

On the Goga

On the Goga is an organizational well-being company driven by a simple, guiding principle: Happy People Do Great Things. Their multidisciplinary approach to well-being focuses on cultural development and combines five pillars: physical fitness, emotional well-being, community support, financial security, and environmental health.

Their aim is to create happier, healthier, and more productive company cultures through daily practices of well-being and leadership support. They understand that truly impactful well-being programs are customized to the client's needs and provide variety, consistency, and engaging experiences.

Their model has become singular in the landscape: a corporate well-being consultancy with a team of top-tier coaches, consultants, and facilitators that come to know their client's teams intimately in order to create meaningful and impactful cultures of well-being.

Serving clients nationwide within a 25-mile radius of Philadelphia onsite and nationally through virtual capabilities.

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Business certifications: Women's Business Enterprise (WBE), Woman Owned Small Business (WOSB)

Program/Service Name	Description	Onsite only, Virtual only, or Both?
Be Active		
Bootcamp Fitness	Our Bootcamp Fitness workshops are bodyweight workouts focused on short intervals and no equipment. Participants will squat, jump, and lunge their way through each station for a total body workout. Accessible and adaptable to all levels.	Virtual only

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Desk Yoga	Our Desk Yoga workshops are short classes perfect for a mid-day wellness break. From their own chair, participants can join in this 20-40 minute session combining mindfulness, breathing, and gentle stretching to soothe chronic aches and stress.	Virtual only
Functional Movement	Our Everyday Mobility & Movement classes are gentle classes designed to get your bodies moving in the way they're designed to. Take a movement break focused on promoting healthy full-body posture.	Virtual only
Mat/Flow Yoga	An all-levels yoga class focused on flexibility, strength, and stress relief. Participants can roll out their own yoga mat and follow along to a live class tailored to their unique interests and level.	Virtual only
Be Nourished		
Happy at Home Cooking Demos	This rotating workshop gives employees an opportunity to cook along with our nutritionist to create a healthy meal!	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
Brain Food	Did you know that avocados improve cognitive function? Now you do. Learn more fun facts about how you can use food to support focus, productivity and happiness.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub

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Eat Yourself Calm	The food we eat affects more than just our body. Learn how to choose foods that promote a calm state of mind and help to relieve stress, anxiety, and the blues.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
Eating For Energy	Learn to beat that mid-day slump by eating your way to more energy. This workshop teaches you how to boost your energy through food during the workday.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
Eating In Season (Choice between 4 Seasons)	Eating with the seasons is great for your health, wallet, community, and planet. This rotating workshop changes year-round to teach you everything you need to know about seasonal eating.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
Food 101	Food is a tool for health and happiness, but there's so much information out there on how to eat healthy, it's hard to know where to start. Learn the foundations of healthy eating, including calories, macro and micro nutrients, food labels, and processed foods.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
Food in Balance	What the heck is a balanced meal? A colorful plate? Vegan? Paleo? Gluten-Free? Learn what a "balanced diet" means for you, and how it can help elevate your mood, your body, and your life.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub

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Frugal Feasting	A healthy diet doesn't have to be expensive. Learn some universal tips and tricks for how to eat healthy on a budget, without ever stepping foot into a Whole Foods (unless that's your thing).	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
I Love Bread (Gluten Free Friendly)	Don't we all? In this workshop you will learn about different types of bread and how not all bread is made the same. You will learn tips to help you shop for bread, tips on making your own breads, what ingredients to look for and avoid, and gluten free alternatives.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
Immune Boosters	You're busy and you don't have time to get sick. Period. This workshop will give you the (food) tools you need to keep your immune system strong this season.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
Mindful Eating	Mindful eating might seem like a strange concept, but it's really just a tool for enjoying your food. Learn what the heck mindful eating is, and how to use it to make that double bacon cheeseburger taste even better. Yes, we said double bacon cheeseburger.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
Salads that Don't Suck	Let's face it: kale just doesn't do it for most of us. Join us for a cooking class where you'll learn to make non- traditional salads that are delicious, satisfying, and simple.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub

