

## What is a Wellness Champion?

**A Wellness Champion is an employee that 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 meetings and conference calls periodically throughout the year.



### Champion Expectations

- Participate in champion orientation by Wellness staff
- Attend Mid-Year and End-of-Year meetings
- Attend other meetings, events and activities as needed
- Communicate information to coworkers through email, flyers, and posters provided by Wellness staff
- Promote wellness activities and events
- Track employee attendance at wellness activities and events
- Collect evaluations at wellness activities and events
- Support the modeling of healthy habits in the workplace

### Support from Management

- Approve the champion participating 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

### Contact

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