

What is a Wellness Champion?

A Wellness Champion is an employee who advocates and promotes health and wellness to other employees at their worksite.

Summary

- Champions must have approval from their supervisor.
- Champions coordinate and support wellness activities at individual worksite locations.
- Champions promote, advertise, and encourage participation of Countywide sponsored wellness activities, screenings, campaigns, and special events.
- Champions attend monthly check-in calls throughout the year and semi-annual meetings.



Champion Expectations

- Become familiar with wellness objectives and programs
- Attend semi-annual Champion meetings and trainings
- Attend other meetings, events and activities as needed
- Communicate, promote and clarify program information to coworkers through email, flyers, and posters provided by Wellness Program team
- Proactively communicate with Wellness Program team regarding barriers, questions, or any other support needed in order to perform Champion duties effectively
- Represent coworkers by collecting and communicating ideas and feedback to the Wellness Program team
- Track employee attendance at wellness activities and events at the Champion's worksite
- Collect evaluations at wellness activities and events at the Champion's worksite
- Support the modeling of healthy habits in the workplace

Support from Department Management

- Approve Champion participation in the program
- Allow the Champion time at staff meetings for wellness updates and distribution of materials
- Provide meeting rooms if available as needed for wellness activities
- Allow the Champion to utilize space in a common staff area to post wellness materials
- Provide a supportive environment that promotes healthy behaviors
- Encourage staff participation and acceptance by supporting and promoting wellness activities, including but not limited to, healthy snacks, beverages and meals at department meetings and activities; interdepartmental challenges; worksite stretching or mindfulness breaks, etc.

Contact

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