

FREQUENTLY ASKED QUESTIONS

Ecolab's Be Well Captains

What is a Be Well Captain?

A Be Well Captain serves as an inspirational wellness ambassador for their Ecolab site; a liaison between the Be Well team and U.S. locations. Captains model healthy behaviors, promote well-being, and help build a positive wellness culture by motivating and guiding colleagues in their wellness journeys.

How much time will a Be Well Captain require?

Spend 1-2 hours per month promoting and participating in Be Well activities depending on your site.

Do I get extra pay for being a Be Well Captain?

Be Well Captains are volunteers. They find it rewarding to foster a culture of well-being at Ecolab and support their own health and well-being goals while helping others.

What are the expectations of a Be Well Captain?

- **Live the mission:** Passionate for health, life harmony and personal well-being
- **Be a connector:** Positive, influential, respected, and well-networked
- **Inspire others:** Serve as a role model and site ambassador for well-being at Ecolab
- **Engage monthly:** Dedicate 1–2 hours to Be Well activities or promotions
- **Stay involved:** Join virtual team meetings (6 meetings per year, as available)
- **Guide associates:** Help others access Be Well Program information
- **Lead by example:** Actively participate in wellness offerings and healthy behaviors
- **Share critical updates:** Forward urgent well-being and support resources
- **Shape the program:** Offer feedback and ideas to improve offerings
- **Balance roles:** Manage Be Well duties alongside your primary role
- **Help organize events:** Support planning for flu shots, health fairs, challenges, seminars, etc.
- **Promote proactively:** Seek out opportunities to spotlight Be Well initiatives
- **Commit to a year:** Serve for a minimum of 12 months
- **Enjoy the journey:** Have fun and make wellness contagious!

Is it necessary to be in excellent health to serve as a Be Well Captain?

No. We recognize that effective Be Well Captains are at various stages of their wellness journeys, and individuals who are actively pursuing positive changes can also serve as inspiring and committed role models and motivators for others.

Do I have to attend regular Be Well Team meetings?

Be Well Team meetings are held online every other month for all Be Well Captains. While not mandatory, attending is strongly encouraged to stay updated on resources and connect with team members. Meetings are recorded if you can't attend.

Can more than one person from a site assume this role?

Yes! We hope to grow the Be Well Captains program to include multiple associates from each site. We are looking for a variety of associates throughout Ecolab to represent their site or business unit and help lead the way in health and well-being.

How do I learn more about being a Be Well Captain?

Email EcolabBeWell@ecolab.com or call Melissa Drews directly at 320-241-0497 with questions.

Do I need manager approval to be a Be Well Captain?

Yes, we ask that you gain manager approval to be a Be Well Captain.

If I want to be a Be Well Captain, what do I do next?

You will need to complete the Registration Form to be considered for this role. It can be found on the [Be Well Resource Center](#) – or request one at EcolabBeWell@ecolab.com. Once we review the form, a member of the Be Well Team will reach out.