



Montana University System Wellness Champion INFORMATION

What is the Wellness Champion Team?

The **Wellness Champion Team** is comprised of Montana University System (MUS) faculty and staff who support the mission of the Montana University System Wellness program. Wellness Champions help create a wellness culture at work by increasing the visibility of the MUS Wellness program and facilitating the opportunity for all employees to take advantage of our health/wellness benefits. The MUS Wellness Program has undergone recent changes and employees can expect to see many new, fun, state-wide Wellness programs in the coming months. It's an exciting time to be involved with the MUS Wellness Program and we will be counting on our Wellness Champion Team to help make these new programs a success!

What is a Wellness Champion?

A **Wellness Champion** is someone who has a sincere desire to support healthy lifestyle and disease prevention strategies in the workplace. This person has a strong commitment to improving his/her own health and a desire to help others achieve success as well, regardless of where he/she is on the path towards optimal wellbeing.

What is involved:

- **Volunteer** to commit 1-2 hours/month for one year. Wellness Champions may serve additional years if desired.
- Volunteer to attend quarterly meetings (may be in person or via telephone conference call) so that you can be empowered with all the necessary information to be a successful MUS Wellness Champion.
- Volunteer to assist with coordination of *WellCheck* events and flu shot clinics on your campus.
- Be a Wellness **advocate or mentor** by promoting Wellness services in your department/building(s), which may include:
 - Encouraging current or new employees to participate in MUS Wellness programs on your campus
 - Promoting Wellness events during staff meetings
 - Promote the utilization of MUS Wellness resources to your co-workers

The Mission of the Montana University System Wellness Program is to help our plan members stay healthy, by providing and incentivizing preventive health screenings, healthy lifestyle education and support, and disease prevention/management programs

Are you a Wellness Champion?

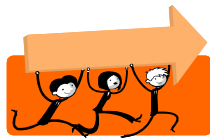
- Will you be able to attend periodic brief meetings and maintain email/phone communications throughout the year as necessary?
- Are you supportive, enthusiastic, and encouraging of others?
- Are you respectful of others' privacy and compliant with confidentiality standards?
- Will you be supportive of the MUS Wellness Program's Mission?
- Will you gain support from your immediate supervisor?

Intro Meeting Date: TBA

- Get acquainted with Wellness staff and other Champions
- Review *WellCheck* calendar and other timeline of events

Benefits: (What you will receive in appreciation for your time and service)

- MUS Wellness t-shirt, coffee mug or water bottle, and other wellness goodies throughout the year
- Recognition on the MUS Wellness website
- Subscription to MayoClinic Embody Health newsletter
- Opportunity for ongoing health, nutrition, and fitness education
- Satisfaction and pride in knowing you help improve other people's lives



TEAMWORK

Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has. – Margaret Mead