



Wellness Champion: Roles and Responsibilities

The University of Texas Rio Grande Valley supports the health and wellness of faculty and staff by providing programs and resources to make healthy choices, and foster a culture of wellness. Wellness Champions facilitate health and well-being awareness, education, and engagement support in wellness initiative activities and programs.

Purpose:

- Increase health and well-being awareness.
- Promote University wellness services and resources among faculty and staff.
- Encourage involvement in wellness activities and programs.
- Motivate and empower a wellness community.

Role of a Wellness Champion:

- Partners with Wellness Coordinator and representatives to gain insight on existing employee wellness resources and upcoming activities/events.
- Serves as a partner contact for wellness related information.
- Actively promotes activities and events.
- Provides feedback on activities and events.
- Recommends improvements and ideas to enhance a culture of wellness.
- Serves as a representative and motivator of health & wellness.
- Demonstrates active visibility and involvement in coordinated University employee wellness activities.

Responsibilities of a Wellness Champion:

- Participate in, as well as promote programs.
- Distribute communications and/or program promotional material.
- Attend Wellness Champion meetings.
- Obtain feedback from coworkers/participants to highlight acknowledgements and/or improve process.
- Communicate closely with Wellness Coordinator for updates and active involvement.
- Actively participate in at least 5 events/meetings per year.

*Together **We Will** foster a Culture of Wellness!*