



## Wellness Champion FAQs

### **What is a Wellness Champion?**

A Wellness Champion is a liaison between their work department and the Wellness Works health and wellness program. Champions know their colleagues and can have an advantage in motivating them to make healthy changes. Champions take ownership of the program and act as the messengers and motivators to help increase employee awareness and participation in the wellness program.

### **What is in it for me?**

Being the first to know of the current Wellness Works Program happenings, having a positive impact on the culture of wellness within your department, recognized by your managers and supervisors in the volunteer work that you do, and having colleagues acknowledge you as a leader in wellness.

### **What is the time commitment?**

The time commitment varies according to each department. It is recommended that the Wellness Champion commits to anywhere from 10 minutes to 30 minutes each month for meetings and or wellness events.

### **How long must I commit to being a Wellness Champion?**

The wellness program requests a one-year commitment.

### **Are there meetings I must attend?**

There will be an annual orientation meeting. Wellness champions are also asked to commit to phoning in for a once per month conference call and attending in-person quarterly meetings.

### **How often do I communicate with Wellness Champion?**

Communication is an important part of the program. There will be a correspondence email each month. The emails will keep you up-to-date on upcoming wellness programs at the City of Memphis and any other information regarding the Wellness Champion. In addition, you may contact us with any questions or concerns or ideas you have at any time.

### **Where do I pick up flyers or posters to distribute?**

Flyers will be emailed to you, so that they can be printed and hung in your department. Once Sharepoint is up and running we will post documents there as well.

### **What is my role in program planning?**

Wellness Champions have the opportunity to provide feedback about programs. The information will be used to help improve future programs. In addition, Wellness Champions are encouraged to share any brainstorming ideas that they may have. Lastly, Champions will play a role in recruiting colleagues in their department to enroll in the various programs offered by the Health and Wellness program.

### **What happens if I feel that I cannot fill my duties as a Wellness Champion for my department?**

If for any reason you feel that you are unable to fill your duties as a Wellness Champion, contact one of the

City of Memphis direct liaisons and let them know of this change and we will be able to help you make arrangements for stepping down from your position.

**For additional questions and concerns contact:**

Direct Liaisons:

Melundee Scott, Wellness Coordinator - 901-636-6574

Ann Thompson, Wellness Specialist - 901-636-4949

If you would like to be a Wellness Champion for your division, contact the Wellness Coordinator.