



# New Wellness Champions Orientation

September 23, 2021

# AGENDA

Welcome

Current State of Wellness

Introductions

Roles & Responsibilities

2021 & Beyond

# Welcome & Congratulations

Shawn Y. Stokes

Director

A large, vibrant splash of paint in various colors (red, yellow, blue, green, white) forms a circular shape in the center of the slide. The text "Welcome To The Team" is written in white, bold, sans-serif font across the center of the splash.

**Welcome To  
The Team**

# Current State of Wellness

Dr. Ernest Carter  
Health Officer

**HEALTH**  
**DEPARTMENT**  
Prince George's County

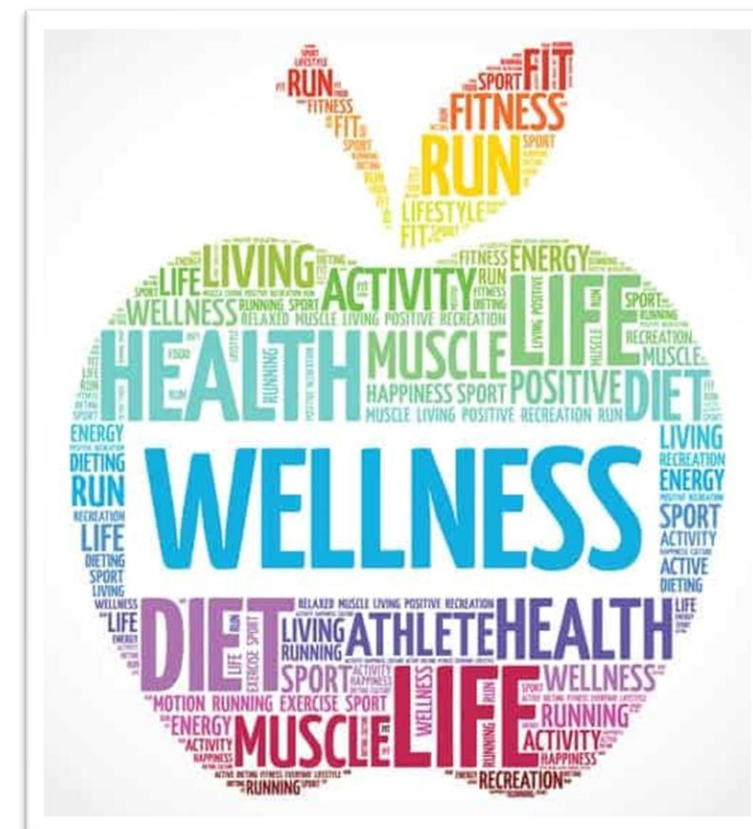


# Introductions

“What is your passion for wellness?”

In a 30-second introduction, please tell us your:

- Name
- Agency
- Length of Service
- Passion for Wellness



# 5 Dimensions

- Preventive Healthcare
- Behavioral Health
- Healthy Eating
- Physical Activity
- Financial Wellness



# Website

## Information for employees and Wellness Champions:

- 5 Level Up Dimensions
- Employee Assistance Program
- Wellness Challenges
- Wellness Wednesday
- Wellness On Demand
- And more!

[princegeorgescountymd.gov/3937/Wellness](https://princegeorgescountymd.gov/3937/Wellness)

### Level Up

#### Level Up Awarded a 2020 Cigna Well-Being Award

Cigna selected Prince George's County's Level Up Program as a recipient of the 2020 Well-Being Award, recognizing our passion and investment in employee health. This award highlights companies in various industries that change the workplace culture through leadership organizational foundation, policy and environment, program implementation, and participation. [Read more.](#)

#### The Flu & COVID-19

Flu season is here! And this flu season could complicate the already difficult task of identifying any unusual symptoms you may experience this fall. Is it a cold or allergies? Or, is it something more serious, like the flu or COVID-19? In order to help rule out the flu, be sure to get a flu vaccine early this year. Getting a flu vaccine will not only help protect yourself but will also help protect those around you. Learn how you can get a flu vaccine and why it's important, by reading [The Flu & COVID-19](#).





# The Three Ws

## What?

- Level Up Wellness Champions are a network of volunteer Prince George's County employees who are committed to helping promote a culture of wellness

## Why?

- Strength lies in employees who live happier, healthier and more fulfilling lives--both at work and at home
- Wellness Champions are ambassadors

## Who?

- Anyone can be a Champion
- Whether new or have been living it for a lifetime



# What's in it for me?

Being a Wellness Champion will help you develop, practice and strengthen a variety of personal skills including:

- Leadership
- Team building and collaboration
- Creativity
- Project planning/coordinating events
- Networking/relationship building
- Enhancing your own personal wellness goals
- Plus, you'll help build a culture of wellness County-wide



