



August 22, 2018

Mr. Paul McCullough  
O2X Human Performance  
1247 Hancock Street  
Quincy, MA 02169

RE: **Request for Proposal (RFP) #18-011** – *Health and Wellness Program Services*

Dear Mr. Paul McCullough:

The Metropolitan Washington Council of Governments (COG) is pleased to provide official notification that O2X Human Performance's response to **RFP #18-011** has been accepted to provide *Health and Wellness Program Services* for Participating Agencies in the National-Capital region (See Attachment).

**COG Award #19-006** to O2X Human Performance shall include the following terms:

<b>Period of Performance:</b>	August 21, 2018 – August 20, 2019, with three (3) one-year renewal options
<b>Award Amount:</b>	Varies by the Participating Agencies
<b>COG Administrative Fees:</b>	2% of gross sales for all contracts made pursuant to this RFP due to COG semi-annually of each contract year
<b>Reporting Requirements:</b>	Semi-annual sales reports due to COG on November 30 <sup>th</sup> (covering May 1 – Oct 31) and May 31 <sup>st</sup> (covering Nov 1 – April 30) of each contract year

This signed award notification incorporates the following and will serve as O2X Human Performance's notice to proceed with contacting the Participating Agencies regarding *Health and Wellness Program Services*:

1. RFP #18-011 – *Health and Wellness Program Services*;
2. O2X Human Performance's Proposal submissions dated July 10, 2018;
3. Attachment F – Rider Clause;
4. Exhibit 1 - Participating Agencies List; and
5. The following pricing structure:

Line Item #	Program Component	Number of Participants	Pricing per Participant
1	Mental health seminars	EACH	\$1,500
2	Physical health seminars	EACH	\$1,500
3	Certifications/certification workshops	EACH	\$1,500
4	Preventative injury screenings	0 - 250	\$200
		251 - 500	\$200
		501 - 1000	\$200
		1001 - 2000	\$200
		2001 - 3000	\$150
		3001 - 5000	\$150
5	Body composition analyses	0 - 250	\$200
		251 - 500	\$200
		501 - 1000	\$200
		1001 - 2000	\$200
		2001 - 3000	\$150
		3001 - 5000	\$150
6	Long-term departmental health profiling and analyses	0 - 250	\$200
		251 - 500	\$200
		501 - 1000	\$200
		1001 - 2000	\$200
		2001 - 3000	\$150
		3001 - 5000	\$150
7	Mobile application	EACH	\$0
8	Gait analyses	0 - 250	\$200
		251 - 500	\$200
		501 - 1000	\$200
		1001 - 2000	\$200
		2001 - 3000	\$150
		3001 - 5000	\$150
9	Evaluation for podiatrist screenings	0 - 250	\$200
		251 - 500	\$200
		501 - 1000	\$200
		1001 - 2000	\$200
		2001 - 3000	\$150
		3001 - 5000	\$150
10	Sleep management education sessions	EACH	\$1,500
11	Nutrition education sessions	EACH	\$1,500
12	Mental performance education sessions	EACH	\$1,500
13	Stress management education sessions	EACH	\$1,500
14	Cancer prevention workshops	EACH	\$1,500
15	Onsite, certified Human Performance Trainer	N/A	\$150,000 (2,000 hours)

Notwithstanding the foregoing, each agency must execute an individual agreement with O2X Human Performance to begin participation.

COG thanks O2X Human Performance for your Proposal response and looks forward to working with you.

Please feel free to contact me at [purchasing@mwkog.org](mailto:purchasing@mwkog.org), if additional information is requested.

Best regards,

Rick D. Konrad  
Contracts and Purchasing Manager