Join the Team – Become a Wellness Ambassador!

"Be Well UC is available to partner with you to help you succeed and improve your health and wellbeing. I encourage you to take advantage of this voluntary program made available to you as a UC faculty or staff member. Individuals enrolled in a UC medical plan are eligible to earn program incentives. Make time to keep yourself well!"

- President Neville Pinto

WHO Are Wellness Ambassadors?
The "boots on the ground" champions that help us to get information out across campus in a personalized fashion. You communicate with those you work with, socialize with, and have access to so that our colleagues can feel invited to participate by someone they know.

WHY Should I Become One?
- To help spread the word about Be Well UC and inspire your colleagues toward a culture of wellness!
- You love to motivate others, and enjoy working on a team of passionate colleagues.
- Brainstorming and planning are things that are of interest to you.
- You don’t mind leaving your office every so often.
- Being a role model for others comes naturally.

WHAT are the Expectations?
- Time commitment = less than an hour per month! Read the ambassador email from the BWUC Team and share with yours.
- We welcome ambassadors to join us at events, but it is not required or mandatory.
  - Ambassadors get together about 2-3 times per year/once a quarter.

Companies with stronger onsite wellness networks (ambassadors) have better risk improvement outcomes, as more people are committed to demonstrating healthy behaviors & provide visible program presence.

Questions?
Please contact wellness@uc.edu
uc.edu/hr/bewelluc
HOW Do I Join?

- Fill out the brief application and have your supervisor sign it. Involving leaders in your area will help grow the support for Be Well UC and the importance of role modeling well-being.
- Email your application to wellness@uc.edu or ML0039.

Ways to Incorporate Wellness into Your Department:

- Share Be Well UC information and news by posting flyers in common areas, via email or in person at a meeting, get together, etc.
- Host Work Well and/or Learn It Live sessions of your choice on a wellness topic by inviting the Be Well UC Team to your area. Check out topics at http://bit.ly/BWUCWorkWell. Many sessions are including in an existing meetings.
- Guide your co-workers through the Alyfe portal and share how easy it is to log points towards Steps 1 and 2
- Invite the UC Benefits Team to host Choose Well sessions on a variety of benefit topics at http://bit.ly/benefits-events.
- Request a Take 5 Kit by emailing wellness@uc.edu. Activities to encourage microbreaks or mindfully taking brief breaks will be provided to help your co-workers feeling refreshed and more productive. Over the course of a month, have the activities out in a common area.
- Hold a challenge for a week or more with your team. Take a look at our Choose Your Own Challenges http://bit.ly/BeWellCYOC, submit to the Be Well UC Team, and earn 10 points ($10 value!).
- Encourage co-workers to share their wellness story and how they make wellness work for them. Or even share a story about your department! Stories can be submitted and featured at http://bit.ly/bwuc-stories and in the monthly listserv.

The BWUC Team is here to support you as a Wellness Ambassador!
Reach out to us for ideas, questions, feedback, and more!