

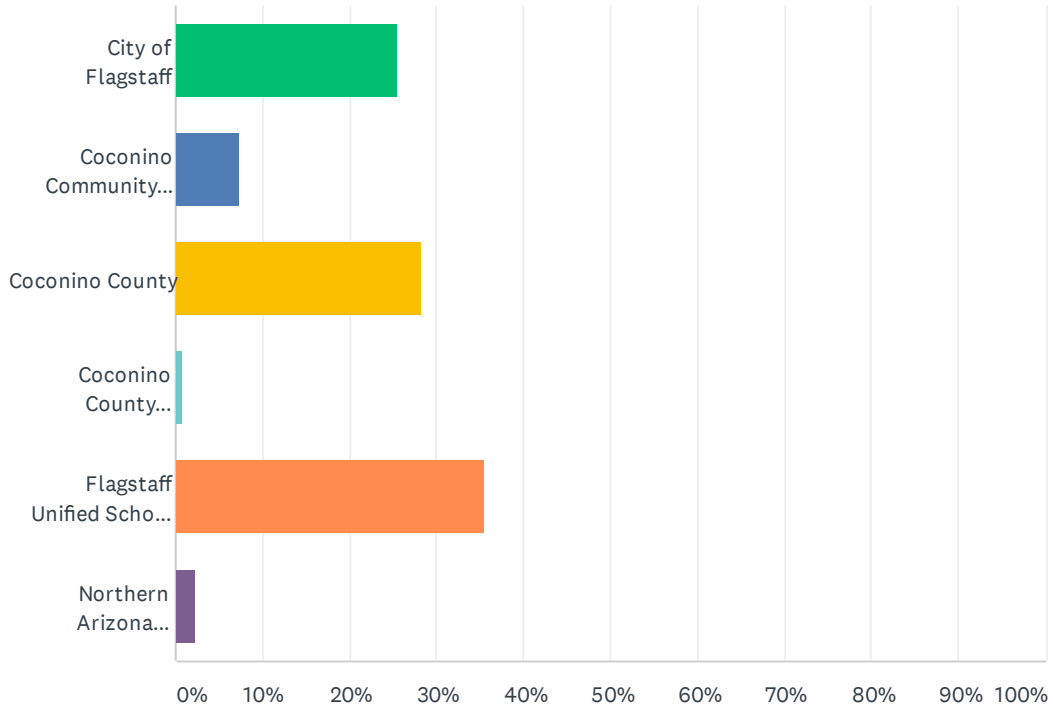
Q1 Optional: Provide your contact information and be entered to win a \$50 gift card to a local restaurant! Your contact information will not be included with the survey results.

Answered: 505 Skipped: 14

ANSWER CHOICES	RESPONSES	
Name	99.80%	504
Company	94.85%	479
Address	0.00%	0
Address 2	0.00%	0
City/Town	0.00%	0
State/Province	0.00%	0
ZIP/Postal Code	0.00%	0
Country	0.00%	0
Email Address	99.80%	504
Phone Number	95.25%	481

Q2 Please tell us where you work.

Answered: 519 Skipped: 0



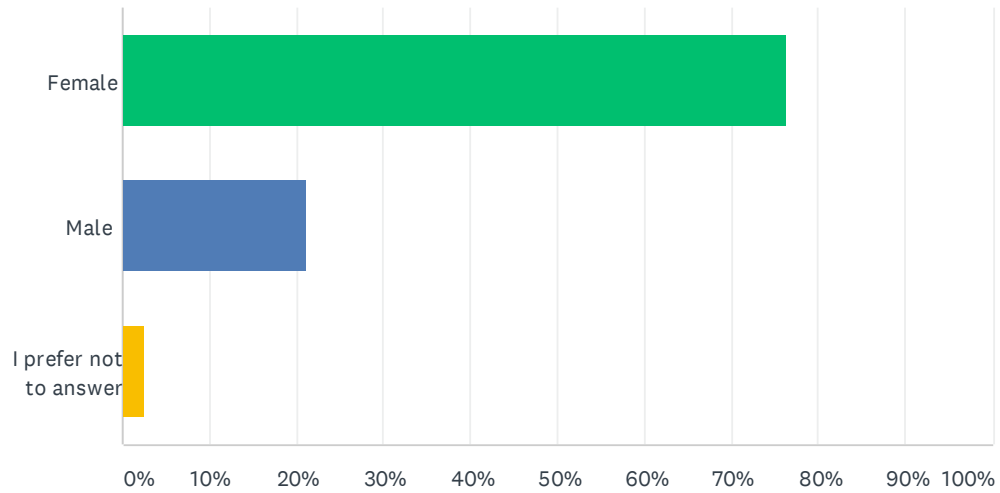
ANSWER CHOICES	RESPONSES	
City of Flagstaff	25.63%	133
Coconino Community College	7.32%	38
Coconino County	28.32%	147
Coconino County Accommodation School District	0.77%	4
Flagstaff Unified School District	35.65%	185
Northern Arizona Intergovernmental Public Transportation Authority	2.31%	12
TOTAL		519

