

2023 WELLNESS AMBASSADORS

How do YOU fulfill your role as a Wellness Ambassador?

Each quarter, choose to complete as many additional tasks as you'd like, and earn Wellness Points!

YEARLY REQUIREMENTS

- Update your contact information by filling out [this survey](#).
- Create or log into your Wellness Portal and complete activities to earn points
- Attend one of the Ambassador Orientation meetings (or attest that you have watched the recording)
- Participate in at least one LiveWell challenge or event

Each quarter, you'll receive an email with a form so you can report what additional tasks you completed.

OPTIONAL TASKS

INFORMATION

- Forward the monthly Ambassador Email to your team
- Forward a blog, graphic, or social media post to your team
- Attend one of the Ambassador Quarterly Updates Meetings
- Print and post the monthly events poster
- Help another employee get a LiveWell question answered

INSPIRATION

- Invite your team to a specific webinar or wellness event
- Distribute information about local wellness resources like walking paths, best lunch spots, or best spot to sit outside on a break
- Create and maintain a Wellness bulletin board
- [Suggest an idea](#) for a wellness program or activity

ACTION

- Plan a one-time employee wellness event for your team, like a potluck or team building activity
- [Invite a speaker](#) from LiveWell or our partners to your staff meeting or event
- Implement a recurrent Wellness event, like a lunch time walking group or holding Wellness Breaks at staff meetings
- Host an internal Wellness Challenge



Blueberry: 2-4 tasks (10 points)



Kiwi: 5-7 tasks (20 points)



Grapefruit: 8-10 tasks (30 points)



Watermelon: 11+ tasks (40 points)