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Diocese of Sacramento **2019 Wellness Champion Network**

TO: All Medical Benefit Enrolled Employees
FROM: Diocese of Sacramento Benefits Department
DATE: January 18, 2019
RE: INVITATION TO BECOME A DIOCESE OF SACRAMENTO WELLNESS CHAMPION

The Diocese of Sacramento has made a commitment to wellness as part of its health and benefits program. This is the second year the Diocese has participated in the Reta Trust Health and Wellness Program in partnership with WebMD Health Services.

This year, the Diocese of Sacramento is recruiting interested persons to participate in a **Wellness Champion Network**. **You must be enrolled in Reta's medical benefits to be eligible.**

The Wellness Champion Network will have two main goals:

1. Increase overall participation in the Reta Trust Health and Wellness Program.
2. Help employees increase their knowledge regarding adopting a healthy lifestyle.

Wellness Champions will have the opportunity to earn an honorarium, plus the possibility of additional funds to be used at the worksite to engage employees in wellness activities.

Wellness Champions Roles & Responsibilities:

1. Serve as the wellness liaison between WebMD and their location(s) within the Diocese of Sacramento.
2. Become knowledgeable of the Reta Trust Live Well Health & Wellness Program.
3. Attend 2 onsite meetings: Annual Wellness Champion Network Training & Mid-Year Roundtable Training.
4. Attend telephonic monthly Wellness Champion Meetings via webinar.
5. Be an example of health and wellness by participating in activities in the Reta Trust Health & Wellness Program.
6. Be the "go to" person for basic questions about the Reta Trust Health & Wellness Program and benefits.
7. Encourage employee participation through Leadership Engagement.
8. Coordinate Wellness Grant Initiative at their location/area, if applicable.
9. Host healthy activities at their work location, if applicable.
10. Complete an annual Employee Interest Survey to determine the interests and needs of fellow employees.
11. Promote the wellness program through leadership, enthusiasm, and guidance.
12. Have fun, and make a difference!

* Additional information can be provided as requested.

If you are interested in being a Wellness Champion, please complete the attached application
& return it by **February 15, 2019**,

Please submit this form via email to: benefits@scd.org

Reta Trust Health and Wellness Program
Diocese of Sacramento
2019 Wellness Champion Network Application

Contact Information:

First Name: _____ Last Name: _____

Title/Position: _____ Language(s): _____

Phone #: _____ Email: _____

Location Information:

Name of Location Site: _____

Address: _____

Have you participated in the WebMD wellness initiatives, the DSAC wellness program, and completed your Health Quotient (HQ)? ☐ Yes ☐ No

How will you support your location as a Wellness Champion?

Please list two Wellness Goals for your site's population:

I am interested in representing my location and the Diocese of Sacramento as the designated Wellness Champion.

I want to assist in the implementation and coordination of wellness initiatives.

I understand that, if at any time I waive medical benefits, I am no longer eligible to participate as a Wellness Champion.

My superior (principal/pastor/etc) approves of my participation in this program.

Your Signature: _____ Date: _____

Superior's Signature: _____ Date: _____

Superior's Email: _____ Phone #: _____

Please submit this form via email to: benefits@scd.org