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Snack City	Let's face it, snacks are awesome. Learn how to make health-ified versions of your favorite office snacks, and simple tools for reading food labels and picking snacks on-the-fly!	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
The Grocery List	Conquering the grocery store is a skill. This workshop takes you through practical strategies for creating an in-budget grocery list, stocking a healthy pantry, and getting the best deals on food.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
Be Energized		
20 min Mindfulness Break	Want to encourage your team to step away from their desk and cultivate a practice of mindfulness? Meditation breaks are twenty-minute meditation sessions where team members can relax, decompress, and reset their brain. The breaks are designed for your unique team, and focus on research-backed meditation techniques.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
DIY Ergonomic Station	When we're working from home, it can be especially challenging to figure out how to arrange our space for healthy bodies and minds. Learn how to set up an ergonomic workstation from head to toe.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub

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Ergonomics Focus	Take a deeper dive into exercises and self-massage techniques for targeted areas or activities, including low back, neck and shoulders, wrists and hands, hips, knees and ankles, sitting, or lifting.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
Intro to Meditation	Mindfulness meditation helps to instantly lower stress and trains your brain to stay calm under pressure. This workshop covers the foundations of meditation along with practices to get you started.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
Mindful Communication	Learn instantly implementable mindfulness-based communication skills to improve your communication and relationships, in and out of the office.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
Mindful Listening	Improve your objective listening skills. Help yourself manage conflict, deepen connections, and bolster self-compassion. Understand how listening shifts dynamics in and out of the office.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
Mindfulness 101	Explore what mindfulness is and the science behind how it affects our brains and bodies. Practice simple exercises you can add right into your routine.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub

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Posture 101	Learn the ins-and-outs of proper posture. Discover common posture pitfalls, and learn stretches and self-massage techniques to combat long periods of sitting or repetitive movements.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
Posture for Stress Relief	Stress affects our bodies in many ways, including our posture. Learn how to use your physical body to release stress and improve your mood and confidence.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
The Productivity Secret	What makes us truly productive? How do we define when we've had a productive day? In this workshop, we'll learn what productivity really means for us, along with simple ways to live and work more productively.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
Space & Sleep	There are many things in our environment that impact our ability to get a good night's sleep. In this workshop, we'll explore how to optimize your space and nighttime routine for maximum zzz's.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
Spring Cleaning	Learn why the timeless practice of "spring cleaning" can actually change your entire perspective on life. This mindfulness workshop is focused on helping you create a physical environment to thrive.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub

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The Stress Response	Gain a deeper understanding of what your stress response is and how it affects your body, along with effective tools to manage acute and chronic stress.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
Be Empowered		
Boundary Setting	Learn how to use mindfulness to set effective boundaries in every area of your life. This workshop combines techniques of mindful listening, mindful communication, and self-compassion.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
Conflict Resolution	Conflict happens, but it's how we deal with it that makes all the difference. Learn powerful skills to resolve internal and external conflict in a way that produces more winners, not less.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
Create Your Own Mission Statement	Come to understand your core drives and values, and learn how outlining them can make hard decisions easier and drive you towards your personal goals.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub

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Empathy	Empathy is the capacity to understand or feel what another person is experiencing from within their frame of reference. This workshop focuses on providing practical examples of how to cultivate empathy.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
Fear of the Future	How do we plan, act, or manage stress when our future is uncertain? In this workshop, we'll discuss how to train our brains to make plans, and find security, even in uncertain times.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
Feedback Loop	Learning how to give and receive productive, honest feedback catalyzes our personal and professional development. This workshop dives into the psychology of feedback and provides practical tips for increasing our receptivity.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
Goal Setting	Have a goal you've been struggling to reach? This workshop takes you through a toolkit of goal-setting practices and techniques for getting you over the hump to reaching any goal.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
Gratitude	Gratitude is a powerful cognitive tool for increasing happiness, purpose, and connection. In this workshop, we'll learn how it impacts the brain and tools for practicing it in daily life.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub

