

Booster Role Description

A Healthier U Booster is an inspirational voice for his/her program regarding employee health, well-being and work-life balance.

The Healthier U Booster attends meetings and trainings as appropriate and works with their team to promote health and wellness in their work environment.

Expectations:

- Clearly communicate with his/her supervisor about his/her role, responsibilities, and vision as a Healthier U Booster.
- Believe in and actively support the Healthier U's effort to cultivate a healthy work environment, healthy work practices and healthy workforce.
- Attend a 45 min. to 1 hour initial booster orientation.
- Attend at least 2 of the ongoing meetings and trainings to develop a solid understanding of the Healthier U wellness program, goals, objectives, program responsibilities and opportunities.
- Identify opportunities for small team-based wellness improvements and activities in their work team (divisions, units, etc.) and implement at least one lasting improvement with their work team.
- Communicate with wellness coordinators about the improvements that they are developing with their work team.
- Serve as the liaison between employees and the Healthier U program and to gather and share feedback, and connect employees with program resources and information.
- If time permits and other expectations are being met, possibly participate as a volunteer at Healthier U events, on Healthier U workgroup, and/or as a spokesperson for Healthier U Boosters.

Characteristics of a Great Booster:

- **Initiator** – spearheading small and large program efforts to ensure a healthy work environment and healthy work practices.
- **Educator** – transferring knowledge of best practices, health and wellness information, activities, resources and opportunities to program employees.
- **Communicator** – to represent Healthier U efforts at the program level by displaying posters, distributing flyers, and talking up activities to co-workers and answering their questions.



- **Motivator** – enthusiastically and positively encouraging employees to pursue their best health and well-being.
- **A Great Enthusiast** – spreading enthusiasm and positive reinforcement for Healthier U programs with fellow co-workers.

Who can be a Booster?

Managers as well as rank and file staff are encouraged to become a Booster.

How do I become a Booster?

- Attend a booster orientation session to learn more.
- Complete and submit the Booster Commitment Form.
- If you need work time to attend meetings and trainings, get manager's signature.
- If you do not need work time to be a booster, have a conversation and reach an understanding with your Supervisor about your interest and level of participation as a booster.
- Return application/commitment form to Healthier U (contact information below).

NOTE: Some boosters will be selected based on Healthier U's efforts to have a diverse representation of different divisions, centers, buildings, floors, etc.

Examples of activities and programs that boosters will communicate, develop, and promote:

- Small team-based Interventions such as organizing salad bars, walking teams, or stretching with co-workers.
- Community events (e.g., local 5K walks, Farmers' markets).
- Department-wide campaigns (e.g., Sneaker Fridays, March of Dimes Walk, Heart Walk).
- State programs and services promoting healthy, active lifestyles (e.g., Healthier U Connections).

Interested in Becoming a Booster?

Register for a booster orientation or request a
Booster Commitment form

healthieru@XXX.ca.gov