

**FIT
FOR
LIFE**



CVT CALIFORNIA'S
VALUED TRUST
Healthcare Benefits for the Education Community

YOUR WELLBEING SOLUTION

CVT District Wellbeing Champion Recommendations

Attention: Principals, Administrators and Wellness/Benefits Committees:

Please review the information below and share with your selected CVT District Wellbeing Champion. Return the provided application to start or continue a wellness program at your worksite. Please make sure the individual is willing to serve in this position and will do a good job for your staff.

Recommendations for CVT District Wellbeing Champion:

- Champion positions must be nominated by a district or school administrator or wellness/benefits committee.
- Champions must be able to meet with CVT via webinar or phone conference for education, planning and reporting purposes 1-3 times per year. All meetings will be held via phone conference or webinar.
- Meetings will focus on planning, education, progress, challenges and successes.
- Champions will plan and coordinate programs based upon program priorities and parameters, employee interests, and financial resources.
- Champions will promote, advertise, and encourage participation of district sponsored wellness programs and screenings.
- Each Champion will be provided a small annual budget by CVT that could be used for any of the following purposes:
 - ✓ Speaker fees, instructional materials and printing costs
 - ✓ Healthy Refreshments
 - ✓ Incentives
- Supplemental rewards are available after confirmation that they've been earned. If the champion is not a CVT member, the earned reward will be awarded to the school district.

Recommendations for Principal, Administrator or Wellness/Benefits Committee:

Allow Champion time at staff meetings for wellness updates and distribution of materials to all employees.

- Provide meeting rooms as available, if needed.
- Allow Champion to utilize a bulletin board or common staff area to post wellness materials.
- Show support and promote program to encourage staff participation and acceptance. Your participation in worksite and district wellness programs is highly encouraged and appreciated!

For additional information, contact Robin Wood, CVT Health Program Manager at 1-800-288-9870.