



UNIVERSITY OF
**CENTRAL
ARKANSAS™**

UCA
BeWell

BeWell Champions

Overview

BeWell Champions are faculty and staff members who are enthusiastic about supporting a culture of wellness at UCA. This role includes serving as a liaison between BeWell and your department, floor, building, or program and encouraging your colleagues to participate in wellness activities by promoting upcoming BeWell programming or creating your own activities that engage the unique interests and needs of your colleagues. Champions also provide constructive feedback to the wellness coordinator regarding employee wellness programming and help to identify campus health and wellness needs.

Attributes of a Successful BeWell Champion

- Passion for health and wellness
- Enthusiasm for campus wellness programming
- Commitment to diversity, belonging, inclusion and equity as a vital campus wellness strategy

Responsibilities

- Attend a one-time BeWell Champion orientation (30 minutes, via Zoom)
- Attend each quarterly BeWell Champion meeting (1 hour, via Zoom, in November, February, May, and August) or view the recording of the missed session
- Actively participate in the BeWell Champion online forum by sharing ideas, resources, etc.
- Lead by example by practicing healthy behaviors and participating in BeWell
- Assist in BeWell communications by:
 - Sharing BeWell communications with respective departments
 - Displaying BeWell materials (i.e., flyers)
 - Assisting in orienting new employees in your area to the BeWell program
- Develop health and wellbeing initiatives in your unit that engage the unique interests and needs of your colleagues (e.g., bulletin boards, guest speakers, wellness challenges, walking or affinity groups, notes of encouragement, etc.)
- Share your success stories and any de-identified metrics with BeWell
- Strive to build a culture of wellness within your area

The BeWell Champion role is an additional, volunteer duty and should not interfere with primary job duties. Volunteers should maintain communication with supervisors regarding activities related to BeWell. A reasonable amount of time involved with responsibilities listed above should be no more than two (2) hours per month.

Lifestyle Rewards

Earn 25 Lifestyle Rewards each program year. In October, all Champions will be asked to complete and submit a year end report briefly describing their participation in order to receive their points.