

Douglas County, Oregon
Employee Wellness
Building a Culture of Health at Work



You are receiving this invitation because you expressed interest in serving on the Wellness Committee.

The Douglas County Board of Commissioners launched an Employee Wellness Committee as a subgroup of the Douglas County Employee Benefits Committee in 2012. The Committee has been working on various health related focuses since its inception.

The mission of the Employee Wellness Committee is to promote and support a workplace that encourages the health and wellness of Douglas County employees and their families.

The Employee Wellness Committee would like to create a list of employees who are willing and able to serve on the Committee – starting with those who expressed interest in serving on the Committee. We also want to be sure that you and your supervisor understand Committee member responsibilities.

Responsibilities for wellness committee members:

We ask that Committee members commit to active membership for 12 months, with the option to renew or opt out after that time. We also ask that Committee members:

- Participate in monthly Committee meetings. Meetings are currently held on the third Tuesday of each month from 2:00 p.m. to 3:00 p.m.
- Participate in Committee Training, Strategic Planning, and Evaluation activities.
- Help plan and implement at least one wellness committee project during a 12-month period
- Serve as a champion of wellness committee activities and events

By checking this box, I agree to fulfill the responsibilities of the Wellness Committee.

Mission

To promote and support a workplace that encourages health and wellness.

Goals

- Lower health care costs
- Improve health
- Increase awareness of health benefits and resources
- Increase opportunities for employee engagement through healthy activities
- Maintain respect for individual health needs and goals
- Measure and report on wellness impact

Name: _____

Title: _____

Email: _____

Phone: _____

My supervisor is aware of and supports my interest in serving on the Douglas County Employee Wellness Committee.

Supervisor Name: _____

Title: _____

If you are interested in serving on the Wellness Committee, please email your application to the Committee at wellness@co.douglas.or.us