

Satisfaction/Needs and Interest

1. Did you participate in the 2017-2018 Wellness Program?

- a. If yes, continue to # 3
- b. If no, continue to # 2

2. Why did you not participate in the 2017-2018 Wellness Program ?

- a. Were you unaware?
- b. Did you decide not to participate?
If you decided not to participate, why not?

3. Did you use any of the portal online tracking tools (fitness tracker, food tracker, weight tracker)?

Yes ____ No ____

If yes, please answer the following questions related to the online tracking tools:

- The online tracking tools were a fun way to increase my activity/healthy eating and manage my weight
Strongly Agree ____ Agree ____ Disagree ____ Strongly Disagree ____ Not Sure ____
- The online tracking tools were easy to use
Strongly Agree ____ Agree ____ Disagree ____ Strongly Disagree ____ Not Sure ____
- The online tracking tools motivated me to make a positive change in my lifestyle
Strongly Agree ____ Agree ____ Disagree ____ Strongly Disagree ____ Not Sure ____
- The online tracking tools were easy to use and to navigate
Strongly Agree ____ Agree ____ Disagree ____ Strongly Disagree ____ Not Sure ____

4. Did you participate in the Telligen Health and Well-Being Telephonic Coaching

Yes ____ No ____

If yes, please answer the following questions related to the telephonic program:

- My health coach was helpful in assisting me to change my health behavior(s)
Strongly Agree ____ Agree ____ Disagree ____ Strongly Disagree ____ Not Sure ____

5. Please answer the following questions related to the Wellness program:

- I would recommend the Wellness program to a co-worker
Yes ____ No ____
- The program had a positive effect on my overall health and well-being.
Strongly Agree ____ Agree ____ Disagree ____ Strongly Disagree ____ Not Sure ____
- My employer provides me with opportunities to improve my health
Strongly Agree ____ Agree ____ Disagree ____ Strongly Disagree ____ Not Sure ____
- I am satisfied with the wellness program
Strongly Agree ____ Agree ____ Disagree ____ Strongly Disagree ____ Not Sure ____

7. Please provide us with any comments or suggestions that you have regarding your participation in the wellness program.

7a. Please provide us with any comments or suggestions that you have regarding your decision **to not** participate in the wellness program.

8. Please indicate how satisfied you are with each area of your life:

- Career Well-Being/Life Purpose (liking what you do every day at work)
Very Satisfied ____ Somewhat Satisfied ____ Neither Satisfied nor Dissatisfied ____ Somewhat Dissatisfied ____ Very Dissatisfied ____
- Social Well-Being (having strong, connected relationships and love in your life)
Very Satisfied ____ Somewhat Satisfied ____ Neither Satisfied nor Dissatisfied ____ Somewhat Dissatisfied ____ Very Dissatisfied ____
- Financial Well-Being (managing your economic life well)
Very Satisfied ____ Somewhat Satisfied ____ Neither Satisfied nor Dissatisfied ____ Somewhat Dissatisfied ____ Very Dissatisfied ____
- Physical Well-Being (having good health—i.e. skillfully managing relevant health concern—and enough physical energy to get things done each day that are important to you)
Very Satisfied ____ Somewhat Satisfied ____ Neither Satisfied nor Dissatisfied ____ Somewhat Dissatisfied ____ Very Dissatisfied ____
- Emotional Well-Being (having enough mental energy to get things done each day that are important to you)
Very Satisfied ____ Somewhat Satisfied ____ Neither Satisfied nor Dissatisfied ____ Somewhat Dissatisfied ____ Very Dissatisfied ____

9. Please indicate how motivated you are to make changes in the following areas:

- Increasing physical activity
Very Motivated ____ Somewhat Motivated ____ Neither Motivated or Un-Motivated ____ Somewhat Unmotivated ____
Very Unmotivated ____
- Making better nutritional choices
Very Motivated ____ Somewhat Motivated ____ Neither Motivated or Un-Motivated ____ Somewhat Unmotivated ____
Very Unmotivated ____
- Managing or losing weight
Very Motivated ____ Somewhat Motivated ____ Neither Motivated or Un-Motivated ____ Somewhat Unmotivated ____
Very Unmotivated ____
- Tobacco cessation
Very Motivated ____ Somewhat Motivated ____ Neither Motivated or Un-Motivated ____ Somewhat Unmotivated ____
Very Unmotivated ____
- Managing stress
Very Motivated ____ Somewhat Motivated ____ Neither Motivated or Un-Motivated ____ Somewhat Unmotivated ____
Very Unmotivated ____
- Financial Well-Being
Very Motivated ____ Somewhat Motivated ____ Neither Motivated or Un-Motivated ____ Somewhat Unmotivated ____
Very Unmotivated ____
- Social Well-Being
Very Motivated ____ Somewhat Motivated ____ Neither Motivated or Un-Motivated ____ Somewhat Unmotivated ____
Very Unmotivated ____
- Career Well-Being
Very Motivated ____ Somewhat Motivated ____ Neither Motivated or Un-Motivated ____ Somewhat Unmotivated ____
Very Unmotivated ____

10. Please indicate your level of agreement with the following statements:

- Leaders value employees and their health and well-being
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- Leaders develop trusting, caring relationships with employees
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- My direct supervisors support their employee's health and well-being
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- Employees receive clear and consistent messages on why health and well-being is important
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- Employees are provided the right resources and tools to become informed health consumers
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____

