

SURVEY YOUR EMPLOYEES



3 in 4 employees

are willing to participate in a wellness program

76%

76% said that they would participate in wellness programs at their worksite on their own personal time (i.e., before work, during lunch, or after work).



FOCUS ON SPECIFICS



interest

General Wellness

Specific Programs

Many employees are more likely to express interest when learning about specific worksite wellness programs.

ABOUT THE SURVEY

2012 Tufts Health Plan Employee Worksite Wellness Survey. This online survey was conducted among employees of 12 organizations that offer Tufts Health Plans to their employees and have between 100 and 500 employees. A total of 787 employees of these organizations completed the survey.

top 5

- | | |
|---|---|
| 1 | Exercise/Fitness |
| 2 | Nutrition |
| 3 | Weight Management |
| 4 | Stress Management |
| 5 | Biometric Screenings <small>Blood Pressure, Cholesterol, etc.</small> |

These are the top worksite wellness topics among employees who participated in our survey.

SMALL TARGET BIG IMPACT

77%



About 77% of the 15% of employees who said they smoke reported they were likely to participate in smoking cessation programs.