

# WELLNESS AMBASSADOR ROLE



Thanks for being a Wellness Ambassador! You are instrumental to the success of the wellness program in your district. Below are the roles of being an ambassador. Complete at least 8 of the 12 tasks below.

<input type="checkbox"/> Attend annual ambassador training.	<input type="checkbox"/> Cash incentive check within <u>2 weeks</u> of receiving.	<input type="checkbox"/> Attend at least <u>4</u> monthly ambassador calls.
<input type="checkbox"/> Set up a healthy habit challenge #1.	<input type="checkbox"/> Set up a healthy habit challenge #2.	<input type="checkbox"/> Host a wellness event.
<input type="checkbox"/> Forward wellbeing communications to staff.	<input type="checkbox"/> Introduce (reintroduce) yourself as the ambassador in your district.	<input type="checkbox"/> Wild Card!*
<input type="checkbox"/> Enroll a minimum of <u>5</u> new members.	<input type="checkbox"/> 40% enrollment minimum in your district.	<input type="checkbox"/> Complete & submit annual ambassador activity form.

## CONTACT INFORMATION

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**MEA**  
Benefits Trust

MEABT Wellness Ambassadors inspire, excite and encourage others to join and participate in our wellness program with Virgin Pulse. Ambassadors are the local experts and the driving force for increased participation and improved health of the MEABT community.

## RESPONSIBILITIES

### Promote

Promote all wellness programs offered through the MEABT and know where to find the most up-to-date information.

### Engage

Work with the Virgin Pulse coordinator to set up location-specific challenges.

### Share

Wellness resources with staff, like the quarterly newsletter, emails, flyers, posters, etc.

### Have fun

You are the wellness advocate for your district - lead by example and have fun!