Sample Only

15. While at work it is normal for me to:

- Be aware of my health status
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- Be aware of my health risks
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- Eat healthy
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- Manage stress
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____

16. I believe my coworkers:

- Are aware of their health status
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- Are aware of their health risks
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- Eat healthy
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- Manage stress
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- Try to reach financial security
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- Value living in a safe neighborhood
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- Do community volunteer work
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- See a doctor when needed
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- Are supportive of others in need
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- Balance work and personal life
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- Are well rested while at work
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____

17. It is important for me to:

- Be physically active
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- Reach financial security
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- Live in a safe neighborhood
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- Do community volunteer work
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- See a doctor when needed
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- Be supportive of others in need
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- Balance work and personal life
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- Be well rested while at work
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- Maintain a healthy lifestyle
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- Work where healthy lifestyles are supported
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____

18. For each statement, mark the response that represents your level of agreement:

- My direct supervisor supports my participation in health programs, events, and offerings
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- Senior leadership supports programs that enhance employee health and well-being
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- My employer cares about my health and well-being
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- My supervisor cares about my health and well-being
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- My employer rewards positive health behaviors
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- My employer gives incentives for participation in the health improvement program (HIP)
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- My employer supports healthy eating options
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- My employer enforces a tobacco-free workplace policy
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____

- My employer provides resources to assist employees with quitting tobacco use
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- My employer offers exercise facilities and/or subsidized fitness center memberships
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- My employer provides an Employee Assistance Program (EAP)
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- My employer sponsors annual health screenings
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- My co-workers support my participation in health programs, events, and offerings
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- My health influences my ability to perform at work and in my personal pursuits
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- Organizational leaders model healthy lifestyle behaviors
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- Healthy-living resources and opportunities are communicated to all employees
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- New employees are made aware of healthy-living resources available in my workplace
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____

19. Employees at my workplace:

- Feel they are part of a team
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- Have a positive outlook
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- Have a sense of well-being
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- Share common values
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____
- Believe in health and safety practices
Strongly Agree ____ Somewhat Agree ____ Neither Agree or Disagree ____ Somewhat Disagree ____ Strongly Disagree ____

20. Have you attempted to make a positive behavior change in the last 12 months?

Yes ____ No ____

If yes, were you successful?

- Yes, I achieved my goal 100%
- I am still working/making progress
- I have not fully committed yet
- I did not make it, but I plan to try again
- I did not make it, and I have no plans to try again

Over the past twelve months:

21. How would you rate your:

- Health status
Excellent ____ Good ____ Fair ____ Poor ____
- Performance at work
Superior ____ Above average ____ Average ____ Below average ____ Poor ____
- Job satisfaction
Very satisfied ____ Satisfied ____ Indifferent ____ Dissatisfied ____ Very dissatisfied ____

22. Estimate how many work days you missed due to illness, injury and/or medical attention?

0 ____ 1-5 ____ 6-10 ____ 11-14 ____ 15+ ____

Over the past two weeks:

23. How many days did you miss from work due to illness, injury, and/or medical attention?

0 ____ 1 ____ 2 ____ 3 ____ 4 ____ 5 ____ 6 ____ 7 ____ 8 ____ 9 ____ 10 ____ 11 ____ 12 ____ 13 ____ 14 ____

24. How many days were you scheduled to work?

0 ____ 1 ____ 2 ____ 3 ____ 4 ____ 5 ____ 6 ____ 7 ____ 8 ____ 9 ____ 10 ____ 11 ____ 12 ____ 13 ____ 14 ____

25. How much did your overall health negatively affect your performance while at work?

My overall health had no affect on my work performance 0 ____ 1 ____ 2 ____ 3 ____ 4 ____ 5 ____ 6 ____ 7 ____ 8 ____ 9 ____ 10 ____ My overall health made it very difficult to work

Currently:

26. Do you have any of the following conditions? (Mark all that apply):

- | | | | |
|---|--------------------------|---|--------------------------|
| Allergies | <input type="checkbox"/> | Fatigue (low energy most days) | <input type="checkbox"/> |
| Anxiety (high on most days) | <input type="checkbox"/> | Fibromyalgia | <input type="checkbox"/> |
| Asthma | <input type="checkbox"/> | Frequent headaches (other than migraines) | <input type="checkbox"/> |
| Arthritis | <input type="checkbox"/> | GERD (Frequent heartburn/acid reflux) | <input type="checkbox"/> |
| Chronic low back pain | <input type="checkbox"/> | IBS (Irritable Bowel Syndrome) | <input type="checkbox"/> |
| Chronic pain (other than low back pain) | <input type="checkbox"/> | Migraines | <input type="checkbox"/> |
| Chronic sleep problems (insomnia, sleep apnea, RLS) | <input type="checkbox"/> | Obesity (BMI > 30) | <input type="checkbox"/> |
| COPD (Chronic Obstructive Pulmonary Disorder) | <input type="checkbox"/> | Osteoporosis | <input type="checkbox"/> |
| Depression | <input type="checkbox"/> | | |
| Diabetes | <input type="checkbox"/> | | |

Thank you for your time!