



The  
Wellbeing  
Partners

# Membership

Build wellbeing into the way  
communities grow and do business.



## MORE THAN JUST A MEMBERSHIP

The Wellbeing Partners acts as the bridge between the workplace and the community, by helping organizations build a healthy workplace culture to foster employee wellbeing while also providing the opportunity for employers to have a part in improving the communities where their employees live. With your membership, you can make your region one of the best in which to live, learn, work, and play.

We uniquely bring organizational wellness and community work together for the greatest impact on the wellbeing in communities, to achieve health and wellness for all, and to create thriving lives.



# Membership Benefits

Your membership supports your endeavors while drawing organizations into work that seeks health for all within your communities.

We describe your membership in three categories. **Solve** includes the resources to equip you to be the agent of change in your organization and community. **Change** describes the interventions into cultural systems to make sustainable improvements in communities and organizations. **Achieve** represents the category of recognition and advanced education.

## Solve

### Programs & Services

*We equip you with the tools and resources to be able to implement solutions in your workplace and create a lasting cultural change that supports the health and wellbeing of your employees, both at work and at home.*

- Seat on the Member Council
- Organizational Assessment and Report (up to \$1,000 value)
- Up to two free hours of consulting on workplace wellness or community health topics (\$250 value)
- Awards and award assistance
- Wellbeing Forums
- Webinars
- Traveling Coffee Clubs and Table Talks
- One complimentary ticket to the Xchange health and wellbeing summit
- Trek Up the Tower exclusive early discounted registration
- Monthly e-newsletter
- Member Portal resources, including recorded event archives
- Promotion of your healthy events and services
- Name and link on website
- Annual magazine
- Workplace tools from community work - toolkits, reports, and family resources
- Discounted member pricing on:
  - Signature event registration
  - Walk audits
  - Consulting on a variety of workplace and community topics
  - Additional training and development
  - Specialty onsite presentations

## Change

### Systems Change and Interventions

*Membership supports this ongoing work as the hub of health work in our communities. Additionally, members receive the opportunity to serve on action committees. These programs can double to encourage employee engagement in community work and volunteerism.*

- Partners for Healthy Schools - Resources and data to enhance school wellness
- Share Our Table - Addressing food security as a region.
- Mental Health Anti-Stigma Campaign with the Regional Health Council
- Activate! - Building safe communities through Safe Routes to School, active commuting and bike advocacy, and similar work.

## Achieve

### Signature Events & Recognition

*Our signature events help you celebrate your achievements, set new goals, and learn from leading-edge experts.*

- Xchange
- Wellness Awards Gala
- Trek Up the Tower



The Wellbeing Partners

# Become a Member

We will become members at the following

✓ EMPLOYEES	DUES*	✓ PAYMENT
<input type="checkbox"/> 1-99	\$500	<input type="checkbox"/> Check enclosed
<input type="checkbox"/> 100-199	\$850	<input type="checkbox"/> Please invoice me
<input type="checkbox"/> 300-599	\$1,500	<input type="checkbox"/> I'd like to pay by credit card
<input type="checkbox"/> 600-999	\$2,500	
<input type="checkbox"/> 1000+	\$3,500	

*\*Iowa members outside of Pottawattamie County receive Associate Membership at 50% off*

## Contact information:

MEMBERSHIP ORGANIZATION	
CONTACT PERSON	
ADDRESS	
PHONE	
EMAIL	

*Each membership is valid for 12 months and will be billed annually.*

### IF MAILING, RETURN FORM TO:

The Wellbeing Partners, Attn Tonya Vyhldal, 6400 University Dr N CEC 228, Omaha, NE 68182-0874

**MAKE CHECKS PAYABLE TO:** The Wellbeing Partners

**QUESTIONS?** Contact Tonya Vyhldal at 402-934-5795 or at [tonyav@thewellbeingpartners](mailto:tonyav@thewellbeingpartners).

The Wellbeing Partners is a 501(c)(3) non-profit organization.  
Our Federal tax ID number is 47-0642708.



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# Reference Guide

**Get to know all the benefits available to you with the help of this quick reference guide.**

**Awards** - We present a number of events annually at our Wellbeing Awards Gala, including the Governor's Wellness Award, Trek Up the Tower corporate and community awards, the William M. Kizer Light of Wellness awards, the Global Centre for Healthy Workplaces awards, the American Heart Association Workplace Health Solutions awards, and more! Members of The Wellbeing Partners also receive assistance applying for these awards.

**Bike Omaha Network** - A network combining shared streets, bike lanes, and pathways to connect the metropolitan trail system to downtown Omaha and other important destinations across the city.

**Consulting** - We are your subject matter experts on a large variety of worksite wellness and community health topics and trainings. Members receive two free hours of consulting annually and discounted member pricing.

**Light of Wellness Awards** - Presented for Leadership, Inspiration, and Transformation, these awards recognize individuals for making strides in wellbeing achievements.

**Member Council** - Member networking opportunity to learn and share health and wellness needs and educate on efforts throughout the community.

**Member Portal** - An online archive of event recordings, ready-to-go resources, and more.

**Mental Health Anti-Stigma Campaign** - Current focus of the Regional Health Council.

**Monthly e-Newsletter** - Sent every first Thursday of the month, this e-newsletter includes details for upcoming events, provides quick resources and articles, and more.

**Organizational Assessment and Report** - A personalized review of the organization's wellness program and culture to identify wellness engagement and strategy.

**Partners for Healthy Schools** - Technical assistance to OPS and Nebraska Department of Education to implement Healthy Eating and Physical Activity (HEPA).

**Preferred Vendors** - Wellness vendors recommended by The Wellbeing Partners.

**Regional Health Council** - Made up of the Douglas, Sarpy/Cass, and Pottawattamie health departments, this group addresses health as a region by listening to residents, businesses, organizations, schools, faith communities, and elected officials to understand pressing health needs and create strategic regional response.

**Safe Routes** - Safe Routes to Healthy places engages residents and assesses for safety travel patterns and routes to support healthy living.

**Share Our Table** - Coalition allowing food system partners to ensure residents have affordable, culturally appropriate food.

**Signature Events** - Trek Up the Tower, the Wellness Awards Gala, and the Xchange

**Specialty Presentations** - Tailored onsite presentations of a topic of your choosing.

**Table Talks** - Member networking event to participate in roundtable talks with experts and peers on select topics.

**Traveling Coffee Clubs** - Member networking event to learn about wellness initiatives at other organizations.

**Trek Up the Tower** - Community stairclimbing event up the First National Tower in downtown Omaha. Attracting up to 2,000 participants annually, this event can be completed individually or on corporate or community teams.

**TWP Iowa** - Iowa members outside of Pottawattamie County pay an Associate Member price for worksite wellness benefits.

**Walk Audits** - Experts review walkability in community and workplace routes.

**Wellness Awards Gala** - Celebrational evening of individual, corporate, and community recognition and fundraising.

**Wellness Forums** - Educational workshop sessions providing additional networking opportunities.

**Xchange** - Health and wellbeing education summit with national speakers and cutting-edge topics, presented in three tracks: worksite wellness, HR/benefits, and community health.