

## Well-being Champions Program Components Reader Program Design Matrix

This matrix depicts the key elements of the ACP Well-being Champions Program and provides options for lower or higher cost undertakings that you can tailor based on your organization's needs.

<b>Well-being Champions Program Component</b>	<b>Lower Cost</b>	<b>Higher Cost</b>
<b>Overall Program Structure</b>	<ul style="list-style-type: none"> <li>• One time /as needed</li> </ul>	<ul style="list-style-type: none"> <li>• Rolling Cohorts</li> </ul>
<b>Training</b> Faculty and materials  Participants  Location logistics (e.g., space, food, AV)	<ul style="list-style-type: none"> <li>• Leverage organizational expertise</li> <li>• Use existing materials</li> <li>• Participant pays training and any travel-related expenses</li> <li>• No honoraria for attending</li> <li>• In-house or other free location/ no meals provided/virtual training</li> </ul>	<ul style="list-style-type: none"> <li>• Bring in consultant experts</li> <li>• Create training specific materials</li> <li>• Cost of course covered</li> <li>• Reimbursement for travel-related expenses</li> <li>• Honoraria for participation</li> <li>• Outside location/ catering charges</li> </ul>
<b>Champion Continuous Education</b>	<ul style="list-style-type: none"> <li>• None/ free options/ virtual</li> </ul>	<ul style="list-style-type: none"> <li>• In person /fee courses</li> </ul>
<b>Program Infrastructure</b>	<ul style="list-style-type: none"> <li>• Occasional communications through listserv</li> <li>• No or limited data collection (e.g. well-being assessments, activity tracking, etc.) Use simple reporting forms</li> <li>• Use existing data collection tools e.g. existing employee surveys</li> <li>• Use free web services for any data collection</li> </ul>	<ul style="list-style-type: none"> <li>• Regular online newsletter</li> <li>• Champion Resources Website</li> <li>• Online Activity Tracking</li> <li>• Ongoing regular well-being assessments and data analysis</li> </ul>