EMPLOYEE HEALTH AND WELLNESS INTEREST SURVEY

We are planning a wellness program to help employees live healthy lives. It’s important for us to know your interests and preferences. Please indicate with an X those topics that you would be interested in learning more about. Check as many as you would like:

### Personal Health Issues
- [ ] Smoking cessation
- [ ] Weight Control
- [ ] Nutritional cooking
- [ ] Physical activity, exercise and fitness
- [ ] Stress management
- [ ] Skin cancer
- [ ] Breast cancer
- [ ] Prostate cancer
- [ ] Alternative medicine
- [ ] Heart disease
- [ ] Other

### Parenting and Child Care
- [ ] Finding child care
- [ ] Talking with teenagers
- [ ] Teenage nutrition
- [ ] Teenage pregnancy
- [ ] Teenage drug education
- [ ] Parenting newborns
- [ ] Discipline
- [ ] Attention-deficit/hyperactivity disorder
- [ ] Single parenting
- [ ] Step parenting
- [ ] Balancing work and personal life
- [ ] Other

### Elder Care Issues
- [ ] Alzheimer’s disease
- [ ] Parkinson’s disease
- [ ] Elder care
- [ ] Housing for the elderly
- [ ] Elder law
- [ ] Other

### Emotional Health Issues
- [ ] Anxiety
- [ ] Depression
- [ ] Postpartum depression
- [ ] Alcohol and drug abuse
- [ ] Coping with cancer
- [ ] Other

### What times and methods work best for you for educational programs?
- [ ] Lunch-time sessions
- [ ] After-work sessions
- [ ] Before-work sessions
- [ ] Webinars
- [ ] Telephonic sessions
- [ ] Printed material
- [ ] Email
- [ ] Intranet posting
- [ ] Other

### Would other members of your household be interested in any of the above topics? If yes, list the topics.

Do you currently participate in any physical fitness activities? Indicate with an X those that apply to you:
- [ ] Biking
- [ ] Walking
- [ ] Tennis
- [ ] Team sports
- [ ] Swimming
- [ ] Aerobics
- [ ] Running
- [ ] Weightlifting
- [ ] Other

Indicate with an X any of the following activities that you may be interested in:
- [ ] Yoga
- [ ] Meditation
- [ ] Running
- [ ] Massage
- [ ] Tai chi
- [ ] Biking
- [ ] Dance lessons
- [ ] Stretching techniques
- [ ] Lunchtime walking program
- [ ] Team competitions
- [ ] Individual goal contests
- [ ] Other

Would you be interested in attending a health awareness day, which might offer employees and their household members information and screenings for such things as cholesterol, blood pressure, hearing, posture, body fat, depression and breast cancer?

[ ] Yes  [ ] No

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