



Are You Passionate About Wellness?

Become a Wellness Liaison!

Be part of shaping a culture of wellbeing at Montefiore Einstein by becoming a Wellness Liaison. We are looking for volunteers across Montefiore Einstein who are ready to participate in and promote wellness in the workplace. Wellness Liaisons are vitally important in Associate Wellness' efforts to support healthy lifestyle and disease prevention strategies for all associates!

WHAT WILL I DO AS A WELLNESS LIAISON?

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

- Assist in publicizing To Your Health! programs and events by sending informational emails received by Associate Wellness to your department, displaying provided materials (posters, flyers, etc.) in your workspace, and sharing in other ways as appropriate (i.e. huddles, team meetings).
- Support the To Your Health! Associate Wellness program by participating in activities and events, when available.
- Provide feedback to the Associate Wellness Team to inform program improvement and development.
- Strive to build a culture of wellness within your department and worksite by engaging and encouraging others in their wellness journey.
- Lead by example through practicing healthy behaviors.

**If you are no longer able to fulfill duties as a Wellness Liaison, you can opt out at any time by informing an Associate Wellness team member.*

RECOGNITION & 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 Recognition event

WHAT IS REQUIRED?

- Approval from your supervisor
- Completion of a short virtual training
- Attend conference calls every other month to stay up to date with the Associate Wellness program and share feedback.
- Timely review and response to communication from the Associate Wellness Team

If you are interested in being a Wellness Liaison or nominating a colleague, please email ToYourHealth@montefiore.org