

WELLNESS COMMITTEE
Terms of Reference

NAME: This Committee shall be called the Wellness Committee

STATUS: The Wellness Committee is a sub-committee of the Benefits Users Committee (BUC)

MANDATE: To establish and maintain a health and wellness program that serves the needs and interests of our faculty and staff. The program will include a preventative strategy that fosters self-awareness and engagement focused on improved quality of life. Program design and changes will be recommended to the Benefits Users Committee for approval.

MEMBERSHIP: Membership of the Committee shall consist of the following

Standing Members

- A representative of the Faculty Association
- A representative of the NSGEU
- A representative of the IUOE
- A representative of the MPA
- A representative of Management Forum

Appointed Members

- Director, Athletics & Recreation
- Manager, Health Services
- Fitness & Wellness Coordinator
- Director, Human Resources

MEETINGS: The committee will meet a minimum of four times per year

QUORUM: Fifty percent of the total voting membership plus one shall constitute a quorum

FUNCTIONS: It is the function of the Committee to further develop, evaluate and implement the Wellness program for the BUC and the University. The following are functions that fall within this mandate:

1. Oversee the implementation of wellness program, make periodic evaluations and recommend services providers for the program, in conjunction where possible with Interuniversity Services Inc;
2. Interpret results of employee wellness surveys for further program development recommendations to the BUC;
3. Promote employee awareness and general understanding of the wellness program;

4. Review and propose budget annually and/or recommend budget to BUC;
5. Keep abreast of wellness best practice, trends and products.

REPORTING: The Committee shall report periodically to the BUC and provide recommendations to the BUC with respect to any changes in the wellness program. Issues arising from the Wellness Committee will be addressed by the BUC.

Approved by the BUC: October 22, 2013

Revisions Approved by BUC: September 24, 2019