



WORKFORCE STRATEGY, EQUITY AND ENGAGEMENT
Human Resources

WELLNESS 
CHAMPIONS

Coming soon

BENEFITS OF WORKSITE WELLNESS

Employee

- Supports healthy behaviors
- Added benefit of employment
- Feel valued by organization
- Creates a fun, supportive place to work

Employer

- Improves employees health (fewer sick days)
- Supports a more productive workforce
- Increases employee morale
- Assist in employee retention
- Recruit top talent
- Choice employer

WELLNESS CHAMPIONS

Goal:

- Wellness Champions in each school/division by 2022

Wellness Champion Responsibilities:

- Lead a school/division wide wellness committee
- Complete a worksite assessment (CDC Scorecard)
- Select & implement 2-3 wellness initiatives annually
- Report progress each semester

Supports:

- Monthly trainings & networking opportunities
- Wellness toolkit library



CHARACTERISTICS OF WELLNESS CHAMPIONS

Wellness Champions serve a key role in successful worksite wellness programs.

- Enthusiastic about health and wellness
- Active at your worksite
- Supportive of co-workers who are taking steps to live healthier lives
- Want to make a difference at your worksite

Time Commitment: 6-8 hours per month

STEPS FOR SUCCESS



Obtain Leadership Support

Designate a Wellness Champion & Committee

Assess Workplace Needs & Employee Interest

Plan & Prioritize

Promote & Implement Workplace Wellness

Report, Reflect, Improve

Have fun!

INCENTIVIZING WELLNESS CHAMPIONS

***Incentives will support programs & motivate
Wellness Champions to serve as a leader.***

- Wellness Champions can earn points each semester for wellness activities, programs and meeting goals.
- Incentives may include items such as snack packs, blood pressure monitors, water bottles, stretch bands and more!
- Recognized on our employee wellness website





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QUESTIONS?

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TOTAL WELLBEING
HEAD · HEART · HEELS