



*Our vision is to enable State employees to be healthy and productive individuals who provide excellent service to the citizens of the State of Iowa.*

### **What is the Healthy State of Iowa Employees Initiative?**

The Healthy State of Iowa Employees initiative is designed to improve overall well-being by making the healthy choice the easy choice through changes to the built environment. Given employees spend, on average, a third of their day at work, the workplace environment is a significant contributor to their health and well-being.

This worked kicked off in 2019 when Governor Reynolds asked State agency Directors to embrace the work and to help identify Wellness Champions to represent each agency across State Government. The Wellness Champions convened for the first time on October 1, 2019 to develop a master plan, which includes tactics in the following areas – *Eat Well, Move More, Feel Better*. Based on their agency location, Champions participate in the Capitol Complex or Off-Complex committee meetings and work.

### **What is a Wellness Champion?**

Ideally, a Wellness Champion is an influential employee who is passionate about well-being and wants to create an environment which makes it easier for their work colleagues to make healthy decisions. They are actively involved in helping drive this initiative throughout their agency. Wellness Champions should represent our diverse work environments.

### **What are the Roles and Responsibilities of a Wellness Champion?**

- Has a passion for the development and implementation of the plan and its tactics
- Coordinates the team of individuals working to implement the tactics within the department; helps ensure the right people are involved
- Schedules and leads the department wellness committee meetings
- Works with the Department of Administrative Services and Wellmark on the implementation, where applicable
- Participates on the statewide champions team, keeps that team informed on the progress being made
- Is able to meet with the statewide champions' team (Capitol Complex or Off-Complex group) approximately every six weeks.

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