

# WellCert

Certified Wellness Program Coordinator

LEVEL 1  
CWPC



*The premiere practitioner certification program for the Worksite Wellness field*





Wellness Certification Program • June 9-10 • Renaissance Long Beach Hotel

## Do you have the skills you need to lead a results-driven wellness program?

Wellness is a complex field at the intersection of behavioral change, organizational strategy, technology and medicine. More than ever, wellness professionals need cutting-edge expertise to create programs that deliver results.

Drawing from best-practice solutions and proven industry research, WellCert provides worksite wellness professionals, benefit managers, brokers, human resource staff and others with the skills they need to plan, implement, manage and measure employee wellness programs that improve health and reduce employee costs. Designed by WellCert founder Larry S. Chapman, MPH, WellCert synthesizes 40+ years of experience with more than 1,000 organizations.

WellCert is the preferred Wellness Certification for top national insurance carriers, HR consulting firms, benefits brokers, and wellness councils. All graduates of the WellCert Program are identified on the WellCert Professional Registry.

The Certified Wellness Program Coordinator (CWPC), or WellCert Level 1 course, covers key skills that professionals need to build a foundation for results-driven wellness programming. Level 1 covers the scope of wellness programming typically present in smaller organizations with limited resources, while laying the groundwork for higher certification levels. The approach is highly practical, focusing instructional time preparing you to deliver results.

### LEVEL 1 PROVIDES YOU WITH PREPARATION TO HONE THESE KEY SKILLS:

#### DAY 1

- Skill #1** *How to build strong senior management support for wellness efforts*
- Skill #2** *How to assess your employees' wellness needs*
- Skill #3** *How to decide on the scope of your worksite wellness program*
- Skill #4** *How to build a sound program infrastructure for your wellness program*
- Skill #5** *How to build an effective administrative structure for your wellness program*
- Skill #6** *How to design an effective wellness communications and promotion effort*

#### DAY 2

- Skill #7** *How to design an effective health management process for your wellness program*
- Skill #8** *How to design an effective group activities component for your wellness program*
- Skill #9** *How to create a supportive environment for wellness in your organization*
- Skill #10** *How to utilize a Health Risk Assessment (HRA) in your wellness program*
- Skill #11** *How to plan basic onsite components for your employee wellness program*
- Skill #12** *How to perform a simple evaluation of your employee wellness program*



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### WELLCERT PROGRAM DETAILS



#### **Certified Wellness Program**

#### **Coordinator**

#### **Level I**

**Renaissance Long Beach Hotel**

**Long Beach, CA**

**June 9 – 10; 8:00 a.m. – 5:00 p.m.**

### HOTEL/TRAVEL

*Renaissance Long Beach Hotel*

*Long Beach, CA*

*1111 East Ocean Blvd.*

*Long Beach, CA 90802*

<http://www.marriott.com/hotels/travel/lgbrn-renaissance-long-beach-hotel/>

**Group Rate:** \$171/night + taxes & fees

**Parking:** Discounted self-parking is \$12 per vehicle per night. Valet parking \$26 per vehicle per night.

### CERTIFICATION TUITION

- EARLY BIRD: \$1,200 (*By April 24, 2015*)
- REGULAR RATE: \$1,300

### TUITION FEES INCLUDE:

- Continental breakfast and lunch daily.
- Graduates of the course receive an e-Certificate and a place on the WellCert Professional Registry.
- *WellCert Connections*, an exclusive bi-monthly briefing with articles, information and monographs.

### CHALLENGE EXAMINATION

The 4-page open-book Challenge Exam can be completed at the time of the training or submitted later. Participants must identify the single most important thing they learned about each of the 12 skills and the 7 required readings and why each point was important to them. The exam also asks for a self-assessment of personal strengths and weaknesses around performing the role of a wellness program

coordinator as well as who to recruit in order to help design and implement an employee wellness program. A completed Challenge Exam is a mandatory requirement for anyone desiring to be certified as a Certified Wellness Program Coordinator (CWPC).