Q3 Please provide your current department or school site.

Answered: 502 Skipped: 17

Q4 Which gender to you identify with?

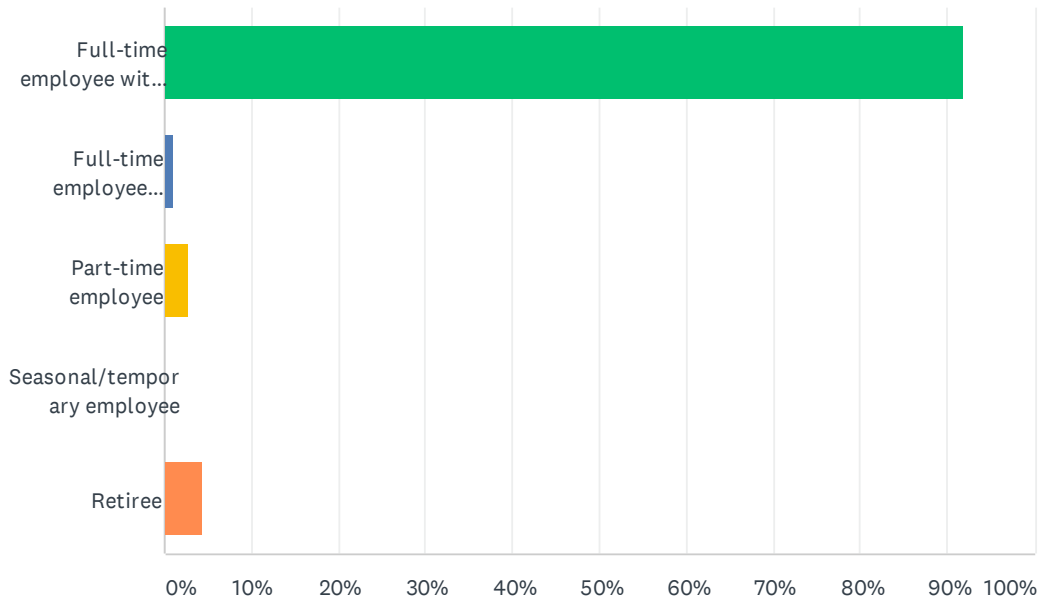
Answered: 516 Skipped: 3



ANSWER CHOICES	RESPONSES	
Female	76.36%	394
Male	21.12%	109
I prefer not to answer	2.52%	13
TOTAL		516

Q5 I am a:

