



LIVING HEALTHY



# Do you have what it takes to be a Wellness Champion?



Wellness Champion Guide



# Wellness is not just for Wednesdays anymore

At ActiveHealth Management, we're helping to create a healthier world with Better You, Better Ohio! And that includes your workplace. But it takes leadership from within your company. People who value good health and a fuller life every day. People who want to help their friends and co-workers live well and feel good, too. It's these "Wellness Champions" who help lead us to building a better workplace.

And you can be one of them!





## **This Wellness Champion Guide is your key to success**

This guide explains how to help build a healthier workplace. Inside you will find resources that will help you inspire others to start making healthy changes in their life. You can share these resources with others in your workplace who focus on wellness. As a Wellness Champion, you may be asked to encourage other employees to participate and to share information about incentives available through the Better You, Better Ohio! wellness programs. And you'll be glad to note that no participation information is shared with employers or the Ohio Bureau of Workers' Compensation (BWC).

# Wellness Champion

## What is the role of a Wellness Champion?

A Wellness Champion can be a single person, or a team of people. The goal is simply to help the workplace become a healthier place by encouraging employees to live healthy lifestyles. Wellness Champions often volunteer or are asked to help in the planning and carrying out of programs such as:



**Health coaching (digital, and by telephone if eligible)**



**Mobile activities (counting steps, sync fit bit, etc.)**



**Learning seminars**



**Onsite fitness programs**



**Changes to the workplace that promote healthy lifestyles**



## Wellness Champions may do these things:

- Be the person to contact about a wellness program or service
- Help promote (be an “ambassador” for) wellness programs or health events
- Help put together programs and promote their benefits to other employees
- Encourage coworkers to complete the health assessment and participate in biometric screenings

## You’ll make a great Wellness Champion if you are . . .

- Fired up about your own health and helping to improve the health of others
- Already encouraging your friends and fellow workers to join wellness programs
- Taking part in or leading wellness programs or meetings
- Eager to help others reach their health and wellness goals

## If that describes you, here’s what you might want to do:

- Speak with your employer about becoming a Wellness Champion
- Take part in at least one ActiveHealth-sponsored Wellness Champion webinar session per year (to help you get started or stay fired up)
- Let other employees know about your new role as a Wellness Champion



**Ready to help your  
company become  
a healthier place?**

# Worksite wellness



## Why does it matter?

- Employees spend about 53% of their waking hours at work. Better worksite wellness can carry over to the rest of their life and help improve their health.
- Long-term conditions are closely linked to people's lifestyle habits. Changing those habits can lead to prevention of many conditions.
- Health issues can affect how people perform on the job — and how often they show up for work. Studies have shown that healthy employees come to work more often and get more done.
- Wellness programs can help companies save money by reducing healthcare costs.



## The role of the Employee Wellness Committee

An Employee Wellness Committee is a group of people with one common goal. They all want to improve the health and well-being of their worksite. The committee includes people from many levels and departments of the company—including Wellness Champions!

The Employee Wellness Committee meets to discuss specific topics and action items. Their mission is to keep the company's wellness programs moving forward.

### Key roles include:

- Developing the vision and goals for the employer's health strategy
- Looking at the needs and interests of employees
- Planning wellness activities and events
- Promoting programs to fellow employees
- Measuring the impact of the program

**53% of employees' waking hours are spent at work**



## Health promotion programs and activities

Health promotion programs and activities are ways of helping people live healthier lives. They can include health fairs, biometric screenings, coaching, or health education classes. They may also be team challenges or coaching programs. The goal is to help people stay healthy, get healthy or manage a long-term condition.

These programs and activities often focus on eating well, staying active, or managing your weight. Some deal with stress, diabetes, or high blood pressure. Others help people quit tobacco.

### Your role as a Wellness Champion is to promote these activities and engage employees

You'll want to create excitement and get others to take part. Plus, you might get involved in putting together a program that is close to your heart. You may also want to help measure its success afterward.

And don't forget all the great online resources and downloads that are available to you and all employees. Check them out here <https://www.bwc.ohio.gov/employer/services/SandH/BtrYouBtrOhioOverview.asp>

On the next page are some ways to create a healthier workplace. Maybe you can think of others!



