

Wellness CHAMPIONS



Motivate. Advocate. Connect.

Frequently asked questions

N Good Health's mission is to make Norton Healthcare the healthiest health care system in the region. We're well on our way with the support of our Wellness Champions. These employees are part of a larger network of leaders and staff who are focused on creating a well workforce.

You can become a Wellness Champion too! Scroll through the questions below to learn more about the program and how you can get involved.

Who can be a Wellness Champion? Any Norton Healthcare employee can join our team of Wellness Champions, no matter your role or department. You just need to be committed to creating a culture of health and wellness in the workplace.

What are the responsibilities of a Wellness Champion? As a Wellness Champion, you'll be an advocate of health and wellness who motivates and connects others to participate in systemwide programs and health initiatives supported by N Good Health. Other duties include:

- Recruiting other staff to the Wellness Champion program so it thrives
- Maintaining an active N Good Health profile and completing the 4 steps
- Serving as the point of contact between N Good Health and employees in your unit/department/practice/facility
- Attending at least five monthly meetings per year
- Volunteering at least four hours at any N Good Health-approved wellness-related event each year

Your Wellness Champion responsibilities should be completed before or after your scheduled shift unless approved by your leader.

What events qualify for volunteer hours? You must complete four hours of volunteer service at an N Good Health-approved event between January and October each calendar year. You must track and submit your hours through our Wellness Champion Online Tracker by Oct. 1.

The following volunteer activities are approved:

- Arrange a time for N Good Health team members to present at team meetings or facility events (October to September)
- Support facility Health and Wellness Fairs (February)
- Lead a walk on National Walking Day (April)
- Volunteer at Throo the Zoo or Chili's® Clip for Kids (May)
- Participate in the Corporate Games (June)
- Support the Get Healthy Walking Club Expo (July)
- Facility lead for the Smoothie Bike (July)
- Co-captain or volunteer at Splash 'n' Dash (August)
- Support the Bike to Beat Cancer or Norton Sports Health10k (September)

Other events may be approved by the N Good Health team.

Do I have to attend meetings? You are required to attend at least five meetings each calendar year, either in person or via an online webinar.

What's in it for me? In addition to the good will of supporting others in their wellness journeys, Wellness Champions get some cool stuff!

- N Recognition of You points – You can earn ten points for every 30 minutes logged in the Wellness Champion Online Tracker, up to 200 points. All hours must be logged by Oct. 1 and points are awarded by Oct. 31.
- Earn one entry in a wellness basket prize drawing (valued up to \$150) for each of the following:
 - Attending a meeting
 - Recruiting a Wellness Champion
 - Volunteering at an N Good Health-approved event
 - Organizing a department challenge with results submitted to N Good Health
- Swag bag of official Wellness Champion gear
- Exclusive wellness education opportunities presented during each monthly meeting

How can I become a Wellness Champion?

Complete the online application and submit it to N Good Health. You will receive your official welcome once your application is reviewed and approved by your department leader.