



MODOT & MSHP

# Total Wellness Champion Guide

## TABLE OF CONTENTS

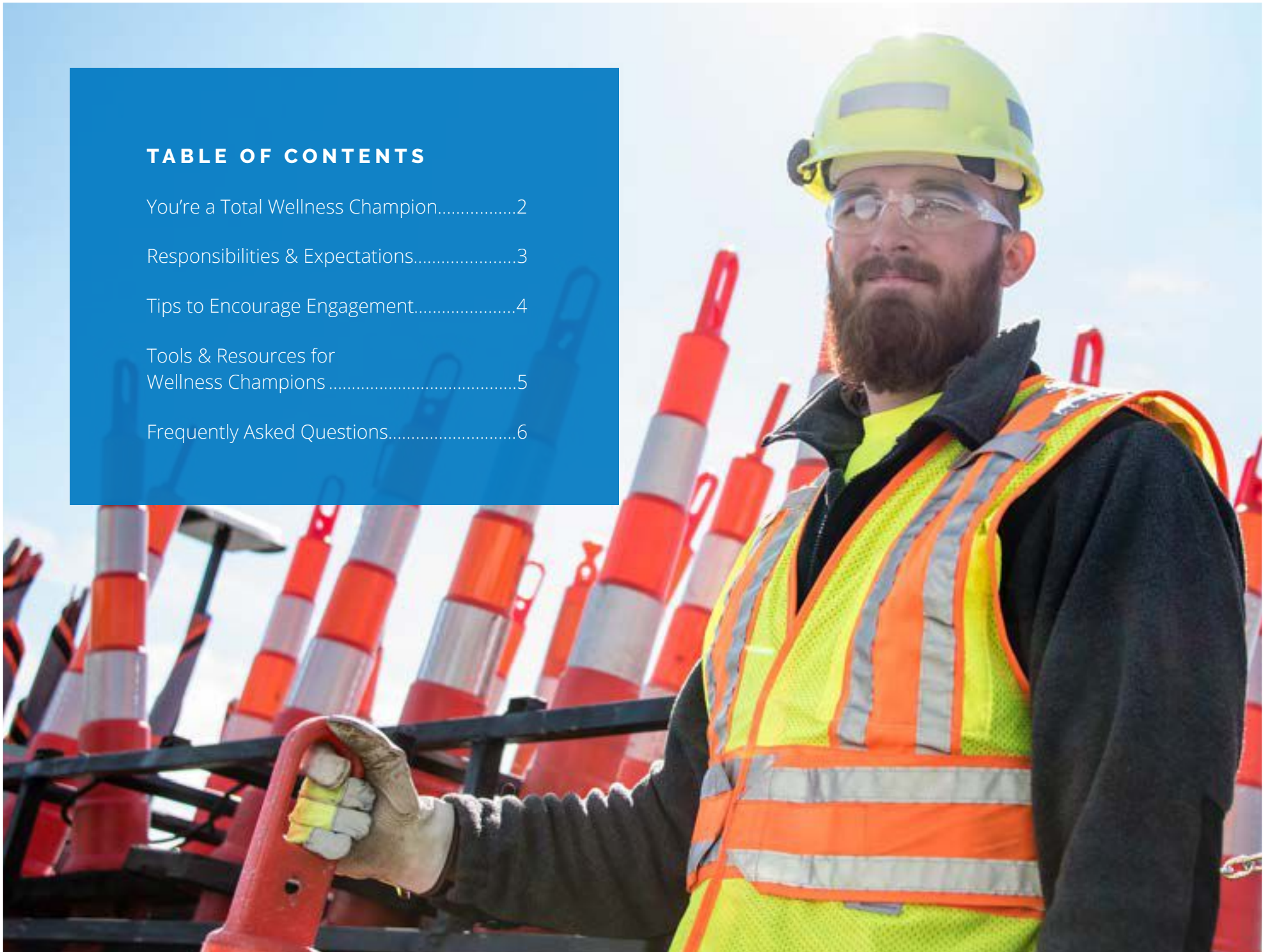
You're a Total Wellness Champion.....2

Responsibilities & Expectations.....3

Tips to Encourage Engagement.....4

Tools & Resources for  
Wellness Champions .....5

Frequently Asked Questions.....6





# YOU'RE A Total Wellness Champion

Congratulations on your new role! It is one that will spotlight you among your coworkers as a total wellness program expert, and provide you with numerous opportunities to encourage, inform, inspire, lead, and motivate them to live their healthiest lives.