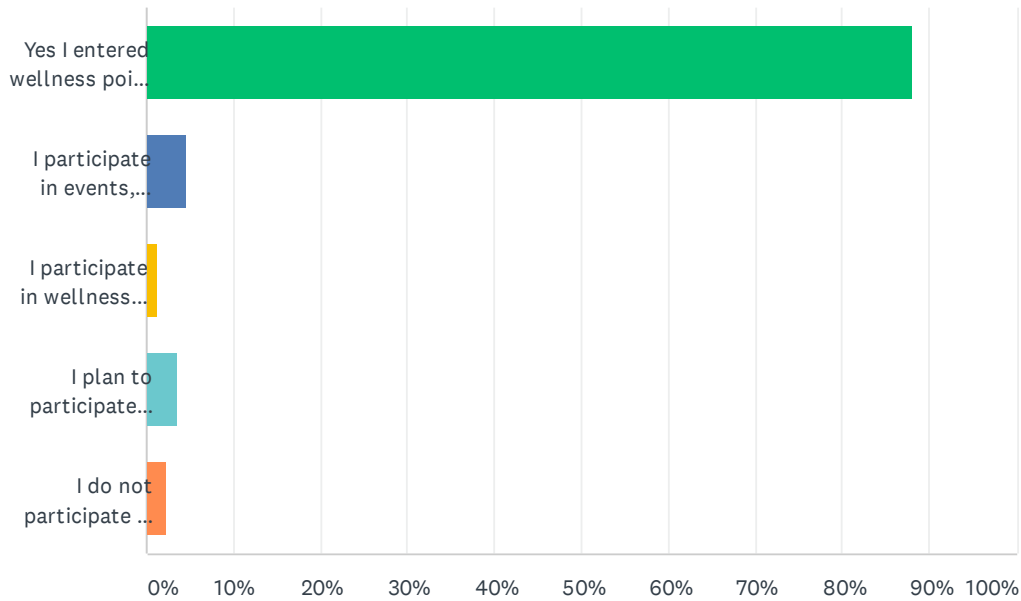
Answered: 519 Skipped: 0



ANSWER CHOICES	RESPONSES	
Full-time employee with medical benefits	91.91%	477
Full-time employee without medical benefits	0.96%	5
Part-time employee	2.70%	14
Seasonal/temporary employee	0.00%	0
Retiree	4.43%	23
TOTAL		519

Q6 Are you participating in the Wellness Incentive Program?

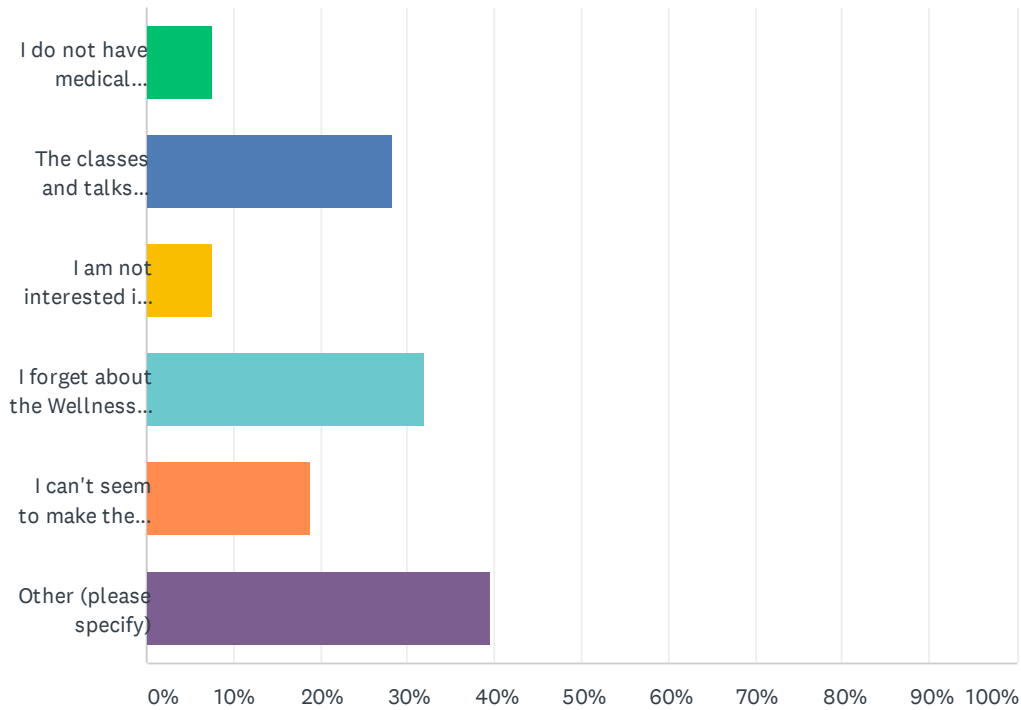
Answered: 519 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes I entered wellness points for this year. (Skip to question 8)	88.05%	457
I participate in events, screenings, online learning, and/or health coaching but did not enter my wellness points.	4.62%	24
I participate in wellness events and classes but am not a benefited employee so I do not earn an incentive.	1.35%	7
I plan to participate next year but have not yet.	3.66%	19
I do not participate in events, screenings, online learning, health coaching, and/or other services and do not plan to participate.	2.31%	12
TOTAL		519

Q7 If you are not participating in the wellness program please tell us why.

