



# Wellness Champions

## Frequently Asked Questions

### **What's the difference between a wellness council member and a wellness champion?**

- Like a wellness council member, a wellness champion is an employee who volunteers to support and promote the wellness initiatives to their coworkers. Wellness champions have less of a time commitment and are simply sharing resources and activities with their coworkers. Wellness council members have a slightly higher time commitment and regularly collaborate to promote wellness activities to their agency's employees.

### **Who can be a wellness champion?**

- Any Tennessee State Government employee.

### **How long do I serve as a wellness champion?**

- As long as your interest and time allow. You can opt out of your commitment at any time.

### **How can I pause my commitment if needed?**

- You can opt out of your commitment by unsubscribing from the monthly email, or you can let us know at [WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov).

### **What if I have a question during my role as a wellness champion?**

- Email [WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov).

### **If I change jobs within state government, can I be a wellness champion for my new agency?**

- Absolutely. Please email [WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov) to let us know you've switched agencies.

### **What if my division already has a wellness champion? Can we have two (or more) wellness champions in our division?**

- Absolutely. We encourage anyone who is interested to become a wellness champion.



**Is a liability waiver needed when promoting or joining activities?**

- We ask that you promote the information and activities shared in the monthly email from Working for a Healthier Tennessee, which will let you know if a waiver needs to be signed prior to participation. If a waiver is needed, a link will be provided for employees to complete digitally.

**Do I have to attend meetings regularly to serve as a wellness champion?**

- No meetings will be held for wellness champions at this time.

**Is there a training or orientation for how to be a wellness champion?**

- Not currently. If you have questions, reach out to [WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov).

**Do I need supervisor approval to be a wellness champion?**

- We encourage you to let your supervisor know you're interested in being a wellness champion and that you'd like to share wellness activities and resources with your coworkers each month.

**Should I mention I'm a wellness champion in my IPP?**

- We encourage you to discuss this with your supervisor.

**What activities do I promote? How do I promote them?**

- You will receive an email each month from Working for a Healthier Tennessee with up to four activities and resources to promote to your coworkers. You can choose what's most relevant for your coworkers and promote via Teams chat, email, meetings, etc. when appropriate. We encourage you to share however it will be best received by your coworkers.

**When will I receive emails?**

- You will receive an email from Working for a Healthier Tennessee on the first Monday of each month.

**How do I report activities we completed?**

- Report completed activities using this link:  
[https://stateoftennessee.formstack.com/forms/wfhtn\\_activity\\_submission](https://stateoftennessee.formstack.com/forms/wfhtn_activity_submission)

**Is there an incentive for reporting activities?**

- Yes. Those who report activities using the provided link will have a chance to win a prize each month. Prize winners will be contacted directly via email from Working for a Healthier Tennessee.