



County of Monterey Employee Wellness Committee

Roles & Responsibilities

Purpose. Vision. Values. Objectives.

Purpose

The Employee Wellness Committee promotes greater health awareness by providing information, activities, and services designed to support healthy lifestyle choices for County employees. We assess, plan, and implement activities that will help our workforce be more aware, motivated, and skilled to increase their well-being.

Vision

Empower the lives of all County employees

Values

Self-Care. Diversity. Healthy Culture.

Objectives

- Help create a sustainable healthy culture at work
- Encourage employees to actively participate in behavior change activities
- Offer activities to employees that will increase their awareness of various well-being topics
- Encourage all levels of leadership to engage in creating a culture of health for employees to learn and implement their new well-being skills
- Advance policy recommendations on new and innovative well-being topics and ideas

Qualifications:

- Interest in encouraging worksite wellness and helping employees be their healthy best
- Availability to serve on the Committee for one year (December 2021-December 2022)
- Written approval from supervisor approving participation during work time

Responsibilities:

Actively participate in the work of the Committee, provide thoughtful input to committee deliberations, and focus on the best interest of our workforce. Committee members will encourage and support departmental efforts to create and sustain a healthy and supportive environment and promote and encourage employees to be their healthy best. The Committee provides guidance and support on all phases of a Wellness program, including visibility and promotion, peer encouragement and advocacy, and evaluating and reporting results.

Sponsored committee projects and initiatives include (but are not limited to):

- Representing Wellness Committee efforts at the department level and employee interests at the Committee level
- Spearheading departmental efforts to ensure a healthy work environment and healthy work practices for employees in your department
- Promoting wellness initiatives and programs to enhance awareness, participation, and engagement
- Brainstorming, planning, and implementing wellness events and activities
- Reviewing wellness data and making recommendations about wellness programs and services

Time Commitment:

The Employee Wellness Committee will meet every month for an hour and a half. The expected time commitment member is 4-5 hours/quarter. **Employees are not eligible to use their wellness hours to participate in Committee meetings.**

Participation:

The Committee is comprised of representatives from various County departments and is open to any employee interested in promoting worksite wellness. Large departments may have several representatives.