



Cleveland Clinic Wellness Champion Program Guide

Program description, roles, recruitment and tools

Wellness Champion Description, Role and Recruitment

A key element in creating a culture of health includes a robust, local network of Wellness Champions.

The Wellness Champion network is critical to creating a culture of health and well-being. As Wellness Champions, you will help disseminate and promote well-being programs, as well as engage caregivers in various health activities and challenges.



Here's how you will help create a culture of health at your work location:

- **Be a Resource!** You don't need to know everything, but you can help caregivers find what they're looking for. For example, on the [Caregiver Well-being Connect Today](#) page and the [Employee Wellness website](#), there are many resources to help support caregivers on their personal health journey.
- **Spread the word!** Be a key point person or resource for caregivers at your location. Share information about the well-being programs and events happening both system-wide and locally.
- **Network!** Join monthly calls and share best practices with other champions. Create and inspire your local wellness committee to help develop a culture of health and wellness.
- **Share!** We know you have many ideas of ways for developing a stronger culture of wellness. We want to hear from you during our monthly calls!
- **Get creative!** Explore and develop new ways to engage your fellow caregivers. Support system-wide challenges and events, and create local activities and programs to encourage better health and well-being.



Time involved: Wellness Champions are asked to attend a half hour conference call on the 4th Tuesday of each month and promote and participate in well-being programs, challenges and activities (e.g., resource fairs, lunch and learns, walking clubs and promoting local activities, promotions, and educational opportunities on improving health and well-being in your community).

If you are interested in joining the Wellness Champion team, visit:

<https://www.ccemployeewellness.com/wellness-champions>, click on the "Join Our Team" button, and fill out the online application. For additional questions email wellness@ccf.org.

Wellness Champion Frequently Asked Questions (FAQs)

Why was the Wellness Champion program initiated?

Building a sustainable culture of workplace well-being requires passionate, committed individuals. Creating an integrated network for these individuals to connect and communicate with Employee Wellness and each other will strengthen that culture.

What does a Wellness Champion do?

Wellness Champions provide an ongoing two-way channel of communication between caregivers and Employee Wellness. They encourage sustainable, healthy behaviors among caregivers, participate in system-wide and local well-being challenges, inform colleagues about wellness activities, and educate caregivers on Cleveland Clinic resources and other sponsored vendors.

How long can I volunteer to be a Wellness Champion?

We ask that Wellness Champions commit to serving a minimum of one year but encourage them to serve longer if desired. When a Wellness Champion decides to step down, we ask them to inform Employee Wellness at wellness@ccf.org. We encourage them to recommend a caregiver that may be interested in succeeding them as a Wellness Champion in their department.

Do Wellness Champions get paid?

The role of a Wellness Champion is a volunteer position, and we honor your time and willingness to serve as a champion.

Will there be any required meetings?

Each month, one, half-hour virtual meeting takes places in which Wellness Champions share best practices about activities and events.

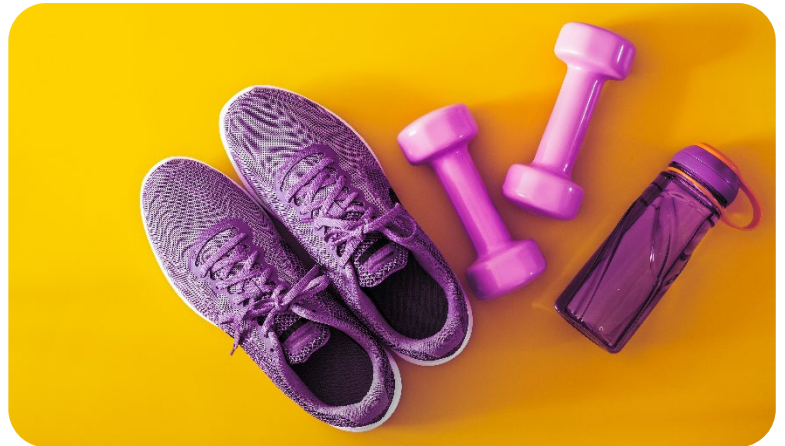
When is this meeting held?

This meeting is held on the fourth Tuesday of each month between noon and 12:30 p.m. During that call, we will announce any new and upcoming challenges, programs and events, share what is working in our areas, and recognize all champions' great work. Wellness Champions receive a call recap with meeting minutes, links and attachments of the information covered.

