

Wellness Champion Description

The state of Indiana is committed to employee well-being. Join us in raising awareness and engagement in healthy practices at your worksite!

Wellness Champion Objective

Get your co-workers excited about wellness! Raise awareness of wellness resources, plan fun wellness events, and help promote a culture of wellness at your work location.

Attributes of a Successful Wellness Champion

- Passion for personal health & wellness
- Desire to help others
- Energetic
- Strong organization and communication skills
- Involvement in your worksite's employee engagement committee (if applicable)

Responsibilities

- Be engaged
 - Read monthly newsletters sent by the state's wellness program director
 - Attend quarterly wellness champion meetings and calls
 - Use the information!
- Raise Awareness
 - Share information with your worksite (for example: agency/division newsletters, emails, internal employee websites, post flyers)
- Create Opportunities
 - Plan events that get people talking about wellness or trying new healthy ideas
 - Organize participation in local wellness events
 - Start a wellness challenge at your worksite
- Communicate and Collaborate
 - Keep supervisor informed of time commitments and planned Wellness Champion activities
 - Time spent on Wellness Champion activities is allowed on state time, but may not interfere with primary job duties and must be approved by your supervisor
 - A reasonable amount of time involved with responsibilities listed above is no more than four (4) hours per month

Diversity

To create the most successful network of Wellness Champions, the Invest In Your Health team will explore representation from all levels, agencies, and locations to ensure appropriate coverage and diversity.