can easily save hundreds of dollars every month on basic needs and more. With incentives for every healthy choice, members are likely to try many healthy options they have otherwise neglected. Group rates vary based on size, with the cost of full family benefits ranging from \$2-\$5 weekly.

*Aldana, Steven G. "Financial Impact of Health Promotion Programs: a Comprehensive Review of the Literature" in American Journal of Health Promotion, May/June 2001, Vol. 15, No 5: 296-320.

Sponsor a Cancer Patient

Sponsor a Cancer Patient

We're ready to give back, directly to those in need! Contact us for help coordinating a team of Natural Wellness Alliance members. Membership already pays for itself with every healthy choice you make. Let's make that same membership work for those who need us the most. Who do you know, who needs our help today? A portion of your participating memberships will also assist patients in need with the cost of complementary and alternative therapies.

What's Different About Our Patient Sponsors?

Rather than pouring more resources into the unending long-term research of the cancer business, let's focus instead on what's needed right now. Many patients successfully combat cancer with alternative therapies, to also strengthen their immune system and overall health. Just ask those who are still living, healthy and well, despite a former diagnosis. There is hope! Let us share it with you.



Visit our website for complete terms and conditions.

**Presenteeism According to Healthy Behaviors, Physical Health and Work Environment, Population Health Management, Volume 00, Number 00, 2012, Mary Ann Liebert, Inc.

Additional Opportunities

Give Back to the Community

Similar to the patient sponsor program, we'll help coordinate team memberships that give back to your local school or church. With a membership that already pays for itself, we'll also use it to give back to your organization. With significant residual contributions to your cause, this program is designed to ensure everyone wins. Contact us to get started.



Invitation to Providers

Who do you know, with products or services that promote a natural, holistic approach to wellness? Whether you are a provider with room for business growth, or a client with a favorite provider, we want to hear from you. Learn how participating will help your business, while offering resources to members.

Opportunity for Agents

If you have a sincere interest in a natural approach to wellness, building relationships with integrity and earning a residual income, we want to learn more about you. Submit your agent application online at: www.NaturalWellnessAlliance.org/become-an-agent

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