



# Become a Wellness Liaison

Are you, or someone you know at Montefiore, passionate about wellness? Sign up or nominate someone in your department to be a Wellness Liaison! We are looking for a volunteer from each department across Montefiore to participate and help promote wellness in the workplace.

## What You Will Do:

Serve as a volunteer ambassador with the To Your Health! Associate Wellness program to help build a culture of wellness in your department and throughout Montefiore.

The Wellness Liaison role will not interfere with primary job duties. The main responsibilities are:

- Assist in publicizing To Your Health! programs and events by sending informational emails received by Associate Wellness and displaying provided materials (posters, flyers, etc.) in your workspace
- Provide feedback to the Associate Wellness team to inform program improvement and development
- Serve as a trusted source for collecting feedback from engaged participants
- Support the To Your Health! Wellness program by participating in activities and events, when available and does not interfere with job duties
- Strive to build a culture of wellness within your unit/team and location by engaging and encouraging others in their wellness
- Lead by example through practicing healthy behaviors

## Requirements:

- Completion of a short Wellness Liaison training
- Participation in quarterly conference calls about new To Your Health! Associate Wellness happenings (15-minute call)
- Monthly review of To Your Health! happenings and events
- Timely response to emails from the Associate Wellness team

## Term Length:

Wellness Liaisons will serve a 1-year term, with the possibility of extended term length. If unable to fulfill duties as a Wellness Liaison, Wellness Liaisons can opt out at any time by informing an Associate Wellness team member.

## Recognition and Incentives:

All Wellness Liaisons will receive:

- A package with To Your Health! giveaways
- Public recognition through various To Your Health! communication channels
- A chance to earn the To Your Health! Wellness Liaison Award
- Invitation to the Annual Wellness Liaison Award Luncheon

If you are interested in being a Wellness Liaison or nominating a colleague, please email [ToYourHealth@montefiore.org](mailto:ToYourHealth@montefiore.org).