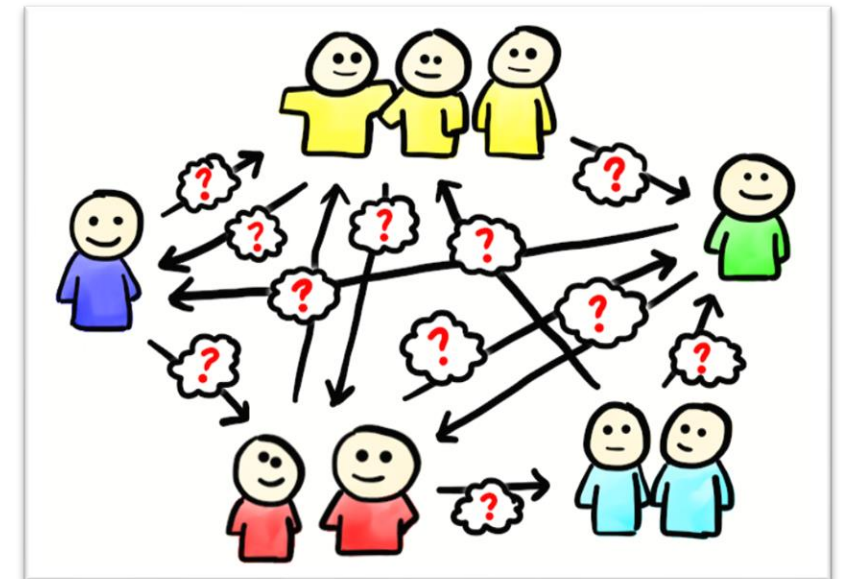
# Roles & Expectations

## OHRM Wellness Program Manager

- Serves as liaison between the OHRM and the Wellness Champions network.
- Assist Champions with designing local activities, events, and communications.
- Keep Champions informed on all wellness information.

## Wellness Champions

- County employees with a friendly, approachable and overall positive attitude who embraces wellness and encourage participation in activities and events.
- Organize, lead, and promote Level Up's wellness activities, campaigns, fairs, events, etc.
- Participate in quarterly meetings.
- Remain engaged via Microsoft Teams.



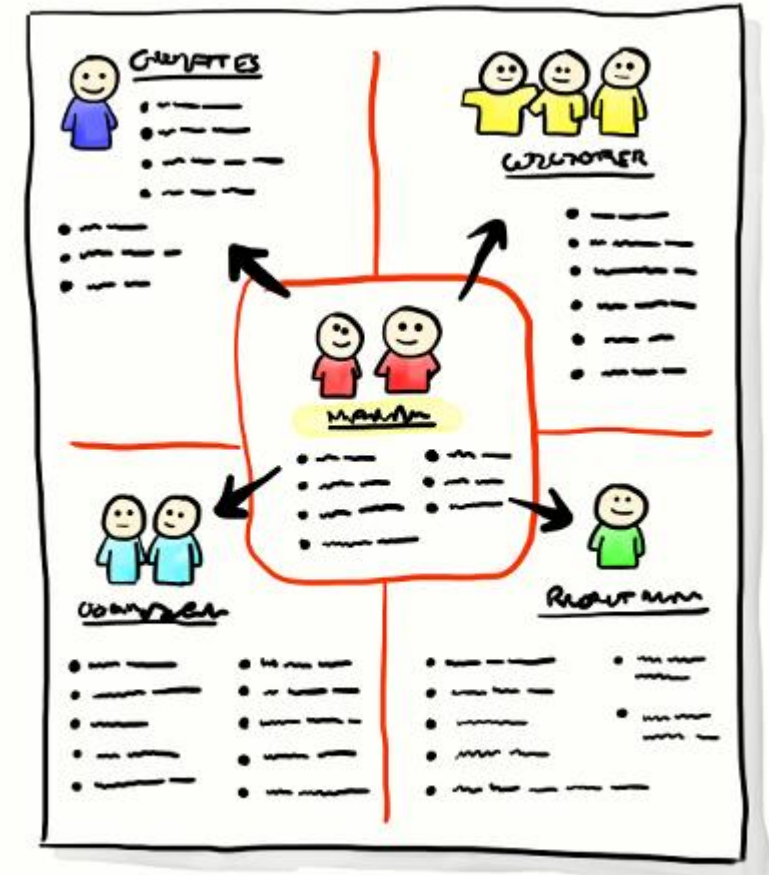
# Roles & Expectations (cont.)

## You ARE expected to:

- Be an active and consistent program participant who leads by example.
- Encourage your colleagues to engage in activities.
- Offer ideas and recommendations to enhance the program.
- Wear your Champion t-shirts at all events.

## You are NOT expected to:

- Forgo job or personal responsibilities to work on Champion activities.
- Do this on your own—this is a team effort!



# Goals

## Group Goals

- **Attend Meetings**  
Actively participate in quarterly Wellness Champion meetings.
- **Distribute Wellness Resources & Information**  
Distribute all information and resources to your Agencies/Departments (e.g., Wellness Wednesdays, flyers/posters, email, etc.).
- **Promote Wellness Activities**  
Increase engagement from your agency of Level Up's events, programs, and initiatives (wellness challenges, campaigns, fitness classes, cooking demos etc.).





