

PartnerSHIP 4 Health

Creating High Performing Wellness Committees
Jason Bergstrand

www.partnership4health.org

What is Wellness?



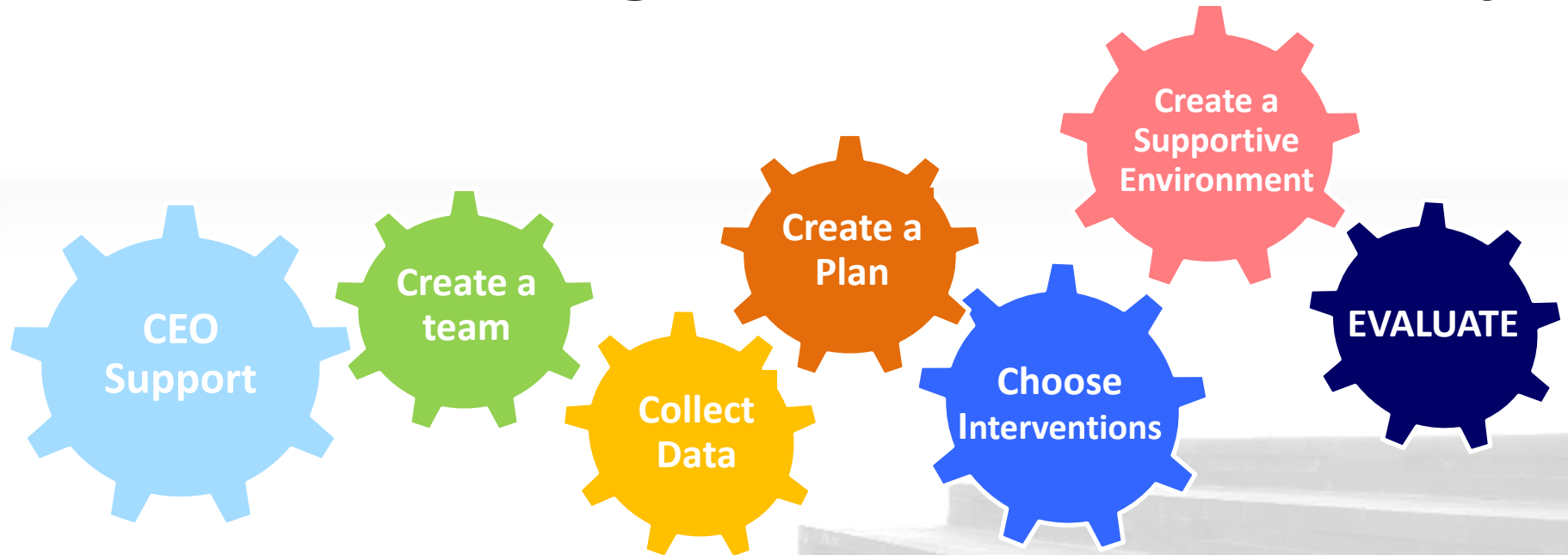
What is Wellness?

“WELLNESS IS THE PROCESS OF **BEING AWARE OF**
AND **ACTIVELY WORKING** TOWARD BETTER HEALTH.”

What is Worksite Wellness?

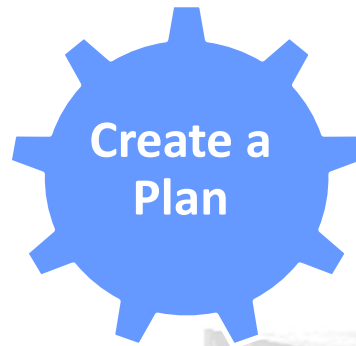
“CREATING AN **ORGANIZATIONAL CULTURE** TO
FOSTER EMPLOYEE HEALTH AND WELL BEING.”

Successful Programs – 7 Essential Steps



Successful Programs...

2 Most Important Steps



Creating Your Team – 5 Questions

Q: Why is it important to have a wellness team?

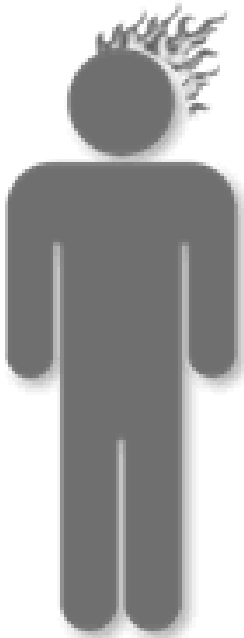
Q: How many members should be on your wellness team?

Q: Who should be on your wellness team?

Q: What is the role of the worksite wellness team?

Q: What are the characteristics of a high performing wellness team?

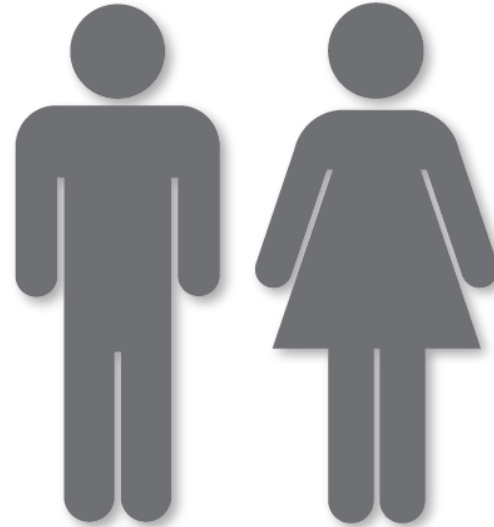
Q: Why is it important to have a wellness team?



