

## Wellness Ambassador Training – July 2008

11:45 – 12:00	Lunch, Networking, and Door prize registration
12:00 – 12:05	Introductions
12:05 - 12:35	Program Focus: <b>Well On Our Way</b>
12:35 – 12:45	Program Focus: <b>liveWELL</b>
12:45 – 1:00	Wellness Ambassador Best Practice and Toolkit Discussion
1:00 – 1:15	Closing Activity, Networking

### Ways to increase enrollment in Wellness programs with the help of WAs:

*Its all about reaching “ the right person with the right program at the right time!”*

- Co-worker recruitment
- Staff meetings – ask to be a standing (2-3 minute) agenda item and deliver a wellness program from the monthly email
- New employee orientations – tuck a liveWELL brochure (available by request) or welcome letter into orientation packet
- Wellness Seminars – request online at <http://www.uiowa.edu/hr/wellness/programs/seminars.html>

### Well On Our Way

**Well On Our Way (WOOW) mission:** *To provide direction and motivation to University of Iowa staff as they enhance their wellness through monthly goal setting and point recording.*

#### Objectives:

- **Educate** UI Staff on wellness ideas for improving their health and opportunities on campus and in the community
- **Reward** UI Staff for their wellness efforts through the Wellness Store and point recording
- **Engage** UI Staff practicing all levels of wellness through one campus program

#### WOOW on the Web

**Homepage:** <http://www.uiowa.edu/hr/wellness/woow/>

- Links to the Orientation Handout and WOOW log sheet – *These are NEW!*
- Links to Monthly Health Feature for goals ideas and monthly theme – *cross-referencing other materials/programs from UI Wellness*

#### Portal Homepage – your personal WOOW homepage

- Point Submission Status – *if you have/not submitted your monthly points, annual totals*
- Wellness Highlights and Opportunities – *current programs are shown here*
- View current evaluations, when necessary – *receive points for completing program evaluations*
- Elect to receive monthly emails from UI Wellness – *yes/no option. The default is “yes, I’d like to receive emails!”*

#### Site Links

- Submit Monthly Points – *you have until the 15<sup>th</sup> of the next month to submit monthly points*
- Submit Annual Points – *resets at calendar year*
- Reports – *how many points you’ve earned broken down by month*
- Wellness Store – *lots of prizes from UI Wellness, Rec Services, and University Book Store. Always open to ideas/suggestions. Check out the store at <http://hris.uiowa.edu/wellness/showPrizes.php>.*

#### Point Opportunities with Wellness Highlights

- Green Planet-Fall 2008
- Live Healthy Iowa (Lighten Up Iowa)-Winter/Spring 2009
- March Madness-Spring 2009
- National Employee Health and Fitness Day – May 2009
- Bike to Work Week – May 2009

### liveWELL

#### 2008 Key Actions

- Expand communication and accessibility of Health Coach Service
- Increase Health Risk Assessment participation to 60% (currently at 49.4%; ~7,400 unique users)
- Increase number of Health Coach Clients to 600 (403 completed service in 2007; 255 complete to date in 2008)

#### Wellness Ambassador Tools

- **Accessibility** of Health Coach staff: telephone, University Employee Health Clinic (West Campus), Communications Center (East Campus); M-F 7:30 a.m.-8:00 p.m.
  - Highlight **financial incentive** to participate
    - \$50 first year of taking HRA; \$65 subsequent years
    - \$500 monthly drawing (there will be 2-\$500 monthly drawings in 2009)
    - Cost Sharing for Behavior Change Programs; \$300 reimbursement for Nicotine Replacement Therapy
- Contact [Megan-Moeller@uiowa.edu](mailto:Megan-Moeller@uiowa.edu) (335.5424) or [Erin-Litton@uiowa.edu](mailto:Erin-Litton@uiowa.edu) (353.2974)

**Wellness Ambassadors: Please feel free to share pictures and stories of Wellness efforts happening within your workgroup!**  
**Thank you for your contributions to supporting and bolstering a culture of health at The University of Iowa!**