

What Does a Wellness Team Do?

1.

Acts as role models, but are real people.

2.

Enables others to participate.

3.

Links employee interests and health risk priorities.

4.

Meets regularly and share progress with employees.

5.

Operates best with effective leadership.



TIPS:

- Identify co-leaders
- Rotate roles
- Communicate

Wellness Champion/Team Activities

Determine wellness team foundation:

To help drive a successful comprehensive worksite wellness program pull together key people in your organization. Use the information from the HAWP 101 training to bring your wellness team together and establish a strong foundation.

- ✓ Assess what is in place. Are you developing a new team or merging existing teams (i.e., wellness and safety)?
- ✓ Select a worksite health team leader.
- ✓ Establish a wellness team structure and representation including: mission, roles and responsibilities, meeting frequency, budget (use the sample worksite health team charter).

Build support with key leaders:

Identify key people in your organization who are in positions of influence to support the worksite health team. Use the information from the HAWP 101 training to build support for the worksite health program among these individuals.

- ✓ Link worksite health to the business strategy.
- ✓ Link program outcomes to employee financial/health benefits.
- ✓ Integrate worksite health responsibilities into job descriptions/annual reviews and job performance criteria.
- ✓ Implement a senior-level worksite health pilot program.

Identify barriers & strategies to reduce the impact of them:

Identify 2–3 barriers to worksite health in your organization (consider leadership support, policies, environment, and work culture). For each barrier, identify 1–2 ways the barrier could be reduced or removed. Use this information for reference and incorporation into your worksite health improvement plan.

Develop a program name and logo:

It can be helpful to brand all program communications for consistency and easy recognition by your workforce.

- ✓ Leverage existing brand equity /integrate into corporate culture.
- ✓ Involve employees in name/logo process.
- ✓ Use images that reflect your employee population.