

# BetterHealth AMBASSADOR Program **FAQs**

## How long is this commitment?

We ask that you commit to being an ambassador for one year (2017). You may have the opportunity to re-apply to serve a second term. Supervisors must pre-approve your participation.

## How much time is involved?

- We anticipate that ambassadors will need to commit about two hours each month in promoting wellness activities.
- Quarterly meetings – 1.25 hour each
- Annual Wellness Ambassador Training – 3 approved hours
- Your ambassador role should not interfere with your primary job duties.

## What type of roles and responsibilities will I have as an ambassador?

You'll help with a range of activities such as:

- Providing input and promotion of the BetterHealth program
- Supporting local office initiatives
- Encouraging co-workers to get involved.

## BetterHealth Ambassadors should not have any potential conflict of interest.

The primary purpose of a BetterHealth Ambassador is to communicate and promote the City of Albuquerque's BetterHealth Wellness Program and associated activities. The "Without Conflict of Interest" requirement prohibits BetterHealth Ambassadors from using their role to encourage or sell wellness or fitness-related products to coworkers. Our role is to encourage employees to improve eating habits, increase physical activity, avoid tobacco, and lead a balanced and healthy lifestyle in ways that best meet their needs.

## All ambassadors will receive a BetterHealth shirt!

## I have some additional questions about the program.

### Who can I contact?

We would be happy to answer your questions. For more information contact Lisa Gatan at 768-2921, or Shannon Brady at 768-3732.

Now accepting  
applications!



# BetterHealth AMBASSADOR

CITY OF ALBUQUERQUE



Human Resources Department  
Insurance and Benefits Division  
7th Floor, City Hall, Room 702

Established in 2016.  
Bringing wellness to more  
City of Albuquerque  
work locations.



We're in the process of selecting 60 City of Albuquerque employees to become volunteer BetterHealth Ambassadors. Applications will be accepted through November 18. Ambassadors will be selected by December 12, and the orientation is in January.

**BetterHealth Ambassadors are:**

- employee volunteers who share their enthusiasm and motivation, and contribute to meaningful, organization-wide wellness initiatives.
- advocates for healthy living, no matter where they are in their personal health journeys.
- the "eyes and ears" for the BetterHealth wellness program.
- a direct link for co-workers to information about wellness resources and activities.
- able to volunteer 1-2 hours per month on wellness initiatives.

**Attributes of Successful BetterHealth Ambassadors:**

- committed to the health and wellness of themselves and others
- willing to take initiative
- inspiring to others
- comfortable promoting wellness programs
- positive role models for health and well-being

If you would like to become a BetterHealth Ambassador, please complete the application at the link below.

[www.surveymonkey.com/r/BetterHealthAmbassador](http://www.surveymonkey.com/r/BetterHealthAmbassador)

Application period will close November 18, 2016.