

# 2019-20 CMU Wellness Advocate Application



Please submit completed application to: Tammy Griffin  
 CHIP Facility/South Grounds  
 Email: [griff1tj@cmich.edu](mailto: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	

### 2018-19 Wellness Plan Goals

1. Promote participation in the new wellness partners by achieving 5% utilization

A. Higi Health Station

B. Whil Mindfulness

C. Financial Wellness by Mercer

2. Increase Nutrition Usage to 35%

3. Increase participants completing the Lifestyle and Health Age Surveys to 60%