

WellBAMA Wellness Ambassadors

The Office of Health Promotion and Wellness

The University of Alabama

The WellBAMA Ambassador team is comprised of University of Alabama faculty and staff members who espouse the concept of wellness in their college or division and assist the Office of Health Promotion and Wellness (OHPW) in promoting WellBAMA health and wellness programs.

Purpose of the Program

To improve and sustain the health and well-being of our fellow co-workers through a supportive environment.

- Identifying leaders within each department to further support UA health and wellness initiatives.
- Recognizing and honoring the efforts of individuals and departments in promoting a healthy and positive culture.

WellBAMA Ambassador Roles

- Ambassadors communicate and share the vision and mission of the OHPW with employees in their college or division.
- Commit to actively participating in making the initiatives and programs offered by the OHPW successful.
- Serve as a role model in their department for healthy living in both home and work environments by promoting a culture of health.
- Support a team environment, encourage employee involvement and strive for continued improvement of their health and the health of their colleagues.

WellBAMA Ambassador Responsibilities

- Act as the liaison for your college/division by communicating WellBAMA health initiatives and programs, and refer employees to available resources.
- Communicate and promote the University's health and wellness programs and services.
- Help colleagues by serving as a resource to identify opportunities to enhance the health within your college/division.
- Make recommendations on ways to develop health initiatives in your specific area.
- Provide feedback, thoughts and ideas to enhance the current and future wellness programs.
- Help organize one or more health events for your college/division in both spring and fall semesters. WellBAMA team members are available to assist you
- Distribute promotion information within your college/division (including newsletters, email communications, program brochures, posting promotional information in your building, etc.).

WellBAMA Ambassador Requirements

- Time commitment of two year term and approximately 2 hours each month
- Serve an initial two-year commitment. (This term may be extended if desired.)
- Attend two WellBAMA Ambassador Meetings per year - a luncheon in January and August of each year

Recognition for Service

Ambassadors, receive the following in recognition of service to the OHPW:

- WellBAMA Ambassador Welcome Kit
- Ambassador lapel pin
- Two luncheon retreats per year