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

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| **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** |  |  |  |  |  |