As a Total Wellness Champion, your mission is to work to create a workplace culture for employees to develop healthier lifestyles by supporting the adoption of habits and attitudes which contribute to their positive wellbeing.

We know that being a new champion can be a bit daunting in the beginning, and you may not feel like a program expert who is ready and able to answer every question or address every concern your fellow employees may bring you. You may not feel like you are the specimen of physical fitness, health and wellness. Not to worry! A champion can be someone who is fit and healthy or someone who is in the process of transitioning to a lifestyle of good health and wellness.

All champions share a common goal: to ignite and maintain a culture of wellness at his or her worksite and to encourage and inspire others to do the same.

As a MoDOT & MSHP Total Wellness Champion, you will have the opportunity to contribute to the overall well-being of your coworkers as well as the privilege to impact their lives in significant ways when you encourage and help them reach their own personal health and wellness goals.

For you personally, being a champion will help you develop, practice and strengthen a variety of personal skills including:

- › Leadership
- › Creativity
- › Networking
- › Public speaking
- › Organization
- › And more...
- › Team building
- › Project planning

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Again, congratulations on your new role as a MoDOT & MSHP Total Wellness Champion!



A photograph of two construction workers in safety gear (hard hats, safety glasses, and high-visibility vests) standing on a blue lift. The worker on the left is a man looking down, and the worker on the right is a woman looking up. A teal banner with white text is overlaid on the left side of the image.

## Responsibilities and Expectations of a MoDOT & MSHP Total Wellness Champion

As a MoDOT & MSHP Total Wellness Champion, you can expect that your coworkers will look to you for answers to their questions, guidance in their journeys, encouragement in their healthy pursuits, celebration in their achievements and understanding should they fall short of what they set out to do. While you are not expected to be an expert, the more you understand and participate in the Total Wellness program, the better champion you will be. Here are some things expected—and not—of a champion.

### EXPECTED

- › Have a good knowledge and understanding of the MoDOT & MSHP Total Wellness Program to correctly answer coworkers questions
- › Be an active and consistent program participant who leads by enthusiastic example
- › Encourage employees to engage in the program
- › Facilitate, attend, encourage attendance at workplace wellness events
- › Publicize, promote and participate in local events
- › Make an effort to attend and actively participate in champions training and meetings
- › Use creativity to help break down barriers and help facilitate a culture of wellness

### YOU'RE NOT EXPECTED TO

- › Have the answer to every question coworkers ask about the wellness program
- › Track individuals progress in the program
- › Complete every activity
- › Manage employees wellness participation or do work for them
- › Forego job or personal responsibilities to work on champions activities
- › Reinvent the wheel—we encourage you to collaborate with other champions

### Support you can expect

Yours is an important role, and as you learn it and continue to grow in it, you will need and can expect to be supported in a variety of ways from a variety of resources.

