

BECOME A LIVE WELL AMBASSADOR

Vision

WSP USA's Live Well program is designed to help our employees increase their health, nutrition and fitness knowledge, and enable them to engage in a better work/life balance. Through this annual initiative, WSP takes an important step in improving the health and productivity of our employees to encourage and support their wellness goals. Live Well is also a key driver to control rising medical costs, which is necessary to maintain our robust healthcare plan.

Mission

Our mission at WSP is to promote and build a culture of wellness in the organization that will inspire and empower employees to live well.

The Role of a Live Well Ambassador

A Live Well Ambassador can be a single person or a team of people. Live Well strives to have Ambassadors represent our colleagues across the country; Ambassadors can work in the office, the field or from home. The goal of growing the Ambassador Network is to help WSP become a healthier place. Ambassadors often help organize and promote programs related to:

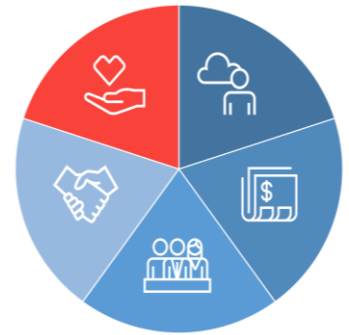
- Stress management
- Emotional well-being
- Physical activity
- Nutrition and healthy eating
- Sleep hygiene
- Social connectedness
- Community involvement
- Financial wellness

What Live Well Ambassadors Do

- Advocate for well-being programs and events
- Organize programs with local office administrators and DPN members
- Serve as a point of contact about a wellness event
- Encourage participation in wellness activities
- Communicate wellness services and information
- Share benefits about the Live Well program with other employees

Responsibilities & Expectations

- Attend monthly Live Well Ambassador Meetings (45 minutes)
 - Time spent attending meetings, organizing events and hosting events is considered an overhead expense
- Collaborate with local office administrator(s) to organize and host wellness activities
- Collaborate with local DPN chapters to plan, promote and host wellness activities
- Apply for Wellness Funding and use funds responsibly
- Engage in conversation and share ideas with colleagues
- Post wellness events on social media to highlight Live Well experiences



Live Well is built from five pillars of wellness depicted in the pie chart: physical, emotional, financial, community and social.

[Click here to become an Ambassador](#)

[Apply for Wellness Funding](#)

[Visit the Live Well Page on Canopy](#)