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Know Your Work Style	Every one of us has a unique way that we approach challenges, opportunities, and projects. In this workshop, we'll identify our working style, and learn how it may differ from our peers, employees, and supervisors to help us build positive and collaborative work environments.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
Money Mindset	Our mindset around money shapes our spending habits, saving habits, and ability to reach our goals. Learn what a healthy money mindset means for you and learn the tools you need to achieve it.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
Next Steps	It's not always clear how to move forward, especially during times of stress. This workshop explores helpful context and tools for maintaining perspective and motivation when we're not sure what comes next.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
Our Worry Wiring	Ever feel anxious? Trick question - we all do. Learn the neuroscience and psychology behind anxiety to help you better understand, manage, and address the spectrum of anxiety that impacts our daily lives.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
Practical Self-Care	Self-care is anything we do deliberately in order to take care of our mental, emotional, and physical health. Explore ways to incorporate it into your daily life to boost your mood and productivity.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub

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Random Acts of Kindness	Learn how engaging in random acts of kindness wires your brain for happiness, along with practices you can do to start a chain reaction in your workplace.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
Read Between the Lines	Ever misread an email from a coworker? Us too. This workshop outlines the pitfalls of text-based communication and how to compensate for what's lost through empathy, clarity and mindfulness.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
Remote Work Boundaries	Explore the science behind why and how to set work-life boundaries in your remote workspace including physical boundaries, emotional boundaries, and technological boundaries.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
Resilience	Resilience is a valuable skill in work and life. Learn how to bounce back and manage stress amidst everyday adversity and times of challenge and change.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
Routine Success	Whether you're the spontaneous type or more regimented, habits are a powerful tool for success. This workshop will help you identify and craft habits that support success in life and work.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub

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Self-Compassion	Self-compassion is the act of providing comfort and acceptance to ourselves in the face of adversity. In this workshop, learn tools for practicing self-compassion when our own minds get in the way.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
Striking the Balance	Discuss what in the world work-life-balance really means at your office. This interactive workshop teaches tools for creating a life that's empowered by your work, and workday that's supported by your happiest life.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
The Footprint	Explore simple, but effective ways to use mindfulness to be more environmentally friendly in your daily life. Learn techniques for eating, shopping and commuting mindfully to promote a healthy mind, body, and planet.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
The Same Difference Workshop	Empathy gives us the ability to connect with people who have different beliefs, values, experience, and personalities. This workshop provides a cognitive toolkit for building empathy and enhancing our relationships and communities.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
Virtual Sustainability	Our environment isn't just about the physical world. Our brains are highly influenced by the virtual environments we create for ourselves. This environment focuses on creating a healthy digital environment that supports your mental and physical health.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub

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What's Your Value	What we spend our money on makes a huge difference in our attitudes towards our financial security. Make your money do more for you by learning to spend what you have in a way that supports your values, passions, and needs.	Virtual only On Demand - If client has a hub, all workshops are recorded and made available to employees on the On the Goga Hub
Value-Added/Turnkey Services		
Attendance & Registration Email Report	This simple series of email reports includes all the information you need about workshop attendance and registration. It includes 4 emails: -2 Week Prior: Total Registration # Update -1 Week Prior: Total Registration # Update -1 Day Prior: Total Registration # Update -Day-After Workshop, Summary Email: Total Registration #, Total Attendance #, Name + Email of all Registrants, Name + Email of All Attendees *Price is per workshop, QTY is # of workshops	Virtual only
Custom Workshops	Modify any On the Goga workshop to meet the unique needs and interest of your team, or partner with our organizational psychology team to develop a workshop on a completely new topic specific for your team.	Both
Wellness Based Leadership Training Workshops	On the Goga's leadership workshops are based in organizational and positive psychology research to ensure that leaders are equipped with the knowledge and skills they need to support the wellbeing and performance of themselves, their teams, and the entire organization.	Both