# Wellness Program ideas



## Eating healthy

- Use signs and posters around the workplace to promote eating fruits and veggies
- Host a class on better eating habits
- Send healthy food messages to employees through flyers or emails
- Plan a healthy potluck event
- Encourage employees to offer only healthy snacks and water during meetings



## Staying active

- Create and post signs at elevators to encourage use of the stairs
- Start an employee walking club during lunch
- Encourage employees to host walk-and-talk meetings
- Provide tips and messages that fire people up to get more active
- Host a physical activity lunch-and-learn program







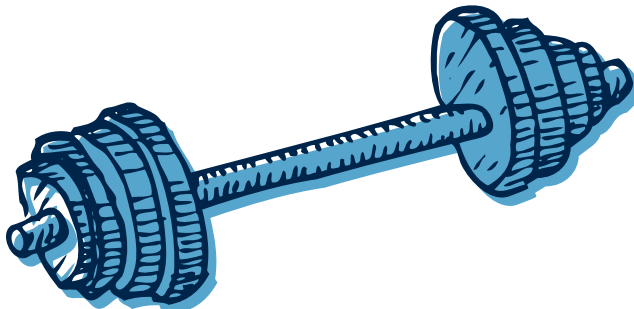
## Managing stress

- Promote the health and wellness program
- Encourage employees to take relaxation breaks during the day. This is a time to practice deep breathing exercises, stretching, or meditation
- Host a program that helps people learn ways of handling stress
- Host classes for yoga and meditation in your workplace
- Help set up an onsite chair massage program



## Quitting tobacco

- Provide health education flyers on the benefits of quitting tobacco
- Promote employer-sponsored programs that help people quit
- Speak up for a non-smoking campus at the workplace
- Host a lunch-and-learn on quitting tobacco
- Share stop smoking tools you know about with others



# ActiveHealth support



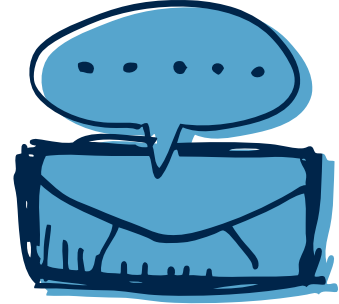
## Education and marketing resources for wellness champions

Each month, the ActiveHealth website will provide you and your employer with resources for promoting good health in the workplace. These resources will often be linked to a health topic of national interest during that month. Here are some of the materials you can find at the Wellness Champion Toolkit website:

**<http://go.activehealth.com/Wellness-Champion-Toolkit>.**

Be sure to look for them on the first Tuesday of each month.

- Monthly health education handouts
- Monthly wellness newsletters
- Wellness Webinar Series flyers
- Wellness Champion Training webinars
- This Wellness Champion Guide
- A Wellness Champion recruitment flyer





## Your toolkit will support these monthly topics

### Schedule for 2018

- **January:** Healthy Living
- **February:** Heart Health
- **March:** Healthy Eating
- **April:** Prediabetes
- **May:** Musculoskeletal Health
- **June:** Physical Activity
- **July:** Healthy Aging
- **August:** Mindfulness
- **September:** Healthy Eating
- **October:** Preventive Health
- **November:** Stress Management
- **December:** A New Year of Health



## ActiveHealth is here for you!

To learn more, please contact your wellness manager or HR department

# Trusted resources



## Just for you!

Take Charge Ohio - the opioid education site from OMHAS

<http://www.takechargeohio.org/>

<https://www.bwc.ohio.gov/employer/services/SandH/BtrYouBtrOhioOverview.asp>

The Better You, Better Ohio! program provides free health and wellness resources and services for Ohio employees.

