

Wellness Ambassadors

Purpose

The Arlington EAP Wellness Ambassador Program is designed to engage volunteers from all organizational levels and departments to help promote a culture of health for Arlington Public School employees. Ambassadors will support EAP Wellness initiatives by promoting health messages and behaviors as well as motivating co-workers to get engaged to improve their physical, emotional, and spiritual well-being.

Philosophy

Wellness is a practice of making choices to lead to better mental, physical, and spiritual health.

Goals

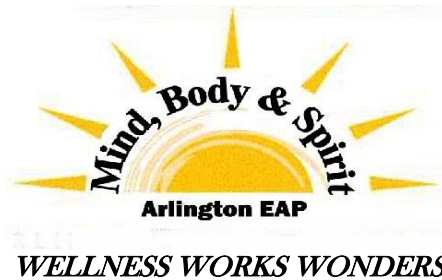
- Promote healthy, well-balanced lives.
- Increase employees' understanding Wellness, while promoting success for our wellness program through leadership, communication, and appropriate use of resources.
- Suggest ways to improve aspects of worksite culture that contribute to and facilitate healthy behaviors of individuals and groups of employees.
- Increase health awareness, employee engagement, and healthy behaviors among employees.
- Support and assist employees' efforts to reach their overall health and wellness goals.

Ambassador

The Ambassador Program requires a minimum 12-month commitment as a partner with the EAP. Ambassadors serve a valuable role as wellness champions for their school/worksite/department. They will assist with planning, promotion, implementation, communications, and evaluation of events/activities.

Ambassador's Responsibilities:

- Promote good health for themselves and their co-workers.
- Communicate wellness initiatives and campaigns (to colleagues/employees at worksite).
 - Forward EAP communications
 - Post information on Wellness Board



- Create and maintain open lines of communication between EAP, department management, and employees.
- Encourage participation in both individual and group wellness activities and events.
- Encourage employees to share feedback about wellness programs.
- Participate in 2 out of 3 Ambassadors meetings/conference calls during a 12-month period.
- Commit to a minimum of 4 hours annually assisting with wellness projects or activities.
- Complete and sign the Interest Form.
- Obtain supervisor approval to become a Wellness Ambassador.
- Collaborate with other Wellness Ambassadors to accomplish goals.

Potential Wellness Events

- Fall and Winter Bowling Tournaments
- Health Fairs
- Flu Shot Clinics
- Biometric Screening
- Health Assessments
- Mental Health Month Activities

Ambassador Meetings and Events

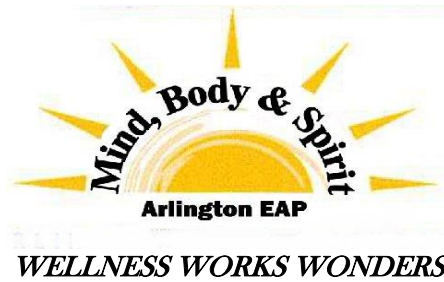
Ambassadors will meet and plan activities at Ambassador Events approximately three times a year. These events will be used to promote upcoming wellness programs, develop promotion strategies, discuss employee feedback, and review wellness policies.

Meeting 1: October (Fall)

- Getting Started (Welcome New Ambassadors)
- Discuss goals and action plan for the upcoming wellness year

Meeting 2: January/February (Winter)

- Program and Process Updates
- Review Activities and Plans



Meeting 3: April (Spring)

- Discuss New Goals and Employee Needs
- Evaluation of Overall Program

Incentives

- Gift cards
- Free Wellness Swag Bag
- Ambassador Events

APPLICATION TIMELINE:

Vacancies may be filled at any time during the year.

Submit your completed application to EAP.Staff@apsva.us