

Wellness Program Focus Group Questions

(Customized for the employer)

1. Are you aware of the wellness programs currently available through ABC Company?
 - a. Yes
 - b. No

2. Have you participated in any of the wellness programs?
 - a. Yes
 - b. No

3. Have you completed the health assessment?
 - a. Yes
 - b. No

4. If you have participated in the Wellness Program, did you benefit from the experience?
 - a. Yes
 - b. No
 - c. Not sure

5. If you have participated in the Wellness Program, did you find it easy to become involved?
 - a. Yes
 - b. No
 - c. Not sure

6. Do you think ABC Company should take steps to reduce health care costs?
 - a. Yes
 - b. No
 - c. Not sure

7. Do you think that costs would come down or stop rising if employees were healthier?
 - a. Yes
 - b. No
 - c. Not sure

8. ABC Company should incent employees to live healthier lifestyles.
 - a. Agree
 - b. Disagree

9. I am open to participating in wellness activity.
 - a. Agree
 - b. Disagree

10. I would be more likely to participate in wellness activity if there was an incentive.

- a. Agree
 - b. Disagree
11. Incentives should be offered based on an individual's participation in wellness activity, not on their health results.
- a. Agree
 - b. Disagree
12. Incentives should be based on an individual's measurable health results, not on their participation in wellness activity.
- a. Agree
 - b. Disagree
13. Which wellness activity would you be most interested in participating in?
- a. Health Assessment
 - b. Health Screening
 - c. On-line Educational Programming
 - d. Chronic Disease Management Programs
 - e. Walking Fitness Program
14. Which wellness subject area are you the most interested in getting information about?
- a. Fitness
 - b. Weight Loss
 - c. Smoking Cessation
 - d. Safety at home and at work
 - e. Nutrition
 - f. Back Care
 - g. Managing Stress