



## WELLNESS AMBASSADORS

Ambassadors are key players who help promote a positive work culture by communicating wellness information from Live Well/Work Well (LWWW) to all DH employees.

Ambassadors help LWWW to understand the specific well-being needs of D-H employees.

Ambassadors will get the word out about wellness programs and the many wellness resources available across the D-H system.

### Role Responsibilities

#### Participation is Key

- Be recognized as your department's Wellness Ambassador
- Communicate wellness information between LWWW and your team.
  - Invite LWWW staff to your team meetings & events to present wellness information
- Influence the culture of health in your department:
  - Participate in wellness programs
  - Be creative and engaging when sharing the wellness information (ideas below)
    - [order](#) healthy food/drinks for meetings
    - [create](#) a wellness bulletin board/newsletter
    - [arrange](#) walking meetings/groups
    - [lead](#) stretch breaks
- Communicate with Live Well/Work Well and let us know what you are doing, so we can share it to inspire other workgroups.

### How do I become a Wellness Ambassador?

Sign up today!

The application form is attached.



## WELLNESS AMBASSADOR FORM:

PLEASE PRINT OR TYPE

Name: \_\_\_\_\_

Department Name: \_\_\_\_\_

Building/Location: \_\_\_\_\_

Work Email: \_\_\_\_\_ @hitchcock.org

Work Phone Number: \_\_\_\_\_

Approximate number of employees you would represent/influence in your department? \_\_\_\_\_

- Yes, I have communicated with my supervisor/manager about serving as the Wellness Ambassador.


By filling out this ambassador form, you are agreeing to the responsibilities of the role.

\_\_\_\_\_  
Signature\_\_\_\_\_  
Date


- Checking this button will constitute your signature if submitted electronically.

Send Your Completed Form To:

## D-H North Live Well/Work Well

 603.650.5900 livewellworkwell@hitchcock.org Fax: 603.650.3662 LWWW – Heater Road  
Dartmouth-Hitchcock  
One Medical Center Drive  
Lebanon, NH 03756

## Community Group Practices:

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