<http://go.activehealth.com/betteryoubetterohio>

With Better You, Better Ohio!, you'll discover simple ways to lose weight, get active, eat healthier, and just feel better. The best part? It won't cost you anything. Register online today to get started



## Eating healthy

- **USDA ChooseMyPlate.gov**

Practical information and tips to help Americans build healthier diets  
[www.choosemyplate.gov/healthy-eating-tips.html](http://www.choosemyplate.gov/healthy-eating-tips.html)

- **The Centers for Disease Control and Prevention**

Resources on diet and nutrition that can help you live a healthier life  
[www.cdc.gov/nutrition/everyone/resources/index.html](http://www.cdc.gov/nutrition/everyone/resources/index.html)

- **Academy of Nutrition and Dietetics**

Helpful brochures, tip sheets and other resources for you and your family  
[www.eatright.org/Public/](http://www.eatright.org/Public/)

- **America Heart Association**

Information on healthy eating, dining out and healthy recipes  
[www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Nutrition-Center\\_UCM\\_001188\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Nutrition-Center_UCM_001188_SubHomePage.jsp)



## Staying active

- **The Centers for Disease Control Physical Activity**

Helpful resources on exercise, including reports and fact sheets  
[www.cdc.gov/physicalactivity/resources/](http://www.cdc.gov/physicalactivity/resources/)

- **National Heart, Blood and Lung Institute**

Tools to help you better understand the need for physical activity  
[www.nhlbi.nih.gov/health/educational/wecan/tools-resources/physical-activity.html](http://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/physical-activity.html)

- **American Heart Association**

Basic fitness information and tips for getting active  
[www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/Physical-Activity\\_UCM\\_001080\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/Physical-Activity_UCM_001080_SubHomePage.jsp)



## Managing weight

- **USDA ChooseMyPlate.gov**  
Practical information on how to manage your weight and live well  
[www.choosemyplate.gov/weight-management-calories/weight-management.html](http://www.choosemyplate.gov/weight-management-calories/weight-management.html)
- **Centers for Disease Control and Prevention**  
Useful tools and information for better weight management  
[www.cdc.gov/healthyweight/index.html](http://www.cdc.gov/healthyweight/index.html)
- **National Heart, Blood and Lung Institute**  
Facts on healthy weight and how to check your health risk  
[www.nhlbi.nih.gov/health/educational/lose\\_wt/index.html](http://www.nhlbi.nih.gov/health/educational/lose_wt/index.html)



## Managing stress

- **U.S. National Library of Medicine**  
A guide to better stress management, plus a video tutorial  
[www.nlm.nih.gov/medlineplus/stress.html](http://www.nlm.nih.gov/medlineplus/stress.html)
- **National Institute of Mental Health**  
How stress affects your health and what you can do about it  
[www.nimh.nih.gov/health/publications/stress/index.shtml](http://www.nimh.nih.gov/health/publications/stress/index.shtml)
- **American Heart Association**  
Tips on coping with stress and living a more balanced life  
[www.heart.org/HEARTORG/GettingHealthy/StressManagement/Stress-Management\\_UCM\\_001082\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/GettingHealthy/StressManagement/Stress-Management_UCM_001082_SubHomePage.jsp)



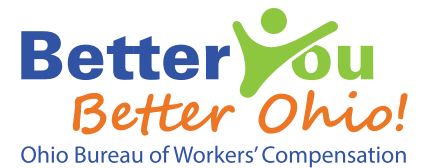
## Quitting tobacco

- **SmokeFree.gov**  
Information and resources for quitting smoking  
[www.smokefree.gov](http://www.smokefree.gov)
- **American Cancer Society**  
Facts on lung cancer, plus a Quit for Life program  
[www.cancer.org/](http://www.cancer.org/)
- **American Lung Association**  
Help with quitting tobacco and living healthier  
[www.lung.org](http://www.lung.org)



## Managing long-term conditions

- **American Heart Association**  
Resources for people with cardiovascular diseases and stroke  
[www.heart.org](http://www.heart.org)
- **American Cancer Society**  
Resources for people with cancer  
[www.cancer.org](http://www.cancer.org)
- **American Diabetes Association**  
Resources for people with diabetes  
[www.diabetes.org](http://www.diabetes.org)
- **Arthritis Foundation**  
Resources for people with arthritis  
[www.arthritis.org](http://www.arthritis.org)



# What is your dream for a healthier workplace?