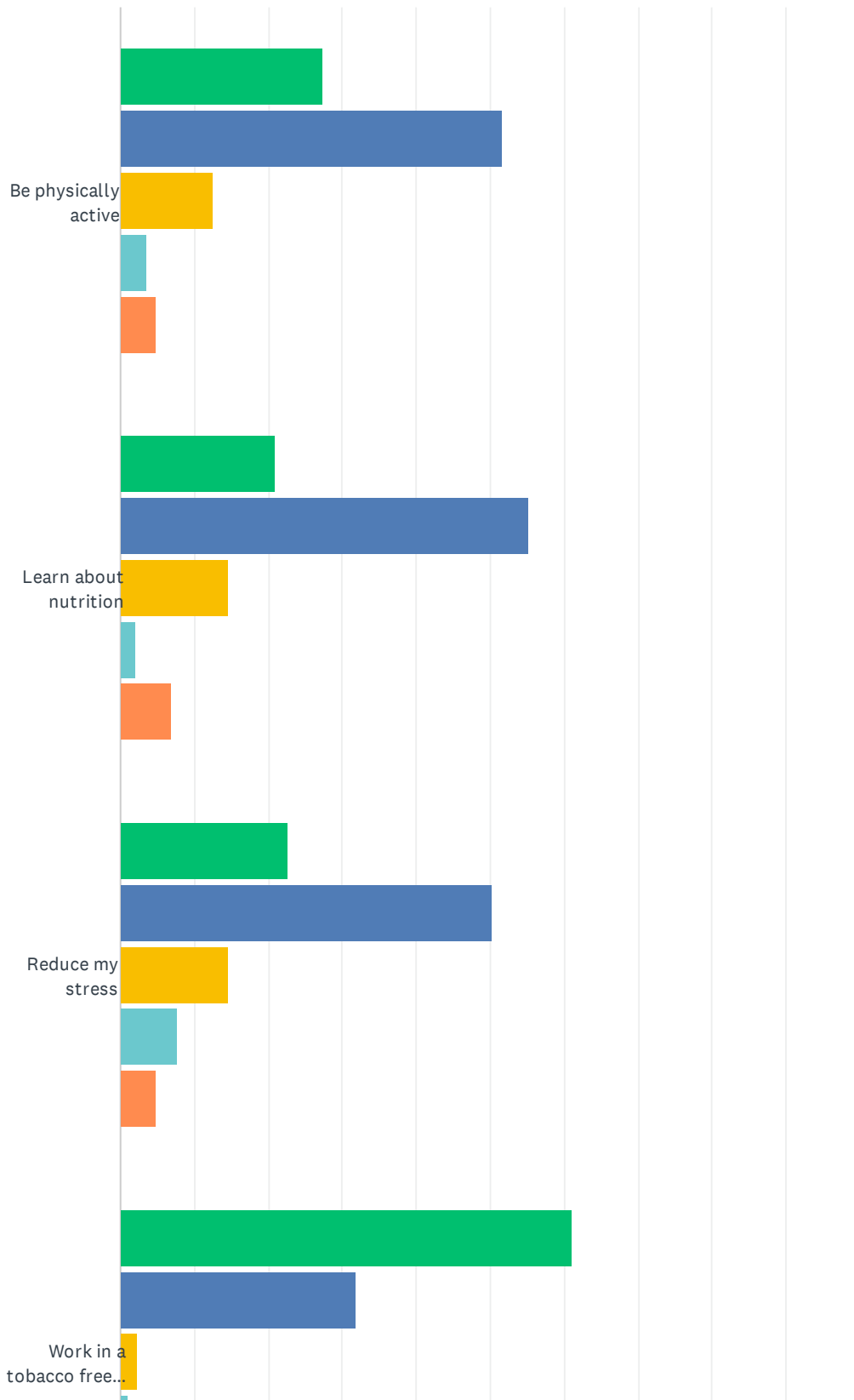
Answered: 53 Skipped: 466



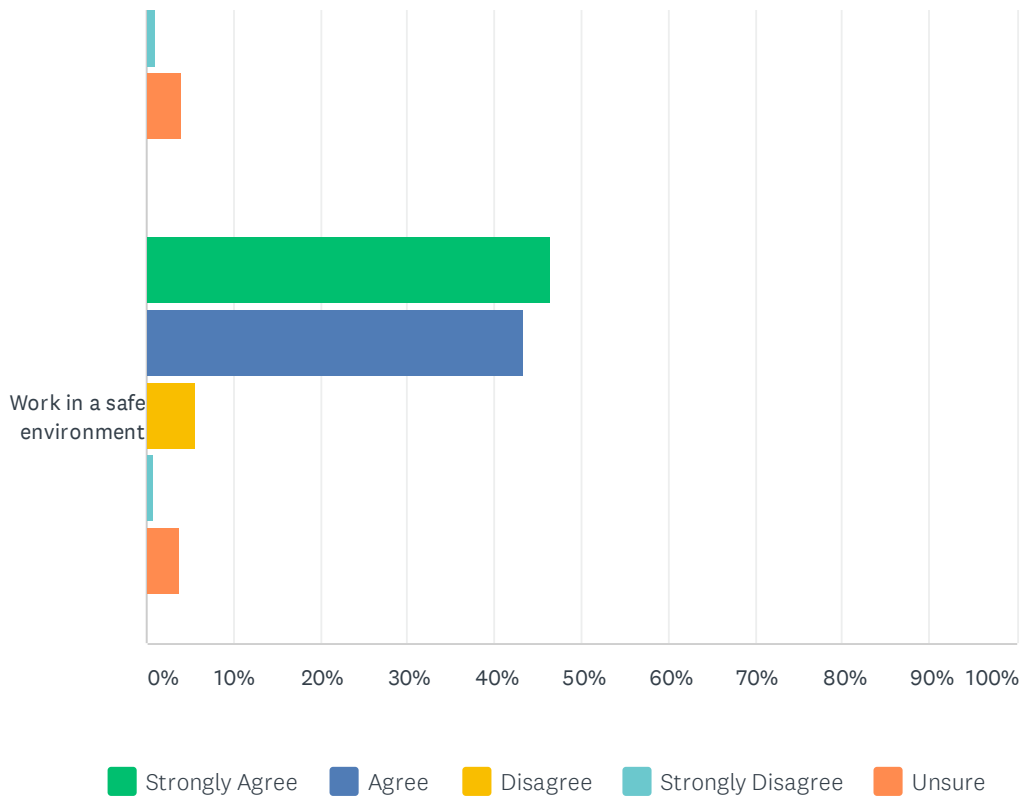
ANSWER CHOICES	RESPONSES	
I do not have medical benefits and therefore cannot earn an incentive through the Wellness Program.	7.55%	4
The classes and talks provided are not held at a time I can attend.	28.30%	15
I am not interested in participating in the wellness program.	7.55%	4
I forget about the Wellness Program.	32.08%	17
I can't seem to make the time to participate in the wellness program.	18.87%	10
Other (please specify)	39.62%	21
Total Respondents: 53		

Q8 Please rate how you feel about the following statements: My workplace has provided me with the opportunity to:

