

Introducing Wellness Champions in Your Wellness Program

Wellness Champions are employees that contribute to the success of our wellness program. Our champions make a strong effort to actively recruit fellow employees to participate in our Worksite Wellness Program. They represent their coworkers by sharing ideas and concerns about wellness initiatives and at the same time raise enthusiasm for program activities.

Wellness Champions also reinforce program messages, spread the word about opportunities to participate in program offerings, and model the behaviors that companies are trying to encourage by keeping employee health top of mind among their peer group.

Wellness Champion Objective: Serve as an ambassador and resource to build a sustainable culture of wellness by communicating the wellness program options to co-workers, while providing program feedback to the management team.

Attributes of a Successful Wellness Champion:

- Passion for personal health & wellness
- Desire to help others
- Energetic
- Strong communication skills



Responsibilities:

- Lead the wellness initiative by example through practicing healthy behavior and leading a healthy lifestyle
- Use your passion for health to serve as a role model and positive influence on our workplace culture.
- Support the wellness program to help achieve program goals and objectives by assisting in communicating the programs through emails, social media, displaying provided materials (posters, flyers, etc...)
- Serve as a trusted source for collecting feedback and input from current wellness participants
- Maintain communication with their supervisor regarding activities related to being a Wellness Champion
- Attend and participate in the Wellness Committee meetings
- Recruit volunteers within the company to assist with health promotion activities
- Coordinate logistical arrangements for onsite screenings and events
- Determine the best approach to engage high participation
- Complete the wellness assessment survey to identify areas of risk
- Enlist support and involvement of local non-profit health agencies to supplement your program resources
- Familiarize yourself with our policies that encourage health
- Strive to build a culture of wellness within the office/department/building
- Identify potential employee success stories and share them with (Company) employees
- Coordinate activities to "kick-off" your wellness program

Diversity

The Wellness Champion role is an additional, volunteer duty that is allowed on company time but will not interfere with primary job duties

Term Length

In an effort to maintain fresh program ideas, Wellness Champions will serve a 1-year term; however, management may offer extended terms. Positions are subject to change based on constant evaluation to ensure equal and effective representation.