

HEALTH **K**ICK

Welcome Packet



2023

Find your feel-good.

««« About Us »»»

HealthKick's wellness benefits platform makes living well an everyday adventure by connecting you to top brands across every dimension of well-being.

Welcome to HealthKick! Get ready to embark on a journey towards holistic wellness with our comprehensive employee wellness platform. When you enroll you'll gain access to an array of brands, content and expert resources that will help you optimize your well-being. From fitness classes and personalized workout plans to nutrition workshops and mental health resources, we've got you covered. What's more, by actively engaging in our wellness offerings, you can unlock up to \$500 in savings. Your well-being is a priority, and we're excited to support you every step of the way on your path to a healthier and happier life.



Activate Your Account



[Enroll in HealthKick](#)



www.health-kick.com

Free Services for Members

Get ready to enjoy personalized, easy access to exclusive live classes, on-demand videos, and wellness coaching from 250+ leading health, fitness, and wellness brands. Discover wellness activities that move you, with recommendations and expert resources tailored to your unique lifestyle.

Complimentary Wellness Coaching Sessions

Ten (10)+ total sessions across Wellness, Nutrition, Financial Planning, Parenting, and Life Coaching

Unlimited Access to a Mindfulness App

The Insight Timer app includes over 70,000 completely free guided meditations and music tracks covering an array of topics and issues, from anxiety and stress to sleep.

1:1 Personal Training Sessions

Three (3) virtual 1:1 training sessions with certified personal trainers from FindYourTrainer & FlexIt Fitness

Ergonomic Assessment

15-Minute complimentary virtual consultation with Flex Physical Therapy

Monthly Live Webinars

From a pantry edit nutrition session to workshops on summer skin health, financial planning and emotional resilience, these fun and interactive monthly webinars bring live fresh content to employees.

On-Demand Content Library

From heart-pounding dance cardio and boot camp to mindfulness, breathwork, and nutrition, employees can enjoy hundreds of classes taught by top instructors and well-being experts.

Exclusive Access to 250+ Brands

Carefully curated. Always cutting edge. HealthKick members can make well-being a lifestyle with exclusive access to a personalized suite of 250+ leading brands across health, fitness & wellness services and products. Checkout a snapshot below!



talkspace

DAILY HARVEST

hims&hers

realm

SOULCYCLE

splendid spoon

GARMIN

Calm

FACTOR

BARRY'S

zeel
wellness on the way

MANSCAPED

VITAL TONICS

BLK + GRN

[solidcore]

classpass

HELLO FRESH

coa

Y7 STUDIO

OOVA

shimmer

FITMATE

STYLEBEE

penny finance

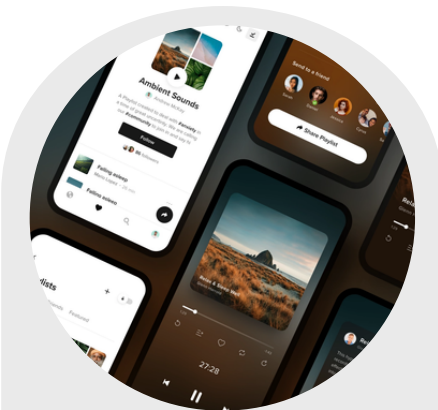
Plus 12+ Months of Free Classes*

The most innovative, energizing at-home and in-studio workouts—from spin and yoga to bootcamps and barre—will get you psyched to sweat



Free Mind and Body Wellness Tools

Free access to a mindfulness app, personal training sessions, and a workspace ergonomic assessment helps you build healthy physical and mental habits to support your well-being journey



Unlimited Access to the #1 app for sleep, anxiety and stress

The Insight Timer app includes 160,000 everyday wellbeing from meditation, yoga and breath work to music and sleep tracks.



1:1 Personal Training Sessions to kickstart your fitness

Three (3) virtual 1:1 training sessions with certified personal trainers from FindYourTrainer, Future & FlexIt Fitness



Ergonomic Assessment to ensure a healthy workplace setup

15-Minute complimentary virtual consultation with Flex Physical Therapy to help you to reduce injuries during work

*1 month free per brand

Complimentary Wellness Coaching

HealthKick access includes free wellness coaching sessions with experts in Nutrition, Health and Behavior Change, Financial Planning, Parenting, and Life Coaching.