Answered: 517 Skipped: 2



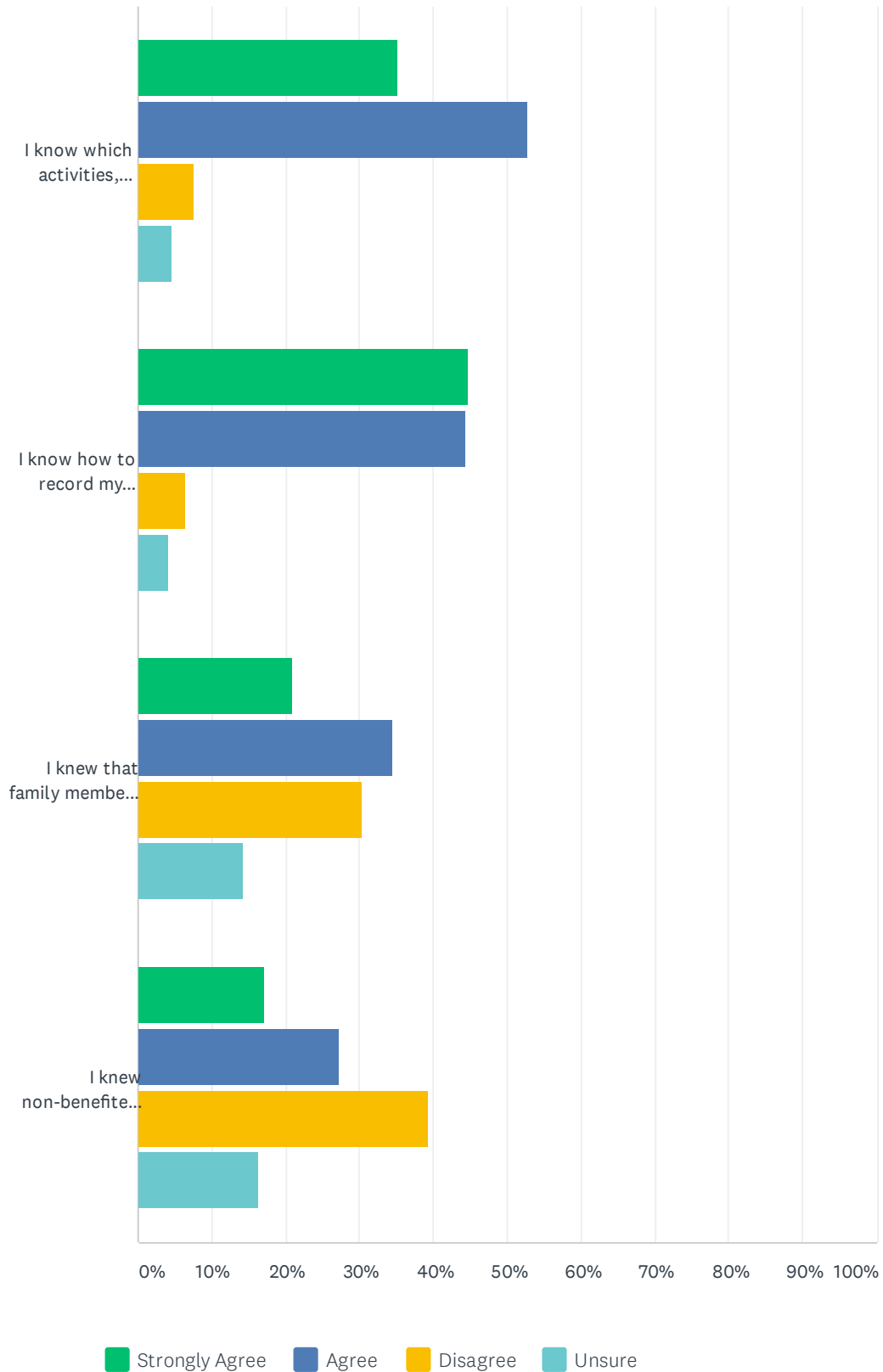
Copy of Wellness Program Survey 2020



	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE	UNSURE	TOTAL
Be physically active	27.33% 141	51.74% 267	12.60% 65	3.49% 18	4.84% 25	516
Learn about nutrition	20.93% 108	55.23% 285	14.73% 76	2.13% 11	6.98% 36	516
Reduce my stress	22.52% 116	50.29% 259	14.56% 75	7.77% 40	4.85% 25	515
Work in a tobacco free environment	61.05% 315	31.78% 164	2.33% 12	0.97% 5	3.88% 20	516
Work in a safe environment	46.42% 240	43.33% 224	5.61% 29	0.77% 4	3.87% 20	517

Q9 Please rate how you feel about the following statements?

