

Thank you for participating in our Employee Wellness initiative!

This survey will help us to better understand your current wellness practices and your hopes for the future, so we can tailor our efforts to your needs. The more complete the information you provide, the better we can guide your organization to success.

* What is your organization's name?

How many employees does your organization have?

Full-time:

Part-time:

Seasonal or temporary
(please explain with more
detail):

Employee Wellness - Overall Health

Please read the following employee wellness strategies, and answer the 3 questions for each.

	Do you currently offer this strategy to employees?	How likely is it that your employees would use this strategy, if offered?	If you do not currently offer this strategy, how feasible do you think it would be to implement?
Distribute information to employees about wellness practices or health tips	<input type="text"/>	<input type="text"/>	<input type="text"/>
Sponsor wellness activities, workshops, or clubs for employees	<input type="text"/>	<input type="text"/>	<input type="text"/>
Offer health self-assessments for employees to increase awareness of health risks	<input type="text"/>	<input type="text"/>	<input type="text"/>
Reimburse employees for wellness activities (e.g. free gym membership, incentives for quitting tobacco)	<input type="text"/>	<input type="text"/>	<input type="text"/>
Provide weight loss programs at a discount or on-site	<input type="text"/>	<input type="text"/>	<input type="text"/>
Support breastfeeding by providing a comfortable, private space for pumping milk	<input type="text"/>	<input type="text"/>	<input type="text"/>

Employee Wellness - Physical Activity

Please read the following physical activity strategies, and answer the 3 questions for each.

	Do you currently offer this strategy to employees?	How likely is it that your employees would use this strategy, if offered?	If you do not currently offer this strategy, how feasible do you think it would be to implement?
Encourage physical activity during break time, or other flexible hours	<input type="text"/>	<input type="text"/>	<input type="text"/>
Encourage using the stairs	<input type="text"/>	<input type="text"/>	<input type="text"/>
Encourage active commuting (biking, walking, public transit)	<input type="text"/>	<input type="text"/>	<input type="text"/>
Develop maps of walking routes on-site or nearby	<input type="text"/>	<input type="text"/>	<input type="text"/>
Provide bike racks, changing areas, and/or showers to encourage physical activity before, during, or after work	<input type="text"/>	<input type="text"/>	<input type="text"/>
Provide on-site physical activity opportunities (e.g. walking clubs, fitness classes)	<input type="text"/>	<input type="text"/>	<input type="text"/>
Provide on-site physical activity facilities (e.g. walking paths, fitness center, basketball court)	<input type="text"/>	<input type="text"/>	<input type="text"/>

Employee Wellness - Healthy Eating

Please read the following healthy eating strategies, and answer the 3 questions for each.

	Do you currently offer this strategy to employees?	How likely is it that your employees would use this strategy, if offered?	If you do not currently offer this strategy, how feasible do you think it would be to implement?
Maintain a healthy food policy that addresses food at meetings, cafeteria options, etc.	<input type="text"/>	<input type="text"/>	<input type="text"/>
Promote healthy options in vending machines	<input type="text"/>	<input type="text"/>	<input type="text"/>
Provide working water fountains or other source of free drinking water	<input type="text"/>	<input type="text"/>	<input type="text"/>
Encourage purchase of fresh produce (e.g. CSA programs, local Farmers' Markets)	<input type="text"/>	<input type="text"/>	<input type="text"/>

Employee Wellness - Tobacco

Please read the following tobacco-free strategies, and answer the 3 questions for each.

	Do you currently offer this strategy to employees?	How likely is it that your employees would use this strategy, if offered?	If you do not currently offer this strategy, how feasible do you think it would be to implement?
Maintain a written tobacco-free policy	<input type="text"/>	<input type="text"/>	<input type="text"/>
Offer programs to quit smoking/tobacco (e.g. in-person or phone coaching)	<input type="text"/>	<input type="text"/>	<input type="text"/>
Provide coverage for medication to help quit smoking/tobacco (such as nicotine replacement or prescription medications)	<input type="text"/>	<input type="text"/>	<input type="text"/>

What benefits do you hope to gain from employee wellness policies and programs?

What are some barriers you might expect your organization or your employees to encounter while implementing employee wellness policies and programs?

Thank you so much for your input on employee wellness! We will be in touch with you soon to discuss next steps.