



**William A. Hazel, Inc.**

**Employee Wellness Interest Survey**

To improve our wellness program and ensure that we are providing information that interests you and your families, we are asking that you take a few minutes to complete this survey. Your participation is completely voluntary and should only take a few minutes. Your answers will help us develop future programming that's more in line with your specific health interests and needs.

Please return this form to the Human Resources Department by March 3, 2017.

**Tell us about your interests**

1. Please rate your interest in the following health topics by checking the appropriate box:

Topic	Not interested	Slightly interested	Somewhat interested	Very interested
Alcohol/drug abuse				
Allergy and Asthma				
Arthritis				
Back care				
Blood pressure				
Cancer prevention/detection				
Children's health				
Cholesterol				
Cooking healthy				
Dental health				
Diabetes				
Financial wellness				
Heart health				
Immunizations				
Men's health				
Mental health				
Nutrition				
Physical fitness				
Sleep disorders				
Tobacco cessation				
Weight management				
Women's health				
Workspace ergonomics				

Other topics you would be interested in \_\_\_\_\_



5. If you answered 'yes' to question 4 above, please indicate how much you would be willing to spend: (if you answered no, skip to the next question.)

- Up to \$10 per year
- Up to \$25 per year
- Up to \$50 per year
- Up to \$100 per year
- Over \$100 per year
- Other: \_\_\_\_\_

6. Which of the following incentives would increase your likelihood to participate in a wellness activity? (Check all that apply.)

- I would participate without an incentive
- Cash or gift cards
- Lower health insurance contributions
- Days/hours off
- Free food at the program
- Free classes
- Health club memberships
- I would not participate even with an incentive
- Other: \_\_\_\_\_

7. How would you prefer to receive information about activities, topics or classes?

- Home mailings
- Email
- Website

### **Awareness Questions**

1. Are you aware that Hazel has a Wellness Committee?  Yes  No

2. Have you ever visited our wellness page at [www.wahazel.com/hazelcares/](http://www.wahazel.com/hazelcares/) ?

- Yes
- No

3. If so, did you find it informative?  Yes  No  Somewhat

Do you have suggestions on how to improve it? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. Have you seen the wellness monitors in the breakroom or yard?  Yes  No

If so, did you find the videos informative?  Yes  No

Do you have suggestions on how to improve them? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. If you use the vending machines, have you noticed the healthier options?  
If so, how often do you choose a healthier option?

Always    Sometimes    Never

6. Are you familiar with Hazel's new Annual Physical Leave?    Yes    No

Is this something you will use?    Yes    No

If not, why? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### **Tell us about yourself**

Age group

18 – 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 plan on making a health behavior change within the next 30 days.
- I have made health behavior changes but have trouble following through.
- I have had a healthy lifestyle for years.

Are you interested in participating on the company wellness committee?

Yes    No

If yes, please print your name \_\_\_\_\_, employee # \_\_\_\_\_,  
and phone # \_\_\_\_\_ or call Julie Bove at 703-657-6328.

Additional comments \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Thank you for taking the time to help us develop our wellness program! If you would like an additional survey for your spouse, please contact the Human Resources Department, or print one from the Tools/App section at the bottom of our website at [www.wahazel.com/hazelcares/](http://www.wahazel.com/hazelcares/).