



Frequently Asked Questions

What is a Healthy IU Wellness Ambassador?

Wellness Ambassadors serve as liaisons between university-wide health and wellness information and their departments. They play a key role in communicating Healthy IU programs, resources, and events to their work teams, as well as communicating the general wellness needs of their work team to Healthy IU.

Why does Healthy IU have a Wellness Ambassador Program?

The purpose of the Healthy IU Wellness Ambassador Program is to promote healthy lifestyle behaviors and increase awareness of wellness offerings on every IU campus. It seeks to:

- Increase the number of campus departments with a designated person who communicates health and wellness information to their work group
- Create an environment for employees to share ideas on promoting a culture of wellness through resources, programs, and support

What do Wellness Ambassadors do?

There are 4 basic requirements of Healthy IU Wellness Ambassadors:

1. **Watch the orientation** to become familiar with the program components (the orientation recording is ~11 minutes and is available here: https://iu.mediaspace.kaltura.com/media/1_msxeh6ft)
2. **Participate in bi-annual wellness ambassador Zoom calls** to brainstorm ways that IU campuses can promote healthy lifestyles for employees

3. **Read and forward information** from campus wellness leaders and the Healthy IU team to your work group, share at team meetings, and/or print and post information in common department areas
4. **Serve as a liaison** between university-wide health and wellness information and your department, and make sure your work group knows that you will keep them up to date

In addition to the basic requirements above, ambassadors are encouraged to become involved in ways that best fit their interests and expertise. Examples include:

- Work with Healthy IU to coordinate programs for your department or other building employees
- Be a leader for Healthy IU team challenges like Climb IU
- Use professional expertise and experience to assist in the development of new departmental or campus health and wellness programs
- Provide feedback to Healthy IU on programs before or after they are implemented

What is the time commitment for being a Wellness Ambassador?

The time commitment for this program depends on how involved each Wellness Ambassador would like to be. The minimum time commitment each month is 1-2 hours. This time will include bi-annual meeting preparation and attendance, emailing and posting about programs, and participating in programs as often as desired.

How do I become a Wellness Ambassador?

The first step is watching an online orientation! [Click here](#) to view the ~11 minute orientation video.

After orientation, those who are still interested in being a Wellness Ambassador will confirm their interest and **officially become part of the team by [signing up here!](#)** (Make sure to get your supervisor's support before you sign up!)

I remember when Healthy IU had a Wellness Champion Program. Is this the same thing?

Healthy IU's Wellness Ambassador Program is similar — and improved! Ambassadors (formerly called Champions) are STILL the most important communicators and supporters of Healthy IU programs, resources, and events within their work teams.

And now, Ambassadors are able to clearly define their role and expectations, share and learn from other Ambassadors in biannual meetings, and stay up to date with Wellness Ambassador newsletters. They also have a hub for all the resources and information they need at go.iu.edu/wellness-ambassadors.

If I am a current or past Wellness Champion, do I need to do anything?

Yes, the Wellness Champion program is being replaced by the Wellness Ambassador program. If you are a current or past Wellness Champion and would like to continue in your role, please officially sign up to be a part of the Wellness Ambassador program.

Why the name change from Champions to Ambassadors?

By definition, an ambassador is a representative, while a champion is a competitor. We feel that “ambassador” more clearly expresses the aim of the program. Wellness Ambassadors serve as liaisons between university-wide health and wellness information and their departments. They play a key role in communicating about Healthy IU programs, resources, and events with their work teams, as well as communicating to Healthy IU about the wellness status or needs of their work team.

How do I know if my department already has a Wellness Ambassador?

Wellness Ambassadors will be listed on the [website](#). We understand that some schools or buildings are quite large, and may require several Ambassadors. It is up to your department/unit to determine who your Ambassador will communicate with regularly. If you see an Ambassador listed for your area, please reach out to them first to discuss their reach and determine if another Ambassador is necessary.