

Ohio State University Buckeye Wellness Innovators

Buckeye Wellness Innovators are university and medical center faculty and staff who have a special interest in facilitating an innovative culture and environment of wellness in their college, unit, or medical center department. Buckeye Wellness Innovators champion university-wide wellness initiatives in their departments and advance the One University Health and Wellness strategic plan by: communicating health and wellness activities with their colleagues; encouraging and motivating faculty and staff participation; planning and conducting wellness activities, and working collaboratively with OSU's Chief Wellness Officer Bernadette Melnyk and her wellness team, Your Plan for Health, and the OSU Health Plan to promote health and wellness in their units.

Requirements

1. A current Ohio State faculty or staff member.
2. Interest, time* and energy to engage in and promote health and wellness activities and events in their department.
3. Completion of the Buckeye Wellness Innovators' certification program, which includes a program orientation.
4. Commitment to serve as an enthusiastic role model for health and wellness for a minimum of two years.
5. Willingness to facilitate innovative solutions to enhance health and wellness in their units.
6. Spend approximately 2 to 3 hours on wellness activities per month, excluding orientation, Health Athlete program and bi-annual luncheons.

Primary Responsibilities

1. Serve as a liaison in sharing the One University Health and Wellness Strategic Plan with faculty and staff.
2. Participate in annual wellness activities (PHA, biometric screening, educational session, YP4H challenge)
3. Schedule wellness activities targeting the National Prevention Strategy's seven health promotion strategies and the 9 dimensions of wellness, as outlined by the One University Health & Wellness Council, for their college or unit.
4. Be familiar with wellness initiatives in order to inform colleagues of health promotion resources available to them.
5. Work with their OHR professional to ensure proper referral for benefits optimization.
6. Promote wellness activities and disseminate health information in academic unit/department
7. Discuss perceived wellness needs of the college/department/unit with Buckeye Wellness Innovator's facilitator.
8. Have fun!

Benefits

1. The opportunity to attend the 2-day health athlete program* free of charge.
2. The ability to make a positive impact on personal health and wellness as well as the health and wellness of colleagues.
3. Participation as a wellness innovator counts as university service.

*The Health Athlete program is designed for professionals from all health disciplines and highlights ways to refocus and reenergize one's personal and professional life. The program is derived from "The Corporate Athlete" program developed by psychologists Dr. Jim Loehr and Dr. Jack Groppel during their work with professional athletes to improve performance. The program emphasizes energy management through a comprehensive examination of goals and values in relation to one's purpose, mental, emotional and physical development. The approach uses the power of one's story. Participants learn about how to better manage their energy through simple techniques, exercise and nutrition management. Individuals who attend the "Health Athlete" workshop increase their beliefs and confidence in their ability to engage in healthy lifestyle behaviors that will, in turn, improve their health outcomes.

If interested, please contact Megan Amaya, Director of Health Promotion and Wellness, and Assistant Professor of Practice, College of Nursing, at amaya.13@osu.edu