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.
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