



Workplace Well-being

Champion

Application with Roles & Responsibilities

We are looking for Well-being Champions to represent departments and units across Denver Health and we welcome YOU to apply for this exceptional opportunity to positively impact the lives of others!

Well-being champions will serve as trusted voices for our Workplace Well-being program and promote and help shape initiatives that will enhance the culture of well-being for our employees and community.

For consideration to be a Well-being Champion, please complete the enclosed application and send to Tracy Shea, Workplace Well-being Strategist, via interoffice mail (MC 0115) or scan and send to tracy.shea@dhha.org.

Well-being Mission Statement:

To establish and foster a supportive environment that provides our employees and community the ability to strengthen their health and well-being through activities, self-improvement, and educational opportunities.

Well-being Vision:

Create a thriving organizational culture of workplace well-being at Denver Health

Our “Keys to Well-being” focus on:

- Physical Well-being
- Social Well-being
- Financial Well-being
- Mental Well-being



Well-being Champion Application

Workplace Well-being

Name _____

Title _____

Department _____

of Employees in Department _____

Location _____

Work Phone _____

Email _____

Work Schedule (Days / Nights / Weekends) _____

Your Personal Wellness

Tell us your personal wellness story! What interests do you have, what motivates you to support well-being at Denver Health and how can you inspire others to do so?

Why are you interested in becoming a Well-being Champion? Please tell us why you are personally interested in supporting the well-being initiatives among your co-workers.

What ideas do you have to improve the overall well-being of your department?

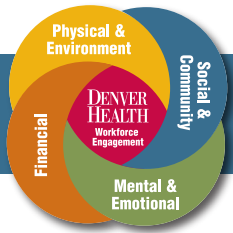
How did you hear about the Well-being Champion Program?

Did a current Well-being Champion or employee recommend/refer you? Y N

If yes, who? _____

Which "Keys to well-being" most interest you? Please select all that apply.

Physical Social Financial Mental



Role and Responsibilities

Workplace Well-being

Well-being Champions support the Denver Health Workplace Well-being mission and vision and act as a liaison between the Denver Health employees and the Well-being & Culture Committee.

(See attached document for details on roles and responsibilities)

I have read and understand my role and responsibility as a Well-being Champion. _____ (initial)

Managers/Supervisors

By signing this application as the Champion's manager/supervisor, I acknowledge that _____ (employee name) may participate in the Denver Health Well-being Champion Network.

I understand that this employee will dedicate a limited amount of work time to this initiative, which may include but is not limited to: attending a Well-being Champion Training Call, bimonthly meetings, responding to and forwarding emails, distributing flyers, and serving as a role model and motivator for other employees in this department.

I agree to give the champion time to make announcements about wellness programs and events at department meetings, and/or provide other avenues for our department to be informed and involved in Denver Health Workplace Well-being activities.

Manager Signature: _____ Date: _____

Return this application to Tracy Shea, Workplace Well-being Strategist, via interoffice mail (MC 0115) or scan and send to tracy.shea@dhha.org

Applications will be received on an on-going basis. All Well-being Champions will need to attend a one-time initial welcome & training meeting and attend bimonthly champion meetings. Once your application is received and reviewed, you will be notified about meeting details.

2018 Well-being Champion Bi-monthly Meeting Dates

January 24	10 – 11 a.m.
March 20	2 – 3 p.m.
May 21	9 – 10 a.m.
July 19	1 – 2 p.m.
September 26	3 – 4 p.m.
November 16	11 a.m. – 12 p.m.

2018 Well-being Champion Training Dates

February 15	12 – 1 p.m.
April 27	1 – 2 p.m.
June 19	10 – 11 a.m.
August 29	11 a.m. – 12 p.m.
October 22	9 – 10 a.m.
December 19	End-of-Year Luncheon

*All training and meetings will have an option to call-in.



Role and Responsibilities

Workplace Well-being

Well-being Champion Role:

A volunteer role aimed at creating/fostering a culture of well-being in a particular work area (Department, Building, Floor) by connecting employees to available resources as needed and encouraging program participation in the employee well-being program.

Qualifications:

- Personal experience of making a lifestyle change to improve health and the willingness to share this experience with others.
- Sincere desire to help fellow employees thrive and improve access to well-being resources.
- Committed to helping the well-being program succeed.
- A good understanding of the culture within the overall business, business unit, and/or department.

Responsibilities:

- Actively communicates and promotes the Denver Health Workplace Well-being program which includes activities, events, well-being resources, etc.
- Actively encourages participation in initiatives.
- Acts as a point of contact for questions about the Denver Health Workplace Well-being program and resources.
- Identifies opportunities for further program integration.
- Collects testimonials from department colleagues.
- Commitment to attend initial champion training and bimonthly meetings.

Time Commitment:

- Minimum of one to two hours per month dedicated to Well-being Champion duties
- 1 year / 12 months

I hereby understand the expectations of my role as a volunteer Well-being Champion. I am committing to actively influence and promote a positive culture of health at Denver Health.

Signature: _____

Print Name: _____

Date: _____

Manager Signature: _____ Date: _____