



Become a UC Irvine Health Wellness Ambassador!

Wellness Ambassadors are employees who care about their personal well-being and the well-being of others.

Ambassadors play a vital role in supporting the promotion of health and wellness among co-workers.

If you have enthusiasm and passion for wellness, then sign up today!

Ambassadors are welcome to sign up all year long. Orientation will take place in late July, and so you are encouraged to submit this form by Friday, July 1st to be ready for orientation.



Wellness Ambassadors:

Volunteer employee representatives who care about their personal health and the health of others, and serve as a wellness resource by carrying wellness messages, education and activities to their coworkers.

Requirements of a Wellness Ambassador:

- Passionate about well-being
- Bring the UCI Worklife & Wellness program to life
- Encouraging and enjoy helping others succeed
- Self-motivated, enthusiastic and fun-spirited

Roles and Responsibilities:

- Support strategic health improvement initiatives such as:
 - Using provided tools/tip sheets to deliver information that promote programs and events or provide education
 - Developing grass roots initiatives in work unit that are in alignment with University health focus areas (e.g., use bulletin boards, develop a healthy potluck day, schedule an activity, organize lunch time walk or activity burst, etc.)
- Serve as liaison with Krystle Hobson with questions and ideas
- Up to one hour per month; one year commitment preferred

Benefits of being a Wellness Ambassador:

- Healthy lunches provided at monthly meetings
- Peer, professional, and cross-UCI relationships
- Official UCI Worklife & Wellness gear
- Career growth and skill building in communication, facilitation, and marketing
- Recognition for service as a Wellness Ambassador

Name:

Email/Phone:

Dept./Bldg. Name:

Why are you interested in becoming a Wellness Ambassador?

***Supervisor's Name:**

*We will be reaching out to your supervisor regarding your interest in participating in this program.

Please complete this form and return to Krystle Hobson at kahobson@uci.edu or interoffice to Human Resources, Route 114.