# Goals

## Individual Goals

- **Host Wellness Activities** – host at least one (1) event per quarter at your Agency/Department (get creative: ideas may include a lunch and learn, group walk/run, health awareness campaign such as Heart Health Month or Mental Health Awareness month, wellness challenge or contest, etc.)
- **Submit Your Plan(s)** – submit PowerPoint slides of your ideas to the Level Up Team for review and approval (get approval: submit your ideas to [LevelUp@co.pg.md.us](mailto:LevelUp@co.pg.md.us) and we'll provide a response within 48 hours or the next business day).
- **Brag About It!** – be prepared to present your events (including photos) during the Champion meetings (get credit: provide a brief summary to your Wellness Champions and share your ideas to spark creativity and innovation).



# Rewards

Each quarter, you will be eligible for a Level Up reward for promoting good health and meeting your Champion goals.

## How do I obtain a reward?

Each quarter, you will need to do a variety of the following:

- Attend the quarterly meetings
- Host an event at your locations
- Organize an educational webinar
- Come up with a challenge
- Get creative

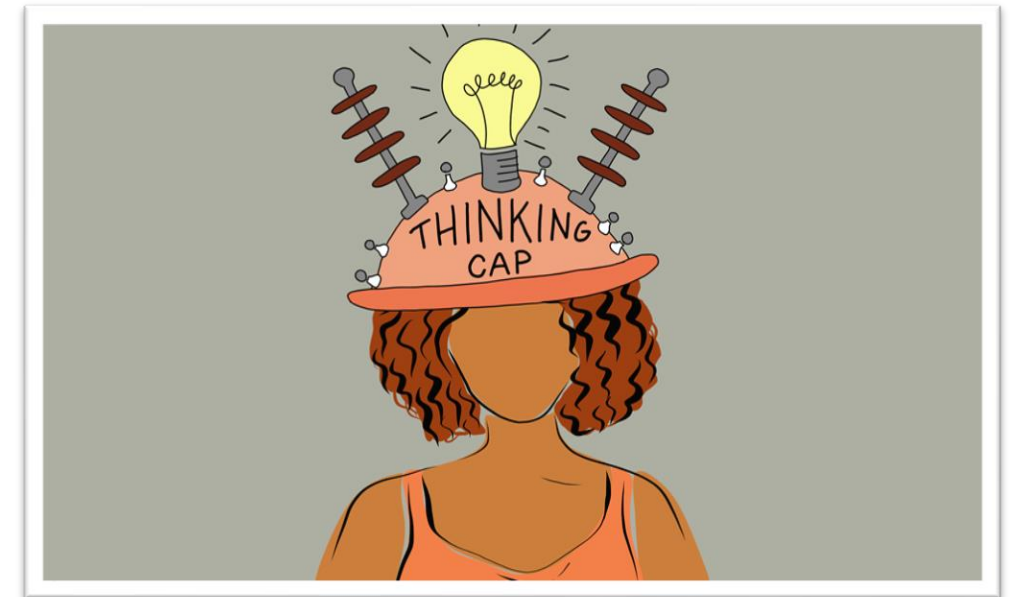


**This begins now!** October, November and December will be tracked, and you will be rewarded for this quarter's activities in January 2022.

# Rewards (cont.)

## How to get started...

- Brainstorm your ideas, plans, and activities.
- Determine what activities will be beneficial at your location or agency.
- Consider the **time to plan and execute** your vision.
- Contact us at [LevelUp@co.pg.md.us](mailto:LevelUp@co.pg.md.us) to provide a detailed plan of your activities.
- We'll discuss next steps and help you think through your ideas.





Employee Assistance Program (EAP)

# Employee Assistance Program (EAP)

The Employee Assistance Program is a confidential counseling and referral service that can help you and your family successfully deal with life's challenges. The counselors are trained, licensed professionals who can advise you on a wide range of problems:

- Access to EAP services is available 24 hours a day, 7 days a week.
- Your EAP provides up to eight (8) counseling sessions per issue.
- All calls are answered live by professional counselors and service is available when you need it.





# Employee Assistance Program (EAP)

## INOVA EAP SERVICES

- Counseling services
- Financial consultations
- Legal consultations and a 25% discount with attorneys
- Identity theft services and consultation
- Work/Life services, including:
  - Childcare or elder care referrals
  - College planning and private school resources
  - Adoption resources
  - Pet services
  - Health and wellness information
  - Savings center/employee discount program



# Coming Up

- Outdoor Movie Experience at FedEx Field  
Fri. September 24
- Coffee & Chat  
Wed. October 6
- Colorful Choices  
4-week online employee wellness challenge  
November: Diabetes Awareness Month
- Employee Wellness Policy  
2022



# Welcome Swag



# Wellness Champions T-Shirt

Email [LevelUp@co.pg.md.us](mailto:LevelUp@co.pg.md.us) by Fri., Oct. 1 with the following information:

- **Your Name** *(and your preferred nickname, if applicable)*
- **Unisex T-shirt Size**
- **Your County Email Address** *(send it from this account)*



# Thank You!

We appreciate each of you! Stay tuned for the next Wellness Champion meeting.

Stay tuned—we will send out a meeting invitation for **January 2022**.

