# 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
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
Questions?

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