- › Champions training sessions
- › Champions resources and materials
- › Anthem Wellness Coordinator
- › Champions meetings
- › MoDOT & MSHP HR



There are many ways you can promote the MoDOT & MSHP Total Wellness Program and encourage your coworkers to engage and participate in it. Here are a few:

- › Introduce yourself throughout your organization as a MoDOT & MSHP Total Wellness Champion
- › Offer to help your coworkers achieve their personal goals and highlight MoDOT & MSHP programs and activities available
- › Organize wellness events, i.e., a walking club, Lunch 'n Learns, a Healthy Snack Day, etc.
- › Publicize local community events that you are aware of that can help coworkers in their wellness goals, such as first-aid certification classes, 5k walks and runs, flu shot availability, etc.
- › Publicly recognize “Wellness Superstars” – coworkers who are making or who have made significant progress in the program. With permission, post their photos and tell stories in your company newsletter or on a company bulletin board or present them with a certificate or star they can display in a workspace
- › Encourage others who are consistently engaged in the program to consider becoming a champion
- › Solicit personal testimonials about coworkers' experiences
- › Collaborate with other MoDOT & MSHP Total Wellness Champions
- › For any activities not yet established, please receive approval from your Wellness Coordinator and committee

Ways you can encourage engagement in the MoDOT & MSHP Total Wellness Program





Your participation and true engagement as a MoDOT & MSHP Total Wellness Champion may qualify you for an additional incentive.

## Tools & Resources for Wellness Champions:

### 1 Wellness Champion meetings and training

- › **Annual Training** – Tuesday, March 24 at 12:00 p.m. CT
- › **Quarterly Meetings** – all quarterly meetings are virtual
  - Tuesday, April 11 at 1:00 p.m. CT
  - Tuesday, July 14 at 1:00 p.m. CT
  - Tuesday, November 10 at 1:00 p.m. CT

### 2 Anthem Programs

Anthem brings programs and resources to enrolled workers to help them in preventing health conditions or managing existing ones.

- › Use or share the [MoDOT/MSHP Health & Wellness website](#) to know which programs are available and how to get connected to them.
- › Send workers to the Sydney Health app, which will show all programs available but also intuitively suggest which ones are most applicable to their health journey.

### 3 Total Health & Wellness Challenges

The 2026 MoDOT/MSHP Total Health & Wellness program includes monthly challenges to help coworkers practice healthy habits all year long. Throughout the year, coworkers can earn prizes for completing the designated **It Pays to Be Well (IPTBW) challenges**. If a coworker completes all four IPTBW challenges in the BeWell platform, they will earn a grand prize. The [2026 Health & Wellness Calendar](#) has additional information and lists out all 12 challenges for the year.

The 2026 IPTBW challenges that are included to be earn a grand prize are

- › Building Healthy Habits with Sleep in Mind: March 1–31
- › Off-Limits Expedition: June 1–14
- › American Football Stadium Tour: September 1–30
- › Prep for the New Year's Celebrations: December 1–30



# Frequently Asked Questions

## What if I decide I no longer want to be a Total Wellness Champion?

We understand that initial interest and ability to be committed to any role may change over time. If you feel that you are unable to serve in your role, please send an email to [modotmshptotalwellness@anthem.com](mailto:modotmshptotalwellness@anthem.com) to discuss your options.

## Am I expected to administer certain programs at my work location?

No. You are only expected to publicize and promote wellness initiatives and events.

## What advice should I give employees about exercise, medical conditions or benefits?

Your role is to promote and encourage participation in health and wellness programs and events. If your coworkers have concerns or questions about specific exercise, medical condition or benefit, you should advise them to consult an appropriate professional.

## What are the Total Wellness Champion meetings for?

The calls and in-person meetings give you an opportunity to talk to other Total Wellness Champions, as well as your Anthem Wellness Coordinator and/or Benefits Specialists Lisa Buhr (MoDOT) and Audrey Yates (MSHP), about ideas for promoting activities and encouraging participation.