### Requirement for WellCert Recertification

In order for each individual who completes any level of certification to maintain an Active certification status on the WellCert Registry, they need to complete a minimum of 2 WellCert online modules of their choosing each 12-month period after completing their training. If they have not completed the minimum requirement, their status in the WellCert Registry will be designated Inactive rather than Active. Each online module to be completed has a 10-question True-False test and 80% of the questions must be answered correctly in order to receive credit toward recertification.

### CONTINUING EDUCATION CREDITS

**ACHE Category:** HASC is authorized to award 12 hours of pre-approved ACHE Qualified Education credit (non-ACHE) for this program toward advancement or recertification in the American College of Healthcare Executives. Participants in this program wishing to have the continuing education hours applied toward ACHE Qualified Education credit should indicate their attendance when submitting their application to the American College of Healthcare for advancement or recertification.

**BRN Credit:** Provider approved by the California Board of Registered Nursing. CEP #970 for 12 contact hours.

### FOR MORE INFORMATION

**CONTACT:** Karen Ochoa, [kochoa@hasc.org](mailto:kochoa@hasc.org), (213) 538-0765

To learn more about the Chapman Institute, go to: [www.chapmaninstitute.com/courses/certification/](http://www.chapmaninstitute.com/courses/certification/)



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### WELLNESS CERTIFICATION REGISTRATION FORM FOR LEVEL I CERTIFIED WELLNESS PROGRAM COORDINATOR

**MAIL OR FAX THIS COMPLETED REGISTRATION FORM TO:**

**Karen Ochoa, HASC, 515 South Figueroa Street, Suite 1300, Los Angeles, CA 90071-3300 or Fax (213) 482-8537**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Title: \_\_\_\_\_

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

Organization Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: (required) \_\_\_\_\_

Nickname (as you wish it to appear on your badge): \_\_\_\_\_

Assistant's Name: \_\_\_\_\_ Assistant's email: \_\_\_\_\_

### CONTINUING EDUCATION CREDIT:

Attendee must complete all contact hours in order to receive continuing education credits.

- ACHE Category:** HASC is authorized to award 12 hours of pre-approved ACHE Qualified Education credit (non-ACHE) for this program toward advancement or recertification in the American College of Healthcare Executives. Participants in this program wishing to have the continuing education hours applied toward ACHE Qualified Education credit should indicate their attendance when submitting their application to the American College of Healthcare for advancement or recertification.
- BRN Credit:** RN Lic. No. \_\_\_\_\_ Provider approved by the California Board of Registered Nursing, Provider #970, for 12 contact hours.
- HRCI Credit:** TBD

### SPECIAL NEEDS OR MEAL REQUIREMENTS:

\_\_\_\_\_

\_\_\_\_\_

### Please Indicate Selection Below:

- Wellness Certification Fee Early-Bird Rate (*By April 24, 2015*)      \$1,200
  - Wellness Certification Fee Regular Rate      \$1,300
- TOTAL \$ \_\_\_\_\_

### PAYMENT INFORMATION:

- Enclosed is check # \_\_\_\_\_ Amount \$ \_\_\_\_\_

### MAIL AND MAKE CHECK PAYABLE TO:

**Wellness Certification - Level I CWPC • Attn: Karen Ochoa • 515 South Figueroa Street, Suite 1300, Los Angeles, CA 90071-3300**

**Please note on check program # 2175-115-000**

- Charge \$ \_\_\_\_\_ to the following credit card:  MasterCard    Visa    American Express    Discover
- Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ CID Code (three-digit code from back of card): \_\_\_\_\_
- Card Holder Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip Code: \_\_\_\_\_
- Card Holder Name (print): \_\_\_\_\_ Card Holder Signature: \_\_\_\_\_

I certify that I am the authorized holder and signer of the credit card referenced above. I certify that all information above is complete and accurate. I hereby authorize collection of payment for all charges as indicated above. Charges, other than fees related to cash back credit cards, may not exceed the amount listed above in the AMOUNT field.

Cash Back Credit Cards: If the authorized credit card is part of a rewards program that offer cash back or rebate incentives to the cardholder at the expense of the Hospital Association of Southern California (HASC), typically through a higher transaction fee, then by signing below the card holder authorizes HASC to charge this credit card the dollar amount of the additional fee.

*You may be photographed or videotaped at the event. HASC reserves the right to use these items in promotional, marketing, educational and other materials.*