**Coordinator
Burnout**



**Fosters
Idea Sharing**



**Diversifies
Representation**



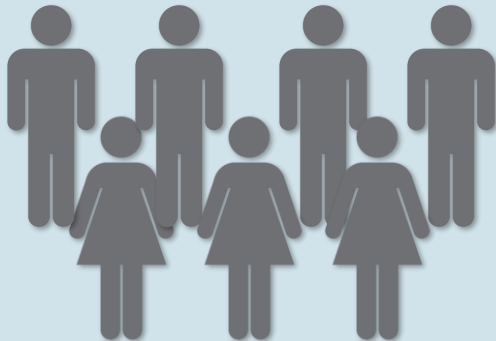
**Program
Viability**



How many members should be on your wellness team?

SMALL BUSINESS

5-7



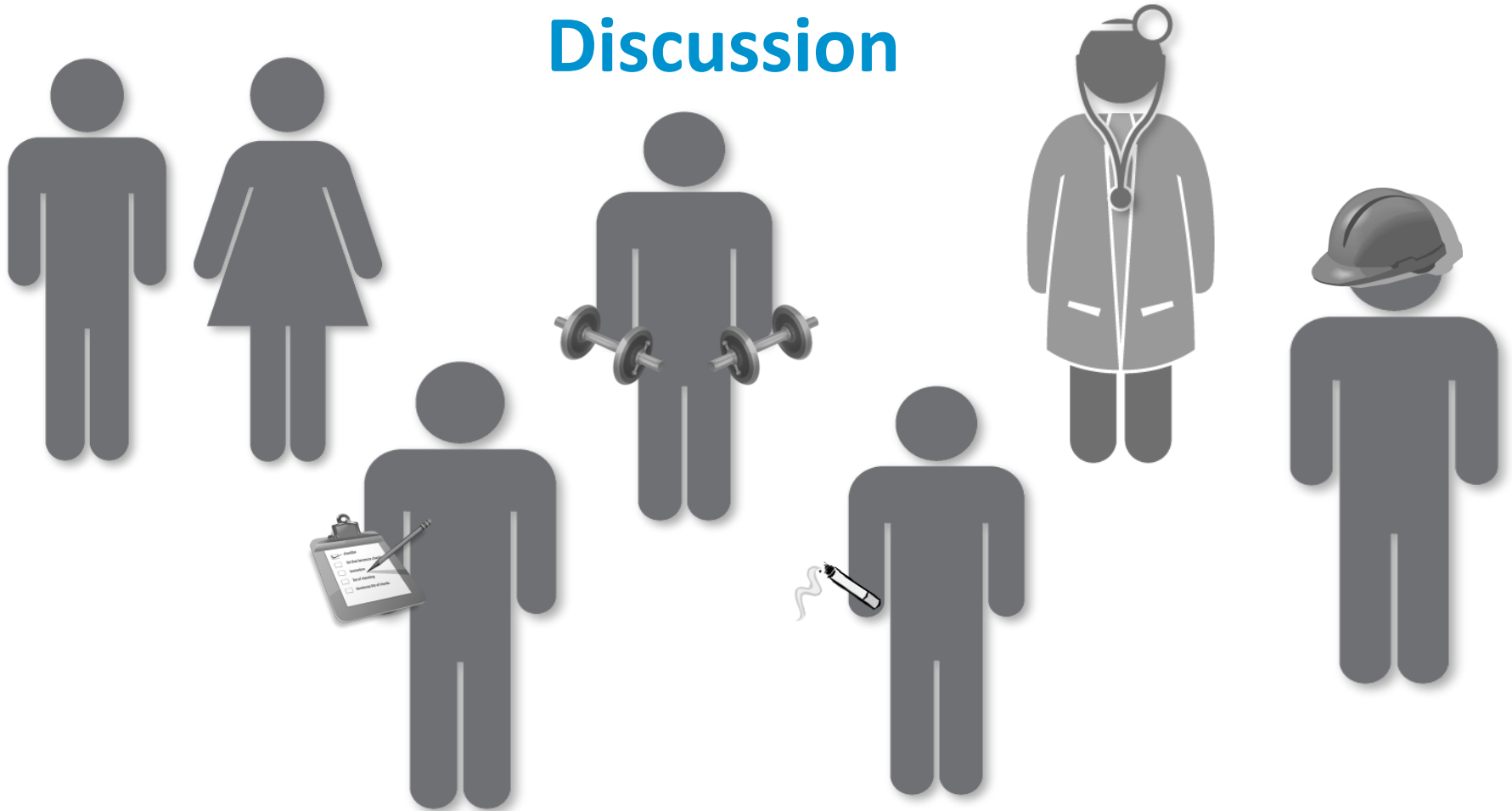
LARGE BUSINESS

8-14



Q: Who should be on your wellness team?

Buzz Group Discussion





What are the characteristics of a high performing wellness team?

Team members are formally appointed.

Team members have wellness written into their job description.

The wellness team has strong leadership & diverse representation.

The wellness team sets goals, has a plan & continually evaluates the program.

The wellness team meets frequently, has a formal agenda & keeps minutes.

The wellness team communicates to employees regularly about the wellness program.

The wellness team participates in continuing education in wellness.

The wellness team cycles it's members.

The wellness team is branded (name, motto, photo, shirt, etc...).

The wellness team is promoted & recognized throughout the organization.

Q: What is the role of the worksite wellness team?

