

# Wellness Champion Pledge

The goal of the Wellness Champion Network is to positively influence the working culture and environment and promote wellness for the workforce across the state. Members of the network actively promote health and wellness and encourage their co-workers.

Our wellness champions are recognized as true leaders because they are acting as HealthQuest ambassadors at their own locations. To enhance the impact of the Wellness Champion Network and empower our champions, we have partnered with an outside expert to provide leadership development during each meeting.

The motto of the Wellness Champion Network, *Wellness – From Attitude to Action*, was chosen by our current champions because it represents our mission to influence the wellness of our co-workers in both mind and body. In joining the Wellness Champion Network, all we ask is that you have a desire and commitment to make a positive impact on the wellness of your worksite!

## As a wellness champion, I will strive to:

- Attend one meeting each month for 45 minutes via webinar and phone conference. The monthly meetings include program updates, idea-sharing, learning from each other and leadership development. As a bonus, I will receive 1 credit for each Wellness Champion meeting I attend.
- Actively promote health and wellness at my worksite:
  - Spread the word about HealthQuest program activities.
  - Share resources and information about national wellness observances, local wellness events, useful online resources, etc.
  - Use creativity to implement communication campaigns and wellness challenges/competitions.
- Provide feedback to HealthQuest about my thoughts and ideas, as well as feedback from my co-workers.
- Engage in the leadership segment of the meetings by exploring the resources provided, applying concepts in life situations and sharing insights with the group.

## **YES!** I would like to be a HealthQuest Wellness Champion!

**I agree to support the HealthQuest program as a wellness champion, and to work with my local management and worksite to support initiatives and promote wellness. I understand that as a wellness champion, I will assist with empowering all employees to make informed decisions that positively impact their health. The HealthQuest team can count on me to be a messenger and motivator and to help gather information from my coworkers and managers to improve the program and create a culture of health.**

\_\_\_\_\_  
**Signature**

\_\_\_\_/\_\_\_\_/\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Printed Name**

\_\_\_\_\_  
**Agency**

**Wellness Champion Network Motto:  
*Wellness – From Attitude to Action***

# Wellness Champion Data Sheet

Name: \_\_\_\_\_

Agency: \_\_\_\_\_

Mailing Address: \_\_\_\_\_  
(preferred address to receive committee information)

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: ( \_\_\_\_\_ ) \_\_\_\_\_  
(preferred number for us to reach you)

Email Address: \_\_\_\_\_  
(preferred email to receive committee information)

10-digit Employee ID: \_\_\_\_\_  
(for the purpose of awarding HealthQuest credits)

(\_\_\_\_\_) YES I have received permission from my supervisor to be part of the Wellness Champion Network.

**Yes**, I authorize to share my contact information with the Wellness Champions Team.

**No**, I do not authorize to share my contact information with the Wellness Champions Team.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_