



# SelectHealth Healthy Living<sup>SM</sup>

## Establishing a Wellness Council

### PURPOSE

A wellness council is a team of individuals within an organization that is responsible for managing the wellness program. They promote wellness efforts and work to improve an organization's culture of health. Council members evaluate wellness program practices and make proposals to senior management for updates to program elements and incentives.

### NEED

Wellness councils are a grass-roots approach to representing all levels of an organization. Council members give all employees a voice in determining activities and incentives to help people live healthier.

### BENEFIT

Input and direction from a diverse team promotes a program that better meets the varied health and wellness needs of the employees they represent. Council members also distribute wellness resources throughout departments and locations, encouraging greater employee engagement.

### TIPS FOR A SUCCESSFUL WELLNESS COUNCIL:

- Appoint a council leader who has strong leadership skills and who can facilitate discussion in a positive direction
- Formally appoint council members rather than relying on volunteers
- Include members from all levels of the organization
- Include wellness believers and skeptics (fit, sedentary, vegans, carnivores, smokers, athletes)
- Include members with a diverse set of skills (marketing, cooking, IT, communications, finance, nutrition, etc.)
- Make wellness council responsibilities part of the member's job description
- Meet regularly and use a formal but simple meeting agenda
- Rotate council members to keep a fresh flow of ideas and perspectives
- Make it fun!

#### Resources:

Alliance for A Healthier Generation. "School Wellness Committee Tool Kit." Web. Oct. 2015. <[healthiergeneration.org/\\_asset/wwj4dq/09-875\\_SWCToolkit.pdf](http://healthiergeneration.org/_asset/wwj4dq/09-875_SWCToolkit.pdf)>.

WELCOA. "The 10 Secrets of Successful Worksite Wellness Teams." Web. Oct. 2015. <[welcoa.org/resources/10-secrets-successful-worksite-wellness-teams/](http://welcoa.org/resources/10-secrets-successful-worksite-wellness-teams/)>.

