



Wellness Ambassador Roles and Responsibility

UC Berkeley Wellness Ambassadors are staff or faculty volunteers who play a vital role in supporting Be Well at Work – Wellness Program (*formerly Health*Matters*) by promoting health and wellness programs to your co-workers, department, or friends on campus. Any UC Berkeley faculty or staff can volunteer to be a Wellness Ambassador.

Goal

- Wellness Ambassadors serve as key communicators of UC Berkeley wellness programs, activities, and resources for faculty and staff supporting engagement in wellness and participation in campus programs, services, and events.
- Recognize both individual and department efforts to create a healthy workplace.

Benefits of Being a Wellness Ambassador

- Provides motivation to stay committed to your own health and wellness goals.
- Enhances your communication and planning skills.
- Contribute to a healthy workplace and work culture at UC Berkeley.
- Receive annual recognition.

Responsibilities

- Create an email distribution list for the colleagues you have identified to receive the wellness communications. This can be your workgroup, your entire department, or campus colleagues/friends.
- Share and/or post Be Well at Work – Wellness Program monthly newsletter and flyers with distribution list.
- Participate in a training at the start of each semester for program updates.
- Share your success with us!

Additional Responsibilities:

- Complete Department Wellness Audit and create an Action Plan.
- Introduce a Healthy Workplace Campaign: I HEART Tap Water, Take the Stairs, Healthy Meetings.
- Organize at least one department workshop or Health Improvement Program (i.e. Know Your Numbers Health Screening).

Time Commitment

- The estimated monthly time commitment is about one hour.
- Wellness Ambassadors are asked to commit to this role for a minimum of one year.

Complete this online survey to become a Wellness Ambassador today!

<https://www.surveymonkey.com/r/6JW2YMR>



Be Well at Work – Wellness Program

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