

Wellness Ambassador Application



Wellness Ambassadors are faculty or staff representatives that carry the messages from UI Wellness to their coworkers. Ambassadors must have enthusiasm, the ability to bring wellness to life at the departmental level, ability to access email and a willingness to share ideas. All Wellness Ambassadors must secure supervisory approval to act in the role. A 30-minute commitment per month is suggested.

Date: _____

Name: _____

Position: _____

ORG #/Name: _____

Building Name: _____ **Campus Mail Address:** _____

Department #/Name: _____

You will receive approximately one email update per month from UI Wellness; about how many employees will you forward the email to? _____

Supervisor signature _____ **Date** _____

HR Unit Representative signature _____ **Date** _____

Applicant signature _____ **Date** _____

Completed forms should be emailed to uiwellness@uiowa.edu or sent via campus mail to *Megan Hammes, UI Wellness, E119 CRWC*. Once your application has been reviewed by UI Wellness, you'll be contacted to review your **Roles & Responsibilities** as a UI Wellness Ambassador.

Office Use Only

Does Org/Dept/Bldg have a Wellness Ambassador? _____

If so, list here: _____

	Initials/Date	Comments
Initial Contact to review Roles/Resp:		
6-m check in contact:		
Training review/1-year		