



## Wellness Champion Application

CWRU Wellness Champions are faculty and staff representatives who promote wellness opportunities among their department, colleagues, and friends at the university. Champions must have enthusiasm, the ability to bring wellness to life at the departmental level, consistent access to email, and a willingness to share ideas.

In addition to continued participation in wellness programs, Wellness Champions will have a time commitment of about one hour per month. All Wellness Champions must secure supervisory approval to act in the role.

Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_

Job Title: \_\_\_\_\_ Department: \_\_\_\_\_

CWRU Email: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Campus Mailing Address: \_\_\_\_\_

Are you a current Wellness Program Participant? (Definition: You receive the \$25 Monthly Wellness Incentive and are actively working toward at least one of the \$100 Wellness Program Incentives)      YES      NO

If you selected "NO", please list the CWRU wellness programs in which you have participated:

Why is wellness important to you/why do you want to be a Wellness Champion?

What are your favorite wellness programs at CWRU and why?

Supervisor Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Applicant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please submit your completed application to Deanna Duffy at [dxd516@case.edu](mailto:dxd516@case.edu) or send via campus mail to:

Deanna Duffy – Human Resources – 209 Crawford Hall – Location Code: 7047

*Once your application has been reviewed/approved, Deanna will reach out to you with onboarding resources.*