

# Become a *wellness* Champion

and **help** N Good Health **promote**  
**a healthy workforce!**



## What is the Wellness Champion network?

Wellness Champions are a network of diverse individuals who help promote the N Good Health initiatives across Norton Healthcare campuses. Wellness Champions listen to the unique needs of their colleagues, lead them to wellness-related resources available through N Good Health and share information related to improving their health and wellness.

## What's in it for you?

In addition to being part of a team focused on promoting health and wellness to our staff, you will receive cool swag, attend special champions-only education sessions focused on a variety of wellness topics and be eligible to earn exciting rewards.

To apply or learn more about being a part of the Wellness Champion network, visit **Nsite**, select "**N Good Health**" under **Departments** and click on the "**Wellness Champions**" tile.



# 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 here 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 are an advocate of health and wellness who listens to the unique needs of co-workers, shares information with others and leads employees to participate in system wide 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 by completing an annual well-being survey and N Good Health physical
- Serving as the point of contact between N Good Health and employees in your unit/department/practice/facility
- Attending at least five of nine Wellness Champion meetings per year
- Volunteering at any N Good Health-approved wellness-related event each year. Opportunities are announced during monthly meetings and posted on N Good Health's page under Departments on Nsite.

- Arranging time for N Good Health team members to give a brief presentation at your department staff meeting or facility event
- Logging attendance and volunteer time in N Good Health's online tracker

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

**Do I have to attend meetings?** You are required to attend at least five meetings each calendar year, either in person or virtually.

**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!

- 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
- Other exciting rewards

## How can I become a Wellness Champion?

Complete the online application. The application is available on the N Good Health page on **Nsite**. You will receive your official welcome once your application is reviewed and approved by your department leader.

