



A PROGRAM OF THE SOUND  
HEALTH & WELLNESS TRUST

## Wellness Volunteer Guide

### **What is LiveWell?**

LiveWell is a health and wellness program designed to help Sound Health & Wellness Trust participants and their spouse or same sex domestic partner live healthier lives, prevent illness, manage chronic conditions and make good decisions about their healthcare.

### **Why does the Sound Health & Wellness Trust offer LiveWell?**

The Trust offers LiveWell so that participants have the information and services they need to help them stay healthy.

### **What are Wellness Volunteers and what do they do?**

Wellness Volunteers help share the Trust's monthly LiveWell news and let their Coordinators know what participants in their workplace are saying.

Volunteers receive LiveWell flyers and handouts from the Trust and share program information with other Trust participants.

Volunteers only hang flyers, have conversations and organize events before or after work, on breaks or on days off. After all, it is a volunteer position.

### **What do Wellness Volunteers get?**

- Immediate wellness program and promotions updates.
- All program materials mailed right to your door.
- Direct contact with a Trust Wellness Coordinators.
- A monthly e-newsletter with a volunteer spotlight, program information, and suggestions.
- An invitation to the annual volunteer celebrations – sure to be a good time.

#### **IMPORTANT NOTES**

- Don't forget, this is a volunteer opportunity. All volunteering should be done off the clock.
- If Trust participants have questions about their health benefits or eligibility, you should have them call the plan phone numbers shown on their Trust ID card.
- Use the program overview sheets to refer participants to the appropriate LiveWell program phone numbers.

**Thank you for getting involved!**