

In order to continuously improve on wellness programming, employee input is extremely important. Please take a minute to answer the questions so that we may have a better understanding of employee interests. Responses from the survey will be used in designing all wellness programs. The responses in this survey are completely anonymous.

Tell us about your interests:

Topic	Not Interested	Only Slightly Interested	Somewhat Interested	Very Interested
Allergies	1	2	3	4
Asthma	1	2	3	4
Back Injury Prevention	1	2	3	4
Blood Pressure	1	2	3	4
Diabetes	1	2	3	4
Healthy Cooking	1	2	3	4
Healthy Eating	1	2	3	4
Heart Health	1	2	3	4
Men's Health	1	2	3	4
Parenting	1	2	3	4
Physical Activity	1	2	3	4
Skin Cancer	1	2	3	4
Sleep	1	2	3	4
Smoking Cessation	1	2	3	4
Stress Management	1	2	3	4
Walking Program	1	2	3	4
Weight Management	1	2	3	4
Women's Health	1	2	3	4
Work/Life Balance	1	2	3	4
Other _____	1	2	3	4

If there was a topic of interest to you, how likely are you to participate in the following:

	Not at all likely	Somewhat unlikely	Somewhat likely	Very likely
Single session workshops (healthy eating or heart-health hour sessions)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Multi-week group programs (weight loss or stress management)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Health Fair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Self-directed programs (activity tracking programs)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Online programs (webinar, weight management)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Group events	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I do not plan to participate in any wellness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What time of day would you be more likely to participate in a wellness program? (check one answer)

- Before work
- During lunch
- After work
- Other: _____

Which of the following incentives would increase your likelihood of participating in wellness programs? (Check all that apply)

- I would participate without an incentive
- Financial rewards (cash, gift cards, lower cost health insurance)
- Days/hours off
- Free food at the activity
- Small gifts
- Raffles for gifts or financial rewards
- I would not participate even with an incentive
- Other: _____

How would you like to hear about the company's worksite wellness events? (Check up to two answers)

- Written material (newsletters, fliers, memos)
- E-mail
- Department meetings
- Online
- Other: _____

Would you support any of the following: (check all that apply)

- Increase healthy food and drink options in the cafeteria and/or vending machines
- Policy encouraging healthy food and drink options in catered meetings
- Policy encouraging walking meetings when appropriate
- Tobacco-free workplace including all outdoor areas of the property
- Establishment of a wellness or relaxation room
- Safe, accessible walking routes (indoors or outdoors)

Are there any barriers that prevent you from participating in wellness activities? (check all that apply)

- Inconvenient time or location
- Lack of management support or pressure to get my work done
- Lack of time
- Privacy: my employer should not be involved in my health
- Confidentiality: concern of others knowing of my personal health
- My job duties do not allow me to participate
- Not interested
- Other: _____

Please tell us about yourself: (please circle)

Male Female

Age: (please circle)

Under 21 21-30 31-40 41-50 51-60 60+

In which of the following categories would you place yourself? (Check only one)

- I'm not interested in pursuing a healthy lifestyle.
- I have been thinking about changing some of my health behaviors
- I am planning on making a health behavior change within the next 30 days
- I have made some health behavior changes but have some difficulties following through
- I have had a healthy lifestyle for many years

Thank You! We appreciate your input in this survey. Your answers will ensure our wellness programming benefits the health and wellbeing of all our employees.