



**St. Luke's Health System  
Employee Health Solutions  
Wellness Champion Program**

**Goal:**

The goal of the Employee Health Solutions Wellness Champion Program is to have strategically placed individuals who have an interest in the mission of St. Luke's Healthy U to provide communication and support in the execution of Healthy U initiatives across the organization.

**Purposes:**

- Participate in Healthy U programs and role model healthy behaviors
- Promote interest and enthusiasm for Healthy U
- Present Healthy U updates at staff meetings
- Maintain a Healthy U bulletin board or information center in the department/area/clinic—information, flyers and resources will be provided by Healthy U
- Communicate employee suggestions/comments for programs or improvements
- Encourage participation and understanding of the Healthy U mission and initiatives
- Advocate for a wellness culture in the department/area/clinic
- Provide leadership and assistance with special programs

**Membership:**

- Designated Champion to represent each department/area/clinic across the organization.
- Approval of department Manager or Director.

**Membership Requirements:**

- Wellness Champions are expected to check e-mail regularly but in particular, during the last week of every month for Healthy U updates.
- Wellness Champions are expected to review the talking points and materials, and to seek clarification on discussion or actions required.

**Meeting Frequency:**

- No structured meetings are planned at this time. All communication will be conducted via email. We will evaluate the effectiveness of this strategy in December 2012.

**Organizational Relationships:**

- Wellness Champions are a group to disseminate information, coordinate efforts, align direction and motivate co-workers and the St. Luke's department/area/clinic.
- Champions will receive monthly Healthy U information/resources and are expected to disseminate or display the information to co-workers and the department/area/clinic.

**Group Norms:**

- Aligned with St. Luke's organizational values, ICARE (Integrity, Compassion, Accountability, Respect, Excellence)