



## **Challenge Your Wellness Program - Enter this Year**

### **THE AWARDS COMPETITION**

- Recognizes, rewards and celebrates successes
- Provides an opportunity for sharing best practices
- Helps prepare your program for national competitions
- Helps you articulate key components of your program
- Promotes objective self assessment
- Promotes consideration and reporting of Return on Investment (ROI)
- Allows for program review and feedback by a team of wellness experts
- Encourages leadership engagement and employee participation
- Helps energize your program and obtain more resources
- May be used as a new employee recruitment tool by your company

**CELEBRATE WELLNESS AT WORK...PROMOTE A HEALTHIER,  
MORE PRODUCTIVE WORKFORCE!**

Champions in Health promotes workforce wellness programs in the Dallas - Fort Worth Metroplex and provides resources for new and existing programs. For more information, contact Nancy Williams, President, The Health Industry Council at 972-256-2291; [nanc7@aol.com](mailto:nanc7@aol.com)

Information about the 2010 Awards Competition is available at [www.championsinhealth.org](http://www.championsinhealth.org).

## WORKFORCE WELLNESS AWARD PRE-APPLICATION & SELF ASSESSMENT

**Please provide the information below as the first step in the process to be considered for a Champions in Health "Program Excellence Recognition Award." Return no later than August 2, 2010.**

Name of Organization: \_\_\_\_\_

Description/Type of Organization: \_\_\_\_\_

Contact person: \_\_\_\_\_ Title: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_ E-mail: \_\_\_\_\_

How long has your wellness program been in existence? \_\_\_\_\_

What is your Health Promotion (wellness) budget? \_\_\_\_\_

# of employees \_\_\_\_\_ % of participation \_\_\_\_\_

**Check all that apply to your wellness program from the focused activities list below:**

Senior Level Support	
Needs Assessment / Cultural Analysis	
Do you Measure Success?	
Do you have a Mission / Vision?	
Alcohol / Substance Abuse	
Work / Personal Life Balance	
Mental Health / Stress Management	
Maternal/Child Health / Family Health	
Nutrition	
Physical Activity	
Tobacco Use - Prevention / Cessation	
Cardiovascular Health	
Diabetes Prevention / Management	
Musculoskeletal Health	
Weight Management	
Health Risk Assessment / Preventative Screening programs	
Immunizations	
Infectious Disease Prevention	
Occupational Health / Safety	
Other:	

Please return completed form by e-mail to [leslie@healthindustrycouncil.org](mailto:leslie@healthindustrycouncil.org); by fax to 972-570-8037 or by mail to Champions in Health 3001 Skyway Circle, Suite 100, Irving, TX 75038. Deadline for pre-application is August 2, 2010.

This form is also available for download at: [www.championsinhealth.org](http://www.championsinhealth.org)