



## LiveWELL Champion Guidelines

As a **LiveWELL Champion**, I will agree to promote LiveWELL Incentives, programs and events to my department and teammates by:

### Taking Care of Myself:

- Start the process of earning my LiveWELL incentive early in the year so that I can better assist my teammates.
- Model healthy behaviors in my work environment. Examples: increasing activity = walking at lunch or by taking the stairs, healthier eating = encouraging and eating lunches bought from home or snacks of whole fruit instead of cookies and donuts.

### Supporting LiveWELL:

- Becoming familiar and being confident in navigating through the LiveWELL website to access incentive criteria and wellness resources on the site (weight loss programs, recipes, stress reduction, fitness calendar etc.).
- Joining the Yammer group "Atrium Health LiveWELL Champions" and sharing ideas and information with my fellow champions.
- Encouraging my teammates to participate in the LiveWELL challenges and events, either on their own or as a department.
- Sharing LiveWELL information with *new* teammates in my department
- Obtaining support and approval of my supervisor/manager to present LiveWELL information in weekly/monthly staff meetings or Huddles.
- Checking the LiveWELL website and LiveWELL Champions Yammer Group for updates.
- Attending Champion meetings or viewing Webinars.
- Utilizing my LiveWELL Representative as a resource.

### Promoting:

- Communicating LiveWELL events through e-mail, posters, banners, word of mouth, digital messaging, bulletin boards and any other creative way!

### Thank You:

- Thank you for agreeing to be the LiveWELL Champion for your department. Your role as the Champion is an important one and this means that your teammates will look to you for direction and leadership. Feel free to be creative and, most importantly, have fun.

### Questions:

- When you have questions, please feel free to contact, your LiveWELL Consultant or call 704.355.8136 or [LiveWELLEvents@AtriumHealth.org](mailto:LiveWELLEvents@AtriumHealth.org)