



Seeking Wellness Ambassadors for the MoDOT and MSHP Total Wellness Program

The vision of the **MoDOT and MSHP Total Wellness Program** is to help create an environment that encourages and supports healthy lifestyles. A strong network of employees supporting wellness plays a critical role to creating this environment.

For the past three years, Wellness Champions in each district and troop served as key communicators and promoters of the wellness program. This year, we are expanding our network of employees by adding a new role, Wellness Ambassador.

What is a Wellness Ambassador?

A Wellness Ambassador is an employee who is passionate about health and serves as a key supporter of the wellness program. A Wellness Ambassador encourages others to participate in wellness activities and helps create a culture of wellness at their workplace. Wellness Ambassadors volunteer for the position and the number of Wellness Ambassadors per worksite is unlimited.

What is a Wellness Champion? How is it different than a Wellness Ambassador?

A Wellness Champion is an employee who is responsible for some of the administrative wellness tasks. A Wellness Champion forwards monthly wellness emails to employees and applies for wellness mini-grants on behalf of their district or troop. The Wellness Champion role is an assigned position and is limited to 1-2 per district or troop.

What are the main responsibilities of a Wellness Ambassador?

- Participate in wellness programs and activities.
- Recruit employees to participate in wellness program and activities.
- Collect feedback and share ideas for future wellness initiatives.
- Attend two webinars per year to discuss wellness initiatives.

What's the time commitment for a Wellness Ambassador?

- Minimal time commitment, 1-2 hours per month.

What are the benefits to becoming a Wellness Ambassador?

- Be an active participant in fostering a culture of wellness at your worksite.
- Opportunity to be informed with the latest wellness programs and activities.
- Opportunity to develop new peer and professional relationships.
- Recognition for service as a Wellness Ambassador.

Are you interested in signing up to be a Wellness Ambassador?

Email Robin Gammon, Wellness Account Consultant at rlgammon@aetna.com.

Please email by July 21, 2017, to get on the list for the first wellness webinar in August.

Questions?

Please contact Robin Gammon or Brook Luecke at the contact information below.

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