

# Wellness Champions Partnership Agreement



Wellness Connection

HUMAN RESOURCES AT WASHINGTON UNIVERSITY

Champion Name: \_\_\_\_\_

Date: \_\_\_\_\_

Email: \_\_\_\_\_@wustl.edu

Phone: \_\_\_\_\_

Dept: \_\_\_\_\_ Supervisor Name: \_\_\_\_\_

Wellness Strengths: \_\_\_\_\_

Wellness Goals: \_\_\_\_\_

I agree to be a Wellness Champion and do my best to promote wellness within my work environment. If, for any reason, I am no longer able to serve in this role, I will do my best to find a co-worker who could fulfill this role for our department.

\_\_\_\_\_

Signature

\_\_\_\_\_

Date

Please scan and email to [wellnessconnection@wustl.edu](mailto:wellnessconnection@wustl.edu).

## Wellness Champion Role and Responsibilities

- Be a role model for other employees by actively working to improve personal health;
- Participate in at least two wellness programs offered by Washington University each semester;
- Promote wellness programs within your work environment and encourage your co-workers to participate;
- Participate in quarterly meetings with Wellness Connection and other wellness professionals to learn about and discuss current program offerings, provide input and offer feedback about the program's value and impact on employee wellbeing.
- Share your story on the Wellness Connection website.

## Wellness Connection Role and Responsibilities

- Offer a variety of programs and resources to support employees in their wellness goals;
- Provide appropriate communication about employee wellness programs and opportunities with Champions;
- Create a safe environment for Champions to provide constructive input and feedback about wellness initiatives;
- Collaborate with health and wellness experts to offer training and resources for Champions to help motivate and engage co-workers to make healthy choices;
- Reach out to department supervisors to inform them of wellness initiatives and encourage their support for their employees.

Emily Page, Employee Wellness Manager  
314-935-3654 | [wellnessconnection@wustl.edu](mailto:wellnessconnection@wustl.edu)  
<http://wellnessconnection.wustl.edu>



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