

## 2023 Staff Wellness Survey Questions

Considering your overall experience working with Southside, how likely are you to recommend Southside as an employer?

How important is it to you that Southside has an Employee Wellness program?

How often do you exercise or engage in physical activity?

List down the fitness activities you engage in. Examples include walking, running, swimming, yoga, etc.)

Do you often snack during your work hours?

Would providing healthy snacks at work contribute to your overall wellness?

Do you have health care coverage?

Do you have a primary care provider?

When was the last time you were seen for a preventative medical visit? (i.e., an annual exam)

How many times in the last 12 months have you been seen for an acute medical visit? (approx.)

How many times in the last 12 months have you used the E.R. or urgent care instead of going to a

Have you ever avoided seeking medical care due to worry about cost?

Please select any medical conditions you have (select all that apply).

How often do you use (any) tobacco products?

If you use tobacco products, how do you feel about quitting?

How often do you consume alcohol?

Have you or a loved one ever been concerned about the amount of alcohol you consume?

How often do you use recreational drugs?

Have you or a loved one ever been concerned about how often you use recreational drugs?

Would you benefit from having Narcan on hand for you or someone in your household?

Have you ever avoided seeking mental health services due to worry about cost?

Do you have concerns about your mental health?

How often do you feel stress from work is affecting your personal life?

How well do you feel you are managing your stress from work?

How do you primarily get to work each day?

Do you ever feel worried about not being able to pay your utility bills?

Do you ever skip a meal because you feel worried about not having enough money for food?

Is conducting wellness programs during office hours helpful?

Do you think you would be interesting in attending a wellness program at work?

Would you be interested in an employee-sponsored fitness membership?

What else can Southside do to assist with your wellness?