

Wellness Champion Role

Purpose

Wellness Champions help to enhance the acceptance and success of the HealthQuest wellness program activities by encouraging employee ownership of the program. Having a Champion as a point of contact at each worksite provides program support and implementation at the "grass roots" level.

Meetings

The HealthQuest Wellness Champion Network meets once a month for approximately 30 minutes via audio and web conference.

Terms

Each member will serve a minimum term of one (1) year.

Qualifications

- Sincere desire to help fellow employees enhance their quality of life.
- Commitment to help the Wellness Program succeed.
- Available to meet at least once a month for 30 minutes.

Responsibilities

- Actively promote HealthQuest program activities within your agency through use of meetings, emails, posters, intranet, newsletters, etc.
- Help with promotion and set up at onsite biometric screenings.
- Assist with planning onsite programs/events.
- Provide feedback to the HealthQuest about your thoughts, ideas, and suggestions, as well as feedback from your coworkers.
- Recommend policy and environmental changes that are aimed at improving the health and well-being of employees.

Contact

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***Wellness Champion Network Mission Statement:
To help employees achieve wellness balance and create a culture of health in Kansas.***