

10 tips for success

with wellness champion networks



1 Communicate program and policy changes—Regularly inform champions of any changes to your corporate wellness benefits or other policy changes that affect how employees interact with and use the wellness program.



2 Visibly participate in the program—Make sure leadership visibly participates in wellness activities to send a strong message to employees and build support.



3 Provide a physical presence for health and wellness in the workplace—Improve the physical work environment so it supports good health and healthy behaviors through changes like healthy dining options, keeping stairways clean and well lit, establishing walking paths and providing stress-relief areas.



4 Update onsite communications—Keep branded program collateral, as well as online tools and websites, fresh and up-to-date.



5 Host wellness-related events—Health fairs, educational seminars and fitness campaigns are all examples of events that can support the wellness program and the efforts of wellness champions.



6 Organize fitness activities at work or in the community—Tailor events and activities to the interests of your workforce, whether that means sponsoring a softball team, organizing a team for an annual charity run/walk or encouraging running or walking groups during the day at work.



7 Support stress management—Consider designating an unused office, conference room or other space for relaxation or de-stressing. Some employers offer onsite yoga, back massage, and work-life balance workshops to help employees effectively manage stress.

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An employee-led wellness champion network can be an effective way to increase awareness, understanding, participation and the overall success of an employee health and wellness program.

Consider these tips as an example of the hands-on information that can be found in our full guide for making a wellness champion network a successful component of workplace wellness activities.

For more information on designing an effective wellness champion network, download the full guide.

 [Download Here](#)





8 Coordinate education and onsite screenings—
A health screening can be an important teachable moment because it makes employees aware of their health status and connects them to wellness initiatives in the workplace that could improve their health.



9 Schedule “lunch-and-learns” about health and wellness—
A simple educational session during lunch can pique someone’s interest or keep them moving toward a goal and engaged in your program.



10 Keep it fun! Champions can add humor, vitality and creativity to onsite activities based on their relationships with their peers.



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About StayWell

StayWell is a health engagement company that helps its clients engage and educate people to improve health and business results. StayWell brings decades of experience working across the health care industry to design solutions that address its clients’ evolving needs. We fuse expertise in health engagement and the science of behavior change with an integrated portfolio of solutions and robust content assets to effectively engage people to make positive health care decisions. StayWell programs have received numerous top industry honors, including the C. Everett Koop National Health Award and the Web Health Award for health engagement programs. StayWell also has received URAC and NCQA accreditation for several of its programs. StayWell is headquartered in Yardley, Pennsylvania, and also has major locations in Salt Lake City, Utah, and St. Paul., Minnesota. To learn more, visit staywell.com.

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Additional Resources

[Ask the Expert: How to Establish and Use Wellness Champion Networks >](#)

[Wellness champs in action at University of Michigan >](#)

[Worksite Wellness Networks: Good Health Can Be Contagious >](#)

[Profiles of achievement in Wellness >](#)

[University of Michigan wellness champions are lynchpin to success >](#)