Answered: 519 Skipped: 0

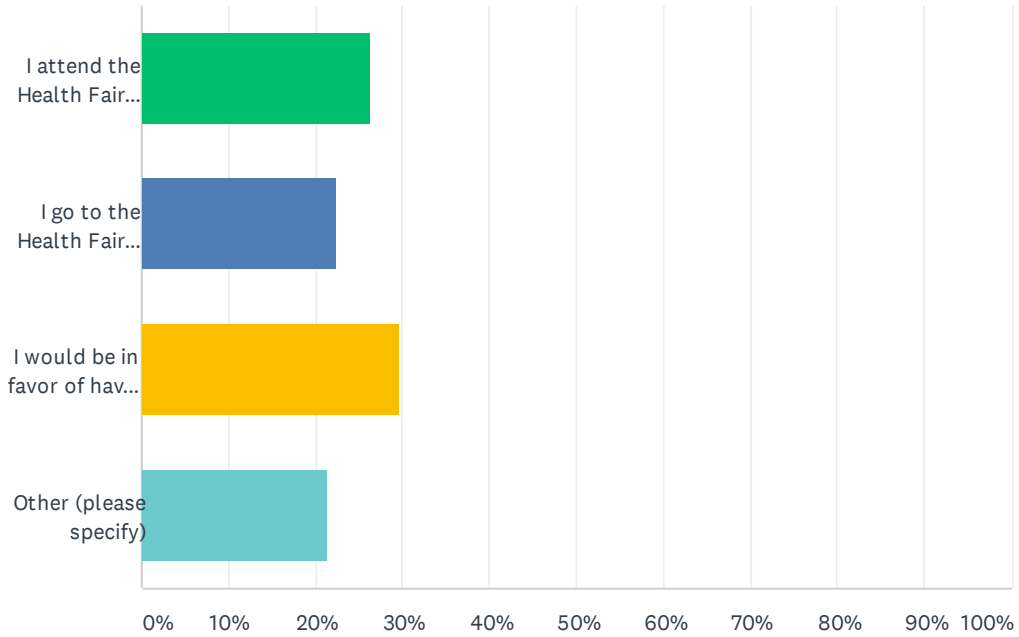


Copy of Wellness Program Survey 2020

	STRONGLY AGREE	AGREE	DISAGREE	UNSURE	TOTAL
I know which activities, events, and classes are worth wellness points.	35.07% 182	52.79% 274	7.51% 39	4.62% 24	519
I know how to record my wellness points.	44.79% 232	44.40% 230	6.56% 34	4.25% 22	518
I knew that family members 12 yrs old and up are able to attend wellness classes and events.	20.85% 108	34.56% 179	30.31% 157	14.29% 74	518
I knew non-benefited employees could participate in wellness classes and events.	17.21% 89	27.27% 141	39.26% 203	16.25% 84	517

