



Wellness Support Group – How it works?

Each WSG enables its members to translate wellness ideas and evidence-based activities into practices. The aim is to impact members to adopt desirable habits to enhance their wellness that could be measured. For such transformation of habits and practices, Support Groups had proven to be very effective and there are already few Local Support Groups at various stages of transformation that the Global WSG will work with and do its best to empower its members by leveraging the CWC-ICC Wellness Ecosystem.

1. Learning and change happens with personal contact. To this end, there will be three WSG Types:
a) Local b) Special Activity and c) Special Interest. Global WSGs work closely with Wellness Circles around geographies, corporates, entrepreneurs and specific activity groups. All WSGs Facilitators to enable personal contact between group members with 360-degree coordination on all fronts – within the group, with other groups and Global WSG.
2. There will be Global WSG initiated general body call each month where everyone is invited with local WSG Facilitators present their accomplishments and needs. They also describe their own local meetings and activities for those interested to join their support group based on location, interest and activities (management of diabetes, obesity, hypertension, epilepsy, relationship, anxiety, depression, etc.) along with self-empowerment. Global WSG to offer need-based resources (doctors, nutritionists, health heroes, coaches plus wellness gurus and speakers) as applicable.
3. Each support group facilitator calls their own meeting with members joining in-person or by zoom.
4. Wherever applicable, WSG leaders/facilitators to be imparted training sessions in facilitation, offered required guidelines (including onboarding of members) and need based resources to get their Groups started on a strong footing. Global WSG calls to be another way to be in touch and support local WSGs.
5. When ready, WSGs will use the Mobile app to connect with members, acquire content (wellness tips and FAQs on specific ailments. With time, more content focusing on short videos to be added. Meanwhile WSGs can also use other tools and platforms like Calm or others.
6. All WSGs members sign the waiver form and submit to the Local + Global Facilitators to come onboard.
7. Wellness of WSG members get measured against a benchmark of 90% success rate. Interested WSG members (subject to data privacy and consent) to have their body vitals tracked using mobile phones to participate in CWC-ICC project being supported by Stanford CARE and UCI Institute of Future Health. These participants benefit from regular support system like special health tips, alerts and tests.
8. All WSG constituents to avail full facilities including the support group calls, must be members of CWC-ICC (\$49 per annum early bird price) that also covers access to all events for free (subject to 20 days' advance registration as being the earliest invitees). Additionally, they enjoy free content and access to the wellness networks plus special member meetups and discounts by doctors and clinics.
9. Criteria for facilitator: Desire to contribute with experience of facilitation / coordination and be passionate about wellness to create a group of their expertise - local, activity or interest based.
10. Global WSG to comprise of the entire Wellness Ecosystem players that has its own Facilitator along with resource persons to coordinate, support and empower all local WSGs.