



Wellness Champions

Building a healthier workplace



WHAT IS A WELLNESS CHAMPION



A Wellness Champion serves as a representative and advocate for the employee wellness program. The Wellness Champion provides information regarding upcoming Thrive events and activities and communicates employee feedback/concerns to the Health and Wellness Department. Wellness Champions work both independently and as a team to ensure that the responsibilities of being a Wellness Champion is not overwhelming and does not interfere with work responsibilities. The Wellness Champion, with the help of Thrive, helps promote a culture of wellness among their team and BSWH.

Does this sound like you?

- An advocate for employee wellness
- A role model for healthier living
- Someone who is passionate about their own health and wellness with desire to help improve health of others

**The responsibilities of the wellness champion are limited and should not interfere with everyday work.*

<30 minutes
a month

Time Commitment

Be a
**ROLE
MODEL**
for wellness

WE ARE IN IT TOGETHER



Discover your “why”

Wellness matters-- and you get to be a part of improving Baylor Scott and White’s wellness culture.

Make a difference...

- Promote disease prevention measures
- Minimize chronic conditions
- Improve workplace satisfaction

Grow professionally...

- Develop leadership skills
- Practice presentation skills and public speaking
- Enhance peer relationships
- Learn program strategies

Gain motivation...

- Gain built-in accountability
- Set the example for your team or department
- Experience camaraderie
- Take advantage of additional wellness resources

A healthy
wellness culture
starts with
YOU

WE NEVER SETTLE



What does a Wellness Champion do

- Helps promote wellness programs and events set forth by Thrive
- Gauges interest and receives feedback from peers
- Develops own wellness initiatives and integrates them into work environment

Be an ambassador for Thrive
– know what Thrive offers each month and share with your department/team

Have you completed your Thrive Requirements?

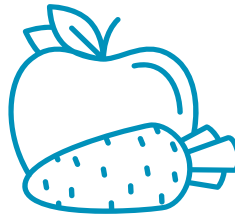


Create your own wellness initiatives
– these can be both in-person and virtual

Plants are great for self-care!



WE SERVE FAITHFULLY



Ways to excel as a Wellness Champion

| PHYSICAL | EMOTIONAL | SOCIAL | PROFESSIONAL | FINANCIAL |
|---------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
| Host class on better eating habits or healthy food demonstration | Promote Employee Assistance Program (EAP) to colleagues | Start walking group/club – this can be tied to a walking challenge | Host deep breathing, stretching, or meditation exercises throughout day | Encourage team to bring home-made lunch to work for a week |
| Encourage co-workers to open gym membership or sign-up for online fitness class | Share one thing you are grateful for during next huddle. Have others do the same. | Less screen time challenge – have people record their screen time one week and encourage people to use less the next week | Host a professional networking 101 workshop | Start a savings challenge |
| Start a walking or physical activity challenge at work | Encourage people to take relaxation breaks throughout the day (walks, stretching, meditation, etc) | Share volunteer opportunities in your communities | | Direct co-workers to Empower Retirement webpage or host a workshop demonstrating some of the tools on the site |

Be the health
ADVOCATE
of your team

BECOME A WELLNESS CHAMPION



Next steps to become a Wellness Champion

Are you ready to be a Wellness Champion? We are excited to welcome you to our elite team of health advocates. Together we can make Baylor Scott and White the healthiest workplace in Texas. Let's do this!

1. Fill out the Wellness Champion Application
2. Watch the Wellness Champion training video *coming soon*
3. Submit a short bio and picture
4. Let your manager know you joined this elite team

What to expect...

- After you apply, one of our Wellness Advisors will reach out to you and add you to our Teams chat.
- You will begin to get insider wellness information immediately.
- Thrive will also facilitate any wellness event ideas you have for your team and department.





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Email Thrive@BSWHealth.org to apply or learn more!

