



OEBB Wellness Champion Network



How it Works: Oregon Educators Benefit Board Wellness Champions

Welcome to the OEBB Wellness Champion Network! Wellness Champions are a community of people who are passionate about wellness and want to spread that enthusiasm across their organization. Champions are important partners to help OEBB members be their healthiest selves.

OEBB's Wellness Manager communicates regularly with Wellness Champions to offer tools, resources, and information about upcoming events. There will be opportunities to network where Champions can learn from each other and hear about the latest OEBB wellness materials.

OEBB commits to support Wellness Champions to:

- Better understand OEBB's health and wellness benefits through regular, online meetings and events
- Promote OEBB wellness benefits and resources across your organization by sharing best practices and offering opportunities to learn from each other
- Encourage involvement in wellness activities and programs at your organization
- Ensure you have the necessary information, tools and resources to promote health and wellbeing

Wellness Champions commit to:

- Serve as the wellness contact between your organization and OEBB for a minimum of one school year
- Attend four, on-line meetings during the school year (October through June)
- Actively promote activities, resources, and events within your organization
- Distribute program promotional materials
- Promote wellness challenges and events that align with your colleagues' interests
- Be a positive influence on your workplace by encouraging colleagues to participate in wellness challenges and events
- Learn about evidence-based wellness programs and approaches
- Obtain permission from your district or building leadership, if needed

OEBB is also interested in learning from you! Periodically, OEBB will ask for your feedback about what's working, what can be improved, and how OEBB can best support you.