**PRICING SCHEDULE FOR EMPLOYEE WELLNESS FOR A PERIOD OF FOUR MONTHS**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **No.** | **Description** | **Duration** | **Number of Employees** | **Unit Price** | **Sessions** | **Total** |
| 1. | Onsite Yoga / Thai Chi Classes | Once a week for a period of four months  | First Group (15-20 employees) | R\_\_\_\_\_\_\_- per session / per group |  16 Weeks @ 1 Hour per session  |  |
| 2. | Onsite Yoga / Thai Chi Classes | Once a week for a period of three months  | Second Group (15-20 employees) | R\_\_\_\_\_\_\_-per session / per group | 16 Weeks @ 1 hour per session |  |
| 3. | Onsite Yoga / Thai Chi Classes | Once a week for a period of three months  | Third Group (15-20 employees) | R\_\_\_\_\_\_\_-per session / per group | 16 Weeks @ 1 hour per session |  |
| 4. | Massage Therapy:Head & Neck | Twice a month for a period of Four months | 70 Employees  | R\_\_\_\_\_\_\_\_\_\_- per individual | 8 Weeks @ 20 minutes per session / per person |  |
| 5. | Healthy Eating Seminar | Twice in Four months | First Group (35 employees) | R\_\_\_\_\_\_\_\_\_\_- per session / per group | 2 Sessions |  |
| 6. | Healthy Eating Seminar | Twice in Four months | Second Group (35 employees) | R\_\_\_\_\_\_\_\_\_\_- per session / per group | 2 Sessions |  |
| 7. | Health Screening Services:* BMI (Height & Weight)
* BP Monitoring
* Blood Sugar Level Testing
* Cholesterol Level Monitoring
 | Twice in Four months | 70 Employees | R\_\_\_\_\_\_\_\_\_\_\_- per employee | 2 Sessions  |  |
| 8. | Health Screening Services:* Optometric Screening
 | Once in four months | 70 Employees | R\_\_\_\_\_\_\_\_\_\_\_- per employee | 1 Session |  |
| 9. | Health Screening Services:Hearing Assessment (Hearing) | Once in four months | 70 Employees | R\_\_\_\_\_\_\_\_\_\_\_- per employee | 1 Session |  |
| 10 | Health Screening Services:* Pre-Testing Counselling and Testing (HIV & Aids).
* Post-Testing Counselling and Testing (HIV & Aids).
 | Once in months | 70 Employees | R\_\_\_\_\_\_\_\_\_\_\_- per employee | 1 Session |  |
| 11. | Information Session:* Healthy Education
* Health Awareness
* Information Sharing e.g. distributing pamphlets.
 | Twice in four months | 70 Employees | R\_\_\_\_\_\_\_\_\_\_- per session of one hour | 2 Sessions |  |
| 12. | Other |  |  |  |  |  |
| **13.** | **TOTAL EXCLUSIVE OF VAT** |  |  |  |  |  |
| **14.** | **15% VAT** |  |  |  |  |  |
| **15.** | **TOTAL INCLUSIVE OF VAT** |  |  |  |  |  |