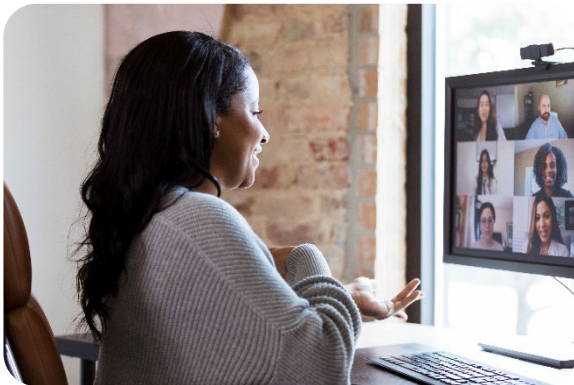
Wellness Champion Guide to Starting a Wellness Committee

Objectives

- 1) Increase caregiver awareness of health and wellness.
- 2) Help caregivers feel better about the environment they work in.
- 3) Foster a culture that contributes to improving and supporting healthy behaviors for caregivers.



Getting Started



Recruit and select members for your committee

Members should be caregivers who demonstrate a passion for well-being and a commitment to promoting wellness programs in the workplace.

Schedule Meetings

Determine meeting length and frequency (weekly, monthly, quarterly) needed to accomplish your objectives. Formulate a meeting itinerary with clear, measurable goals and agree on a method of follow up.

Communication

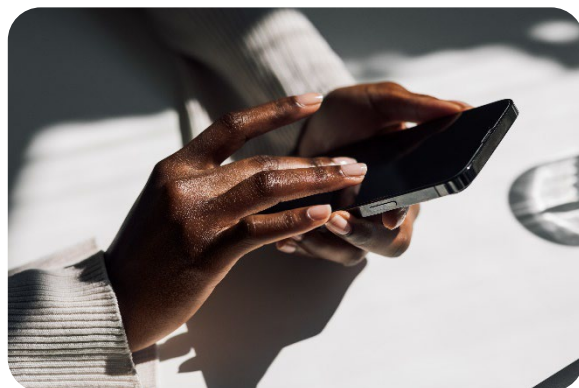
Decide the most effective way to communicate wellness information, resources and upcoming events and activities to your caregiver population (e.g., wellness information boards, newsletters, emails and department huddles).

Get connected to the Wellness Champions Team

Encourage your members to join the Wellness Champions.

For more information or to join, go to:

<https://www.ccemployeewellness.com/wellness-champions>



Resources

Promotional Flyer

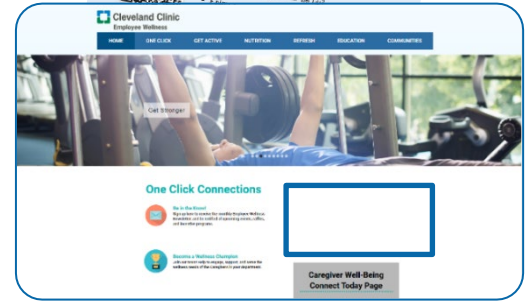
Post or share the [Wellness Champions recruitment flyer](#).



Employee Wellness Website

Access information about Cleveland Clinic Fitness Centers and much more.

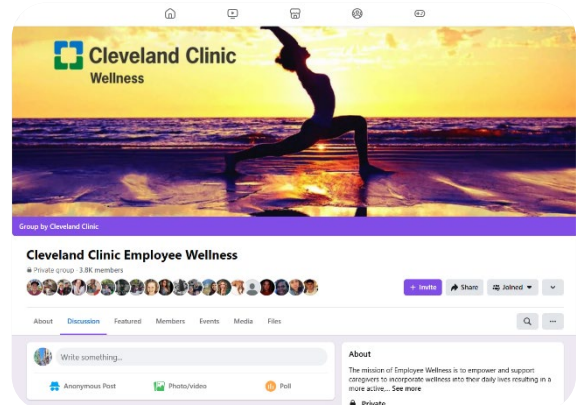
Go to: <https://www.ccmpleywellness.com/>



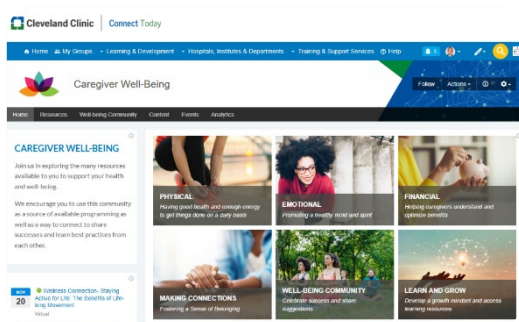
Employee Wellness Facebook Page

Join the Cleveland Clinic Employee Wellness Facebook page to stay connected. View the latest wellness updates, live streamed fitness events, cooking demos, work from home wellness tips, yoga on demand, stress management resources, and much more!

Go to: <https://www.facebook.com/groups/643094719119882/> or search “Cleveland Clinic Employee Wellness”.



Caregiver Well-Being Connect Today



Access the many resources available to support your health and well-being all in one place. Easily find information on physical health, lifelong learning, social connection, well-being communities and emotional and financial well-being.

Go to <https://ccf.jiveon.com/community/caregiver-well-being>



Have questions or need additional information? Email wellness@ccf.org.

