

We Are IH

Submission Form



Let's Start With The Basics

Date _____

Full Name _____ Pronoun Preference: He Her They Other

Email _____ Phone _____ Years of Service _____

Worksite _____ Community _____

Job Title _____

Tell Us About Yourself

Please answer the following questions to tell your authentic story, as the length of your feature will depend on the info provided.

What is a quote, motto or life advice you live by?

Where were you born and raised?

What ancestral territory and community do you live in? [View map here.](#)

Describe yourself in a few words.

What inspires you about your work and the career you've chosen?

What is your favourite activity or hobby outside of work?

Tell us something that others may not know about you.

Tell us about your proudest moment at Interior Health.

What is something you are looking forward to?

Tell us more...

Your Feature

At least one photo is required for your feature photo in horizontal high-res quality. Please submit additional photos of yourself in or outside of work, doing your favourite activities etc. to be used for your feature and social media. Photos are submitted by attaching to your email submission to EmployeeExperience@InteriorHealth.ca

Please note that your photo may be altered by IH depending on the media platform.

Your Photo Checklist

- Photo is a candid and expressive image of my face
- Only one person is in the image
- Face is the main focus of the image with a clean background
- I am looking directly at the camera
- Photo is clear, bright and in focus
- Photo is real-time, not photo-shopped
- Photo is horizontal/landscape

Social Media

Each week we share the We Are IH feature on our social media channels, including your submitted photos. Please review previous posts on the platforms outlined below.

Would you like to be tagged in your We Are IH feature on social media? YES NO

Instagram handle: @ _____ LinkedIn profile URL _____

Connect with IH Careers on social media:

	@IH_Jobs	https://www.facebook.com/IHJobs/
	@InteriorHealthBC.Careers	https://www.instagram.com/interiorhealthbc.careers/
	@InteriorHealthAuthority	https://ca.linkedin.com/company/interior-health-authority

Keep the Loop going by **nominating** your colleague

Tell Us About Your Nomination

Full Name _____ Email _____

Worksite _____ Job Title _____

Tell us why they should be featured:

Consent and Disclaimer

By submitting my completed form and photo to We Are IH: I hereby grant permission for my photograph and/or personal information to be used by Interior Health and/or media outlets for print, video and electronic publications (including social media sites), presentations and promotions.

I understand that if posted on a social media site, my photo and/or personal information will be in the custody and control of U.S. based organizations and subject to access under the USA Patriot Act and other legislations. This means that some US government agencies may have access to this information without my consent or knowledge.

I understand that not all submissions will be featured We Are IH, however, my submission may be used in other IH promotions or posted on IH social media channels. All nominations will be contacted by a member of the Employee Experience team prior to the publication of the story.

For any questions please contact: EmployeeExperience@InteriorHealth.ca

Please remember to attach your photo to the email once you have pressed Submit Form