

Your employer is interested in expanding employee wellness offerings. We'd like to hear from you!

Please share your honest input about employee wellness. All answers will be anonymous. If you're not sure of an answer, please make your best guess.

1. In general, would you say that your health is...

- Excellent
- Very good
- Good
- Fair
- Poor

2. In a typical week, how many days do you...

	0 days	1-3 days	4-7 days
Do any physical activity? <i>(Physical activity can include walking, biking, etc...any activity that moves your body.)</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do at least 30 minutes of physical activity? <i>(The 30 minutes can be split up throughout the day.)</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Get to work by walking, biking, or taking public transit?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink at least 8 cups of water?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat at least 5 servings of fruits and vegetables?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pack your lunch for work?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 1 or more sugary drink? <i>(soda, juice, sweet tea, or sports/energy drinks)</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3. Do you currently use any tobacco products? (*cigarettes, smokeless tobacco, cigars, or e-cigarettes/vapes*)

Yes

No

4. If you use tobacco, how interested are you in the following?

Very interested

Somewhat interested

Not interested

Participate in a program
to quit using tobacco

Use medication to quit
using tobacco (e.g.
*nicotine replacement
therapy*)

5. How likely are you to participate in these employee wellness activities, if they were offered?

	Very likely	Somewhat likely	Not likely
Flexible break/lunch time for physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walking routes at work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walking, biking, or taking public transit to work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Healthy snacks in vending machines	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Programs to buy fresh produce at work (e.g. CSA box, farmer's market)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Workshops, classes, or clubs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Self-assessment of your health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Discounted gym membership	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Weight-loss programs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
On-site fitness facilities at work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6. Please share any other thoughts you have about employee wellness.

Thank you so much for completing this survey! Your input is valuable to
US.