

2018-19 CMU Wellness Advocate Application



Please submit completed application to: Tammy Griffin
 CHIP Facility/South Grounds
 Email: griff1tj@cmich.edu
 Fax: 989-774-2177

Contact Information

Name	
Campus Address	
Department/Division	
Supervisor Name	
Work Phone	
E-Mail Address	

Advocate Profile

Things that are meaningful to you	Things you do as an advocate
Getting to know other employees	Commit one year at a time
Helping create a healthier workplace	Participate in training, attend wellness events and distribute Benefits & Wellness communications
Contributing in ways that help save the University money on healthcare costs	Help to create a culture of health in your building/department by encouraging and modeling healthy behaviors (Eat Wisely, Move More and Sleep Better)
Using your leadership skills	Meet and greet new employees
Advocating for your colleagues	Respect privacy of others
Being heard – Sharing ideas and feedback about policies and programs	Be actively engaged in the Virgin Pulse Program and run at least one challenge a quarter
Trying programs before they are made available to everyone	Have the ability to balance work duties with advocate activities

Qualifications

Are you currently participating in the CMU/Virgin Pulse rewards program? YES NO

Describe your personal interest in health and wellness. What is your personal wellness vision?

If you could change one thing about your worksite (policy, physical environment, or attitude) that would make it a healthier place to work, what would you change, and why?

What experience do you have that would be helpful in championing the goals (attached) of the CMU Employee Wellness Program?

Signatures

Employee's Name (printed)	
Employee's Signature	
Date	
Supervisor's Name (printed)	
Supervisor's Signature	
Date	

2017-18 Wellness Plan Goals

Type	Description	Notes
Engagement:	Increase the number of participants completing their WellSource HRA to 70%	22.3% have completed for 2017-18 (as of March 31, 2018)
Engagement:	Engage 10% (60 people) of participants with zero steps uploaded (no PulsePoints)	Goal is 1416 participants earning PulsePoints – 1222 earned in third quarter (Jan – Mar 2018)
Engagement:	Increase the number of participants entering biometrics (blood pressure, weight, cholesterol, etc.) – “Know Your Numbers”	28% of participants tracked biometrics monthly during the third quarter – up 4% over last quarter