



# CLEVELAND CLINIC WELLNESS CHAMPION

## Program Guide

Program description, roles, recruitment and tools

Employee Wellness  
[wellness@ccf.org](mailto:wellness@ccf.org)

## 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 create local caregiver engagement 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 will help caregivers find what they're looking for whether on the Caregiver Well-being Connect Today page, Employee Wellness website, or elsewhere – there are lots of 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 contribute / share best practices with what you're doing with other champions. Create and inspire your local wellness committee to help develop a culture of health and wellness.
- **Share!** We know you've got tons of creative ideas of ways to develop 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 also 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 4<sup>th</sup> Tuesday of each month and promote and participate in well-being programs, challenges, and activities (i.e. resource fairs, lunch and learns, walking clubs, promoting local activities, promotions, and educational opportunities on increasing 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](mailto:wellness@ccf.org).

## Wellness Champion Application Email Response

Hi (Name), thank you for your interest in the Wellness Champion program. We are looking for caregivers that are passionate about spreading a culture of wellness throughout the workplace and community. As a Wellness Champion, you will be helping the Employee Wellness team convey important information about wellness resources, activities and events to your fellow caregivers. We have monthly conference calls on the 4th Tuesday of the month from 12pm to 12:30pm to go over upcoming events and share best practices for putting together wellness activities for your caregiver teams. You will also receive wellness updates and news throughout the month. Please confirm that you are interested in participating, and we will add you to our contact list and send you an Outlook invite to our monthly call. Let us know if you have any questions. Thank you and have a great day!

## 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 will provide an ongoing two-way channel of communication between caregivers and Employee Wellness. They serve as a resource to encourage sustainable healthy behaviors within our community of caregivers, participate in system wide and local well-being challenges, inform their fellow caregivers about wellness activities, and promote health practices by educating colleagues on all the resources available within our organization and other sponsored vendors, as well as leading by example.

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. We ask that a when Wellness Champion decides to step down that they inform Employee Wellness at [wellness@ccf.org](mailto: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?

There will be one half hour conference call scheduled each month. Great ideas happen through engaging conference calls where Wellness Champions can share best practices on activities and events.

When is this meeting held?

This meeting is held on the fourth Tuesday of each month between 12:00pm and 12:30pm. During that call, we will announce any new and upcoming challenges, programs, and events, share with each other what is working in our areas, and recognize all the good work going on around the system. A call recap will also be sent out with meeting minutes, links and attachments of the information covered.



# Join the Wellness Champion Team!

*Are you:*

- Passionate about wellness?
- Interested in helping coordinate wellness events?
- Want to inform fellow caregivers about wellness news?
- Want to make a positive impact in the lives of fellow caregivers?

***Then Employee Wellness wants you!***

To sign up or for more information go to [clevelandclinic.org/employee wellness](http://clevelandclinic.org/employee wellness) or email [wellness@ccf.org](mailto:wellness@ccf.org)

## 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 that 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 in order 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. (Wellness Information Boards, Newsletters, Emails, Department Huddles) \_

Get connected to the Wellness Champions Team: Encourage your members to join the Wellness Champions. The team has monthly conference calls to review wellness resources and share best practices on ideas for events and activities. Wellness Champions also receive monthly updates to stay connected to all the latest wellness information. For more information or to join, go to <https://www.ccmpleeewellness.com/wellness-champions>

### Existing Resources to Help

Employee Wellness Website: Access information about Cleveland Clinic Fitness Centers, Stress Management, Yoga, Sleep, Nutrition, Wellness Education, Upcoming Events, Area Wellness Resources and much more. Go to <https://www.ccmpleeewellness.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 as well as 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](mailto:wellness@ccf.org).