



GVSU Wellness Ambassador Network

TOP 10 Challenge

Complete all 10 activities to learn more about yourself and what GVSU has to offer its employees to support good health and overall well-being. When you complete all 10 challenges, submit the form to hwmarket@gvsu.edu. Simply send for bragging rights to let us know it's done and your name will go up on the list of challenge completers on our website and/or if GV swag is your thing, we will send you swag!

- Create your Encompass Employee Assistance Program [mylifeexpert online account](#)
- Sign up for [Thrive @ GVSU](#) and connect with a Priority Health wellness coach (benefit eligible faculty and staff only) or check out the [UFIT program](#) offered through GVSU Recreation and Wellness
- Review the [Virtual Resource Guide](#)
- Review the [How to Make the Most of Your Benefits](#) web page to learn more about the Priority Health Cost Estimator, Care Manager and Priority Rewards programs
- Read about one of [GVSU's Leading Lakers](#) and/or nominate someone
- Participate in a virtual class or challenge offered by [Human Resources](#) or [GVSU Recreation and Wellness](#)
- Send someone a [kindness card](#) to brighten their day
- Review [New Parent Bingo](#) and share if you know any GVSU employees who are new parents
- Increase your knowledge and skills about financial wellness and learn how to plan for retirement by watching the [Navigate program financial wellness resources video](#)
- Share this challenge with your colleagues and invite them to participate!

Name: _____ Date Completed: _____

Wellness Ambassador for my department: _____

Please email completed form or a photo of complete form to hwmarket@gvsu.edu

Who is a wellness ambassador?

A GVSU faculty or staff member who is committed to promoting health and wellness in the workplace and to be a catalyst for culture change at GVSU. Ambassadors play a key role in supporting the promotion of health and wellness and act as a liaison between their department and the GVSU Benefits and Wellness Program. Ambassadors are vital communicators to help direct faculty and staff to both physical and emotional health programming, activities, and resources offered through GVSU Benefits and Wellness as well as employee benefits. [Learn more.](#)