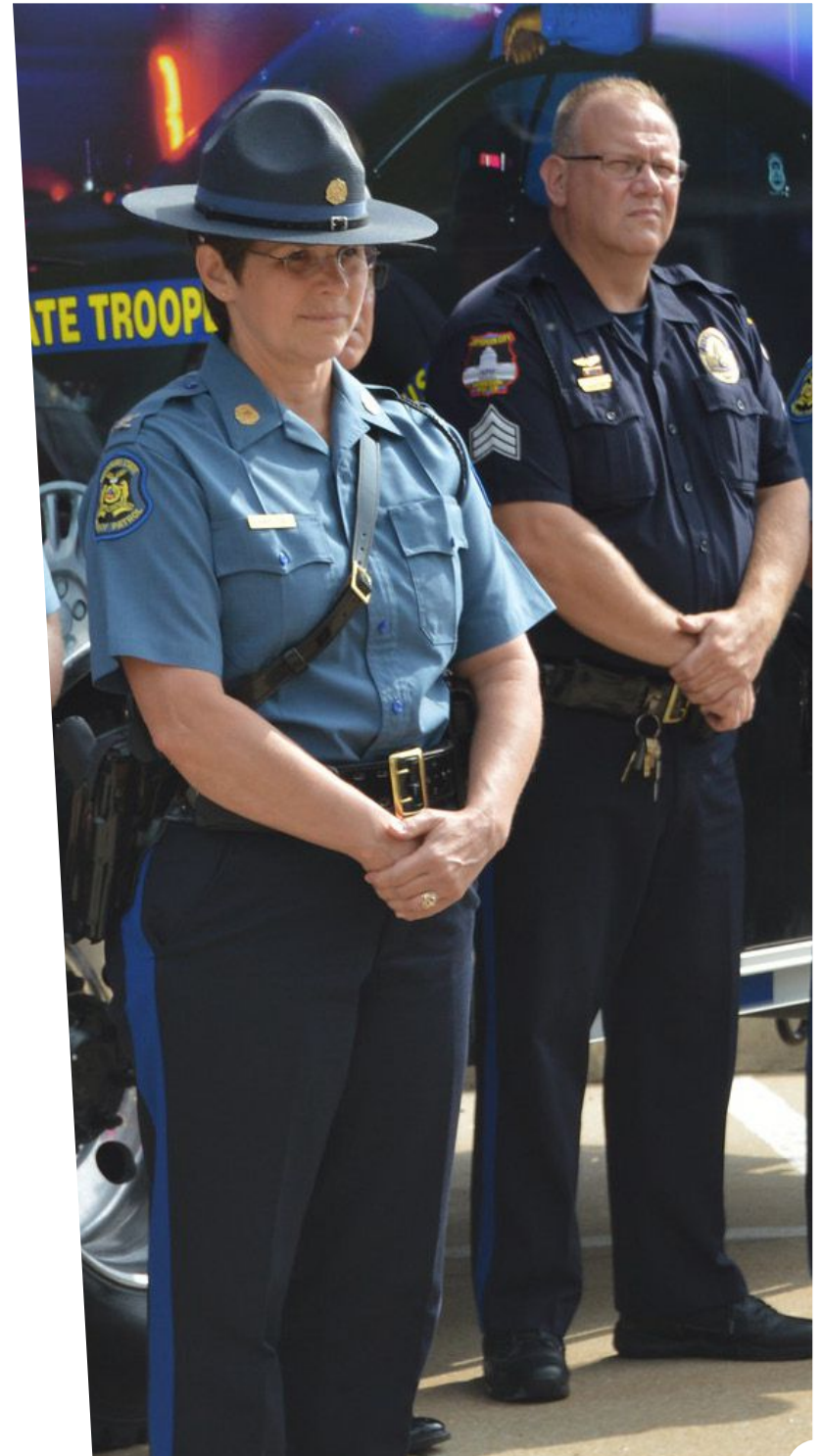
## Who do I contact with questions?

For any questions, please reach out to:

**Anthem Wellness Coordinator:** [modotmshptotalwellness@anthem.com](mailto:modotmshptotalwellness@anthem.com)

**Benefits Team:** MoDOT – Lisa Buhr ([Lisa.Buhr@modot.mo.gov](mailto:Lisa.Buhr@modot.mo.gov))

MSHP – Audrey Yates ([Audrey.Yates@mshp.dps.mo.gov](mailto:Audrey.Yates@mshp.dps.mo.gov))





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