

# Wellness Champion



## Do you have the stuff of a champion?

**At Aetna, we're helping to create a healthier world — and that includes your workplace.**

But it takes leadership from within your company. It's these Wellness Champions who help us build a better workplace. And you can be one of them!

### **What is the role of a Wellness Champion?**

A Wellness Champion can be one person or a team of people. The goal is simply to help the company become a healthier place. Wellness Champions often volunteer or are asked to help in the planning and carrying out of a company's health and wellness programs.

**You'll make a great Wellness Champion if you are:**

- Fired up about your own health and helping to improve the health of others
- Already encouraging your friends and fellow workers to join wellness programs
- Taking part in or leading wellness programs or meetings



### **Ready to get started?**

#### **Here's what you can do:**

Learn more about becoming a Wellness Champion and find great resources to help you along the way. Visit [www.aetna.com/employers-organizations/wellness-champion-toolkit.html](http://www.aetna.com/employers-organizations/wellness-champion-toolkit.html).

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