Health Interest Survey

Please complete this survey to help us customize health and wellness information for your group.

How do you prefer to receive health information? Please check all that apply.

☐ Information mailed to my home
☐ Newsletters
☐ Posters and pamphlets
☐ Newspapers and magazines
☐ Electronic communications
☐ Worksite wellness presentations
☐ Discussion with physician or other health care provider
☐ Other: __________________________________________

If these opportunities for health education were made available for you at your workplace, please check all that you would consider participating in.

☐ 15-minute webinars offered during the workday
☐ In-person health presentations by MESSA offered during the workday
☐ 15- to 30-minute webinars offered in the evening
☐ YouTube video clips
☐ In-person health presentations by MESSA offered in the evening
☐ Online scavenger hunt on a specific health topic
☐ Health activities and challenges with co-workers (example: walking challenge)
☐ I prefer written materials

continued
Please indicate the explanation that best describes your interest level in health and wellness activities. I am interested in:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Little or no interest</th>
<th>Some interest</th>
<th>Very interested</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learning more about healthy food choices</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Learning about portion control to help manage my weight</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Learning about reading food labels</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Learning new ways of increasing my physical activity</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Learning more about the health benefits of physical activity</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Increasing my physical activity level</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>10- to 15-minute activities that I can do a few times per day</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Participating in team activities</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Learning about ways to cope with stress</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Learning about quitting smoking</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Learning about the most effective use of my MESSA health plan</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Participating with a group to learn more about health and wellness</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Other</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Your feedback is appreciated. Thank you for your time.