



MERIT MANITOBA WORKPLACE WELLNESS PROGRAM CHAMPIONS

Implementing the MERIT MB Workplace Wellness Program

The MERIT Manitoba Workplace Wellness Program is designed to be easy to implement by construction companies of all sizes. Most month's content will include a self-paced course that employees will access online, and all other materials will be made available in printable and easy-to-distribute PDF formats.

Each participating company will designate one or more **Wellness Champions**, who will dedicate a small number of hours each month to program implementation, with the ongoing support of MERIT Manitoba's Wellness Team.



Wellness Champion Qualifications

Companies with dedicated human resources and safety staff may want to designate such individuals as their Wellness Champions. But the role requires no special qualifications - just an enthusiasm for helping promote a healthy workplace culture.

The Wellness Champion Role

- **Meet** with the MERIT Manitoba Wellness Team for an onboarding session, including an overview of the program and of the monthly theme-specific materials.
- **Distribute** all monthly theme-specific materials to employees either electronically or in hard copy in lunchrooms and at job sites, whichever method will be most effective for your people.
- **Identify and use** existing company communication channels (newsletters and bulletins, employee townhalls, etc.) to promote ongoing awareness of the program, with support from the MERIT Manitoba Wellness Team on messaging.
- **Respond** to employee inquiries, with support from the MERIT Manitoba Wellness Team.



Contact & Customer Support

MERIT MANITOBA WELLNESS TEAM
wellness@meritmb.com