



Wellness Partner Application

UF and UF Health are seeking Wellness Partners to help spread the word about the UF and UF Health employee wellness initiatives and to serve as liaisons between the employee population and the wellness program. Partners should have an interest in and dedication to wellness as well as an interest in supporting the health and welfare of their fellow employees. All Wellness Partners must secure supervisory approval to act in this role for their department. The time commitment should not exceed one hour per month. Partners do not have to be enrolled in GatorCare to participate, and initiatives will support all UF and UF Health employees, regardless of their insurance coverage.

Responsibilities:

- Disseminate information to employees about upcoming events (post flyers, send emails, share details one-on-one)
- Encourage employee participation
- Answer basic questions about wellness events and resources or refer employees to the wellness website or the Wellness Coordinators
- Help the UF & UF Health Wellness Committee better understand the cultures across the population (successful modes of communication, employee motivations, common barriers to healthy behaviors)
- And provide suggestions and feedback from employees to the Wellness Committee

Date: _____

Name: _____

Email (work): _____

Phone number (work): _____

Campus mailing address: _____

Position: _____

Department and building: _____

About how many employees do you expect to reach? _____

Supervisor name: _____

Supervisor signature: _____ Date: _____

Applicant signature: _____ Date: _____

What are the types of jobs held by employees in your area? Mostly desk jobs? Mostly active jobs?

What hours do the employees typically work? 8-4? 9-5? Flexible hours?

Do employees generally take lunch breaks? If so, how long are they?

What are some health areas you feel employees in your area may be interested in or may need help with?

Can you identify any barriers in your workplace to healthy behaviors? Example: not enough time to take lunch, a culture of eating unhealthy, etc.

How involved would you like to be as a wellness partner?

_____ Not much, distribute information only

_____ Moderately involved, distribute information and sometimes set up activities

_____ Very involved, set up activities, provide feedback to the wellness team, etc.

What is the best way to communicate with employees in your area? Flyers? Email? Do you have access to their emails?

Is there a space in your department for screenings and/or presentations (ex: a conference room)?

Completed applications should be scanned and emailed to the GatorCare Wellness Coordinator, Morgan Papworth at morgan.papworth@bcbsfl.com, and UF Wellness Coordinator, Kim Holton at mkholt@ufl.edu. Applications may also be sent via mail to Morgan Papworth, PO Box 103574, Gainesville, FL 32610-3574. Once your application has been reviewed, you will be contacted with more information.

