

What does a wellness champion do?

- Having a wellness contact and advocate at a local level is critical in driving engagement in your wellness programs. The champion is an ambassador within your organization that helps promote and encourage health and wellness. Champions will be the point of contact for your wellness program and help influence communication efforts and create an overall culture of health. They will be provided with a range of tools to help promote the programs: teleconferences, assistance planning wellness events, access to communication materials, and ongoing education and sharing of ideas and best practices.

Wellness Champion responsibilities:

- Act as a role model for workers by working to maintain or improve personal health.
- Understand, support, communicate, and encourage engagement in wellness programs and tools.
- Serve as a resource to the workers at your ministry who want to learn about health and wellbeing resources and direct them to the proper resource(s).
- Participate in calls/webinars/group discussions to learn about and discuss programs and culture and share information with the other wellness champions.
- Share feedback on what is and isn't working for your organization.

Who can be a wellness champion?

- A wellness champion can be anyone who has an affiliation with your ministry; it does not have to be the healthiest person at your organization. Look for someone who has a heart for those who serve in ministry and is passionate about wellness, committed to building a culture of health, and has a sincere desire to make positive changes in the culture. A wellness champion does not need to be a Concordia Health Plan member or even a paid employee.