NUTRITION

- Natalie Zises
- Lindsey Kaszuba Health
- MTHR Nutrition
- Charge Nutrition
- Wonderfully Made Nutrition



HEALTH & BEHAVIOR CHANGE

- Abby Paloma
- Balance by Beth
- Kayleigh Wellness
- Katie Bressack Wellness
- Reframe Wellness



LIFE COACHING

- John Mark Shaw Life Coach
- Skye Executive Coaching
- Handel Group



PARENTING

- Joanna Loewi "The Present Mama"
- A New Day



FINANCIAL COACHING

- Morgan Stanley
- Drucker Wealth Management
- Penny Finance



On-Demand Wellness Library

From heart-pounding dance cardio and boot camp to mindfulness, breathwork, nutrition, HealthKick's new on-demand library makes it easy to fit a dose of self-care into your day wherever you are.

Classes for Mind and Body

Fitness, mindfulness and stretch classes from 5 to 60 minutes led by HealthKick's partner network.



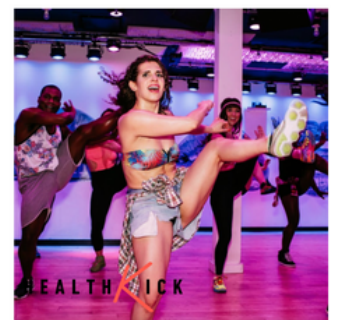
Breathe Your Way to Calm & Peace



Bootcamp Class



Stretch Session



305 Dance Cardio Class

Wellbeing Webinars

A broad range of topics from sleep health to financial planning, resilience, parenting, and more.



Empowering Your Health Through Food



Parenting Panel on Navigating Turbulent Times

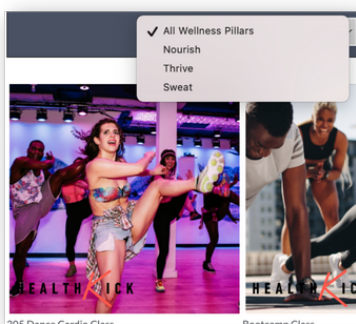


Financial Goal Setting + Planning

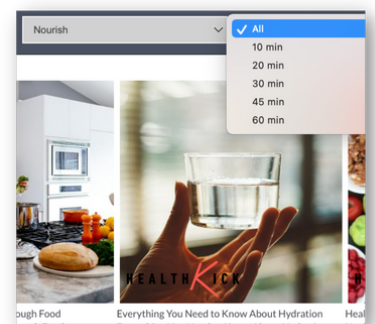


Effective Goal Setting Webinar - Create a Fresh

Sessions for all Schedules



Whether a 5-minute breathwork session between calls, a 30-minute lunchtime boot camp, or a post-work yoga session, HK's on-demand content fits all schedules.



Monthly Live Wellness Sessions

From healthy eating workshops and sleep health to summer skin health, financial planning, and emotional resilience, these fun & interactive monthly webinars bring live fresh content to employees.

Sample Highlights >>>

Personal Care and Wellness

Keeping Your Skin Healthy and Young



Financial Wellness

Financial Goal Setting and Planning with Morgan Stanley



New Ways to Be Well

Sessions to encourage the discovery of new wellness practices while trying something new



Productivity Guidance

Goal Setting and Accountability



Nutritional Wellness

Redefining Healthy Eating Habits



Mental Wellness

Building Habits and Practices for Resilience with HK Partner SKYE



Three Live Fitness Classes!

To Celebrate Pride Month and the LGBTQIA+ Community



Sustainability

Small Space Gardening and Sustainability with HK Partner Spade to Fork



Lifelong Wellness

A Healthy Aging Workshop



Parenting and Caregiving

A Panel on Navigating Turbulent Family Times



Meditation and Mindfulness

Relaxing Breathwork Session with Our Breath Collective



Sleep Health

How to Sleep Better Starting Tonight



**INTERACTIVE AND ENGAGING
WELLNESS SESSIONS FOR
ALL MEMBERS**



With more employees working remotely, wellness webinars are an accessible, interactive, and flexible option for you to get in real-time wellness advice and expertise.



Why Wait? Start Exploring!

Say goodbye to expectations and hello to exploration. Embark on your journey with HealthKick today to find your feel-good. Just one new addition to your wellness routine can ignite a spark, bringing you fresh motivation and newfound balance, paving the way to a healthier and happier you. Start exploring HealthKick's offerings today and let the positive changes unfold!



[Request your free HealthKick Account](#)



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