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<p>Program Match Survey</p>	<p>This insight survey identifies which areas of wellbeing are top of mind for your team, and provides specific workshop recommendations, and additional considerations, to directly align our services with your team's needs and interests. Your report includes:</p> <ul style="list-style-type: none"> -Standard Program Match Survey -Survey analysis by On the Goga's organizational psychology team -Customized report with qualitative and quantitative findings from your team -Curriculum recommendations for up to 6 workshops <p>Price is per report, QTY is # of reports</p>	<p>Virtual only</p>
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<p>Pro Hub</p>	<p>The Pro Hub enables you to offer wellbeing workshops seamlessly for remote and hybrid teams. When you have a hub, all of your workshop recordings are made available to your team, and your employees gain access to our Global Monthly Workshops. Employees can sign up for and attend team workshops, browse resources related to our wellbeing workshops, and even connect to your other wellness tools, like the Independence Achieve Wellbeing Platform, in one centralized place. Your Pro Hub Includes:</p> <ul style="list-style-type: none"> -Add your Company Logo + Primary Color for a branded Hub experience -Add up to 5 custom links to your other wellness tools to your Hub each month -Ability to upgrade the Hub with custom pages (branded sign up pages, custom content, etc.)** -Access to the Hub for [Client.Company] Users -A custom login code or approved domain for [Client.Company] Users to join -User access to resources related to our wellbeing workshops -User access to our monthly live, Global Wellbeing Workshops -Easy User signup for On the Goga workshops purchased by [Client.Company] <p>*Price is per month, QTY is number of months **Additional pages may incur additional costs</p>	<p>Virtual only</p>
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Starter Hub	<p>The Starter Hub is the perfect jumping off point for offering wellbeing workshops seamlessly to remote and hybrid teams. When you have a hub, all of your workshop recordings are made available to your team, and your employees gain access to our Global Monthly Workshops. Employees can sign up for and attend team workshops, browse resources related to our wellbeing workshops, all in one centralized place. Your Starter Hub Includes:</p> <ul style="list-style-type: none"> -Access to the Hub for [Client.Company] Users -A custom login code or approved domain for [Client.Company] Users to join -User access to resources related to our wellbeing workshops -User access to our monthly live, Global Wellbeing Workshops -Easy User signup for On the Goga workshops purchased by [Client.Company] <p>*Price is per month, QTY is number of months</p>	Virtual only
Workshop Feedback Report	<p>Learn how workshops are impacting your team with a workshop feedback report. This report is sent within 3 business days after your workshop. Each report includes:</p> <ul style="list-style-type: none"> -Average Workshop Rating -Participant Feedback from Workshops -Quantitative Employee Impact Data <p><i>Price is per report, QTY is # of reports</i></p>	Virtual only

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Wellness Fair/Wellness Day	<p>Virtual well-being workshops - Clients can choose to offer one or more wellbeing workshops from the approved On the Goga Independence Blue Cross Wellbeing Workshop Menu</p> <p>Virtual Wellbeing Coach Tabletop Sessions - Join this unique free-flowing virtual session where participants have the chance to discuss a particular wellbeing topic with an On the Goga coach. Examples include "Ask a Nutritionist about Meal Prepping!" or "Discuss The Ergonomics of Your Workstation with a Physical Therapist!"</p> <p>Wellbeing Week/Wellness Day/Wellness Fair Webpage - On the Goga will create a custom webpage for your wellness day where participants can sign up for workshops, explore the workshop related content, and even access custom content based on your team's needs!</p> <p>Virtual Team Building activities - Choose from any of On the Goga's virtual team building events to offer a fun, interactive way for your team to strengthen remote connection.</p>	Virtual only
Food + Photography Challenge	The Food + Photo challenge will inspire your team to branch out and try healthy recipes. Each week, participants will log into the hub to find the recipe of the week. All they need to do is cook the recipe and upload your photo to the Hub! Anyone who completes all four recipes wins a \$5 gift card and is entered to win the Grand Prize! Talk with you program manager to pick the recipe menu that will match your team's interests and personal budget.	Both

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Hub Challenges	These wellbeing challenges have different themes and are all run through client's wellbeing hub. Challenges include the Mindfulness challenge, Movement challenge, Nutrition challenge, Four-Week Meditation challenge, and Food & Photography challenge.	Virtual only
Wellness Bingo	Our Wellness Bingo challenge engages your team to explore wellbeing in a way that suits their unique interests. The board is filled with mini wellbeing challenges, and participants who get a "BINGO," by completing 5 wellbeing activities in a row, or those who complete "SUPER BINGO," by completing all wellbeing activities, are entered to win a prize.	Both

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