



Worksite health survey



How healthy is your workplace?

Use this easy survey to learn whether your workplace provides employees with healthy surroundings. By filling out the survey before beginning your program, and again when your program ends, you'll be able to see where you made progress.

Health environment and policies

	Before program 		After program 	
	Yes	No	Yes	No
Senior leadership encourages managers/supervisors to actively support wellness efforts and sets an example for healthy lifestyles.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We have a company wellness plan.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We have an employee or team dedicated to health and wellness issues.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We have a budget for health and wellness activities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stairs are well lit, safe, and accessible to employees.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We have a tobacco-free environment/campus policy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Our workplace complies with all OSHA regulations and ergonomic guidelines.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Health and wellness support is included in our health plan(s).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Nutrition

	Before program 		After program 	
	Yes	No	Yes	No
We offer targeted programming or resources around eating well.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Healthy snacks are available at the workplace (e.g., in vending machines).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Company-provided meals include healthy options (cafeterias, catered meetings, etc.).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A refrigerator is available so that employees can bring healthy lunches from home.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Healthy eating guidelines are posted in our workplace.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Physical activity

	Before program 		After program 	
	Yes	No	Yes	No
We offer targeted programming or resources around physical activity.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bike racks are available for employees who ride to work.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We encourage walking meetings and other fitness activities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We provide employee discount rates for gym memberships, physical activity programs, or team sports.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We encourage employees to stretch during the workday.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Stress management

	Before program 		After program 	
	Yes	No	Yes	No
We offer targeted programming or resources around stress management.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We encourage employees to take breaks during the workday.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We have an employee assistance program and promote it to employees.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Our health plan(s) offer(s) stress-reduction assistance.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A list of stress warning signs is posted in our workplace.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We plan "stress-busting" events during high-stress times for our company.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Prevention

	Before program 		After program 	
	Yes	No	Yes	No
Our health plan(s) recommend(s) preventive screenings.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We encourage employees to complete a Total Health Assessment.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Our health plan(s) offer(s) lifestyle management programs (e.g., weight loss support groups, telephonic coaching, etc.).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Our workplace has safety training and/or a safety committee	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
We sponsor first aid and CPR training for the employee who volunteers to be our safety officer.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Communications

	Before program 		After program 	
	Yes	No	Yes	No
We assessed our employees' physical working environment, job locations, and job functions to determine an effective communications strategy (e.g., the percentage with regular computer access to the intranet).	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
We surveyed our employees and understand their preferred methods for employee wellness communications (email, direct mail, payroll stuffers, social media platforms, intranet, etc.).	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
We assessed our employee population language needs as part of our communications strategy.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>