

Volunteer to be a Wellness Ambassador for your worksite!

Whether you are working remotely or onsite, you will be the face of Wellness for your coworkers! In terms of time commitment, you can commit as many minutes/ hours/ days as you want and certainly based on your job duties and schedules.

Your involvement could be as little as forwarding on Wellness-related emails/ communications to the employees with whom you work. They are more likely to open an email from you than possibly a general email that goes out from us. Some Ambassadors are very involved and do things like creating a wellness board at the worksite (or virtually!), sponsoring a healthy potluck (could be virtual as well), encouraging employees to take breaks, eat lunch (not at the computer), maybe schedule a lunch walk, even if people are remote. Or, you can just make a check-in with coworkers, in person or virtually, with a positive note or message, to brighten their day. The possibilities are endless!

We hope you will take Wellness to heart in whatever that means for you and be the best example of it for your coworkers! Just making yourself available to field questions about the portal or program would be fantastic. Remember, you can always reach out to us with questions or you can always refer your employees directly to us. We are always happy to help! We appreciate whatever you can give us.

These ideas can be reinterpreted for a remote or virtual setting, using emails, calendar invites or Teams.

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)