



# ENERGY YOGA



## MISSION STATEMENT

To improve the health and well-being of employees through health education and a program that will support the positive lifestyle change thereby resulting in improved employee health, productivity, and retention



# WHO ARE WE?

Energy Yoga and Wellness Center, LLC is a locally owned and operated organization that has helped boost the Doral communities vitality for over 7 years. Whether you are looking to relieve pain, manage stress, alleviate or prevent illness, our expertly trained and experienced practitioners and staff will guide you to better health and wellness.

Services include:





**ENERGY YOGA**

# BENEFITS OF A WELLNESS PROGRAM

- 30-50% premium reduction under the new Affordable Care Act (aka Obamacare) - [78 FR 33157](#)
- Reduction of Absenteeism
- Reduction of workman's compensation and disability related costs
- Improves employee moral and builds camaraderie
- Balanced approach to curbing health care costs and improving employee satisfaction



**Wellness  
Center**



# CORPORATE PLAN TYPES

## Gold Plan

- The basic plan includes a health risk assessment and maintenance of records, evaluation and identification of individual employee risk factors.
- 1 on site Group Yoga class per week
- Biometric screening service annually (LDL,HDL, Triglycerides, total cholesterol, Blood Pressure, BMI testing, PSA and Thyroid panel, and hbA1c)
- Monthly health education class on wellness related subjects

## Platinum Plan

- Includes all of the basic plan plus a 1 hour Acupuncture/ Massage session per month
- 30% discount on Yoga/Meditation classes at Energy Yoga

## Basic Package - Weekly Classes

- Yoga/Spinning/Kick Boxing/ Zumba/Meditation Classes/Massage/ Acupuncture



# REFERENCES

<https://www.federalregister.gov/articles/2013/06/03/2013-12916/incentives-for-nondiscriminatory-wellness-programs-in-group-health-plans>

**FEDERAL REGISTER**  
The Daily Journal of the United States Government

**Rule**

## Incentives for Nondiscriminatory Wellness Programs in Group Health Plans

A Rule by the Internal Revenue Service, the Employee Benefits Security Administration, and the Health and Human Services Department on 06/03/2013

**ACTION** Final Rule.

**SUMMARY** This document contains final regulations, consistent with the Affordable Care Act, regarding nondiscriminatory wellness programs in group health coverage. Specifically, these final regulations increase the maximum permissible reward under a health-contingent wellness program offered in connection with a group health plan (and any related health insurance coverage) from 20 percent to 30 percent of the cost of coverage. The final regulations further increase the maximum permissible reward to 50 percent for wellness programs designed to prevent or reduce tobacco use. These regulations also include other clarifications regarding the reasonable design of health-contingent wellness programs and the reasonable alternatives they must offer in order to avoid prohibited discrimination.

**UNIFIED AGENDA**

Incentives for Nondiscriminatory Wellness Programs in Group Health Plans	
4 actions from November 26th, 2012 to August 2nd, 2013	
<b>June 3rd, 2013</b> <ul style="list-style-type: none"><li>Final Rule</li><li>78 FR 33157</li></ul>	<b>August 2nd, 2013</b> <ul style="list-style-type: none"><li>Final Rule Effective</li></ul>

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**Publication Date:** Monday, June 03, 2013

**Agencies:** Department of the Treasury, Internal Revenue Service, Department of Health and Human Services, Department of Labor, Employee Benefits Security Administration

**Entry Type:** Rule

**Action:** Final rule.

**Document Citation:** 78 FR 33157

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# THANK YOU