Q10 Please select all that apply

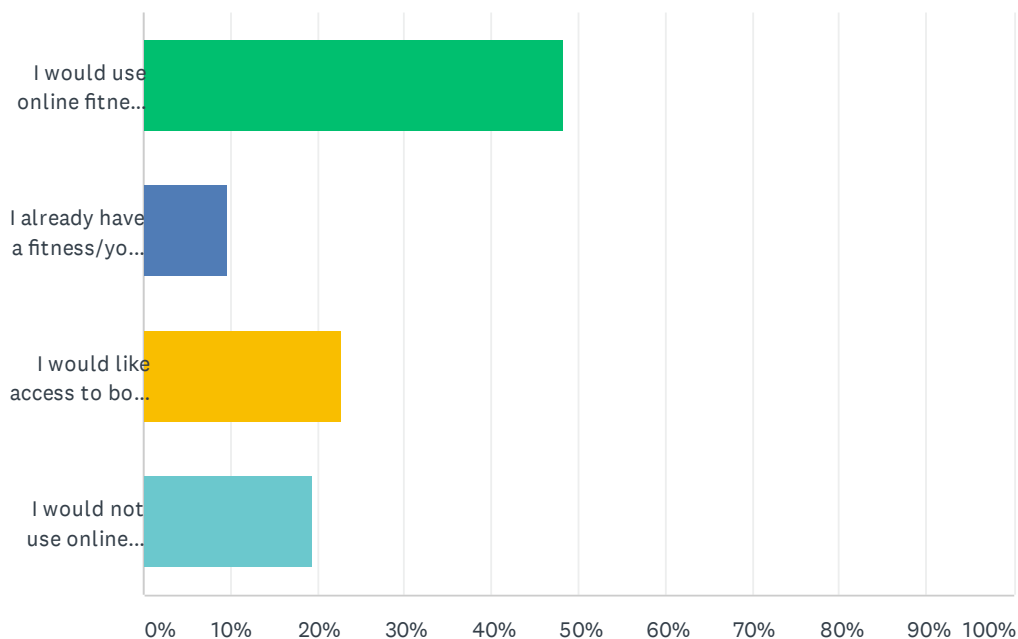
Answered: 473 Skipped: 46



ANSWER CHOICES	RESPONSES	
I attend the Health Fair annually and want to keep it at the Aquaplex with all the benefit and wellness vendors.	26.43%	125
I go to the Health Fair only for the screenings and am okay with just getting my screening at Vera.	22.41%	106
I would be in favor of having the Health Fair at Vera and only focused on biometric screenings with MOM and POP vans.	29.81%	141
Other (please specify)	21.35%	101
TOTAL		473

Q11 The wellness program is considering offering online fitness & yoga classes that could be done at home without exercise equipment. Please select all that apply below.

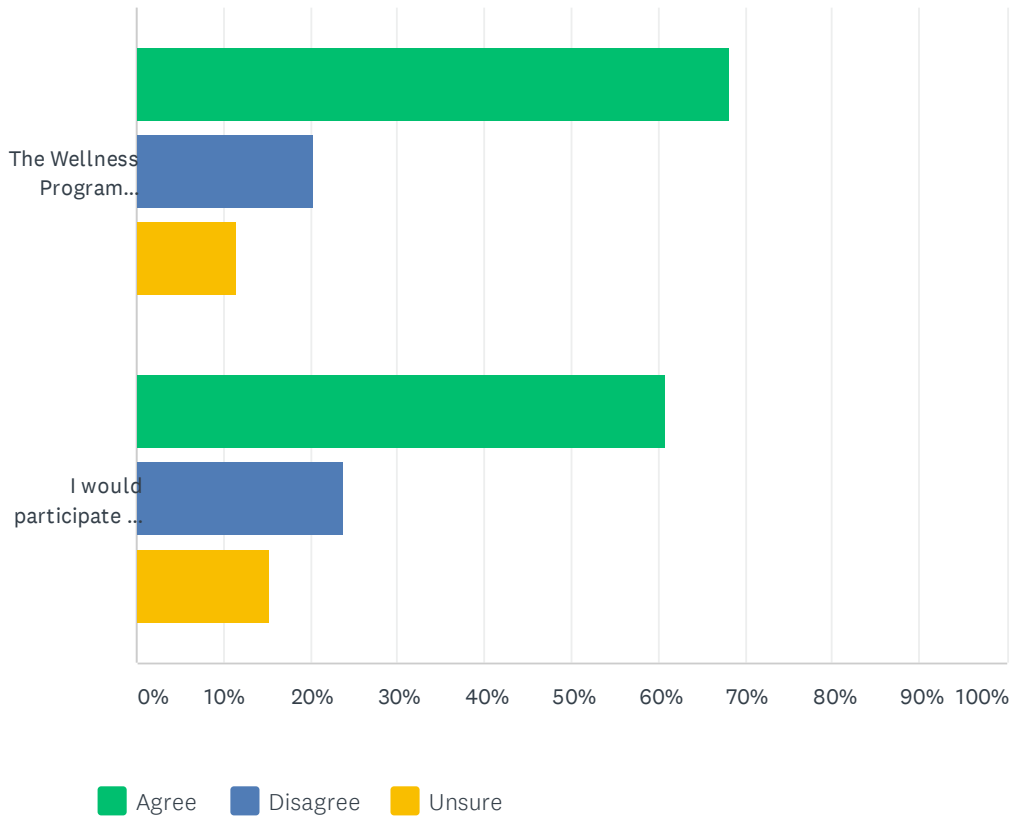
Answered: 514 Skipped: 5



ANSWER CHOICES	RESPONSES	
I would use online fitness & yoga classes if the wellness program offered them.	48.25%	248
I already have a fitness/yoga program or app and do not need this service.	9.53%	49
I would like access to both online and in-person fitness & yoga classes.	22.76%	117
I would not use online fitness/yoga classes	19.46%	100
TOTAL		514

Q12 Please rate how you feel about the following statements?

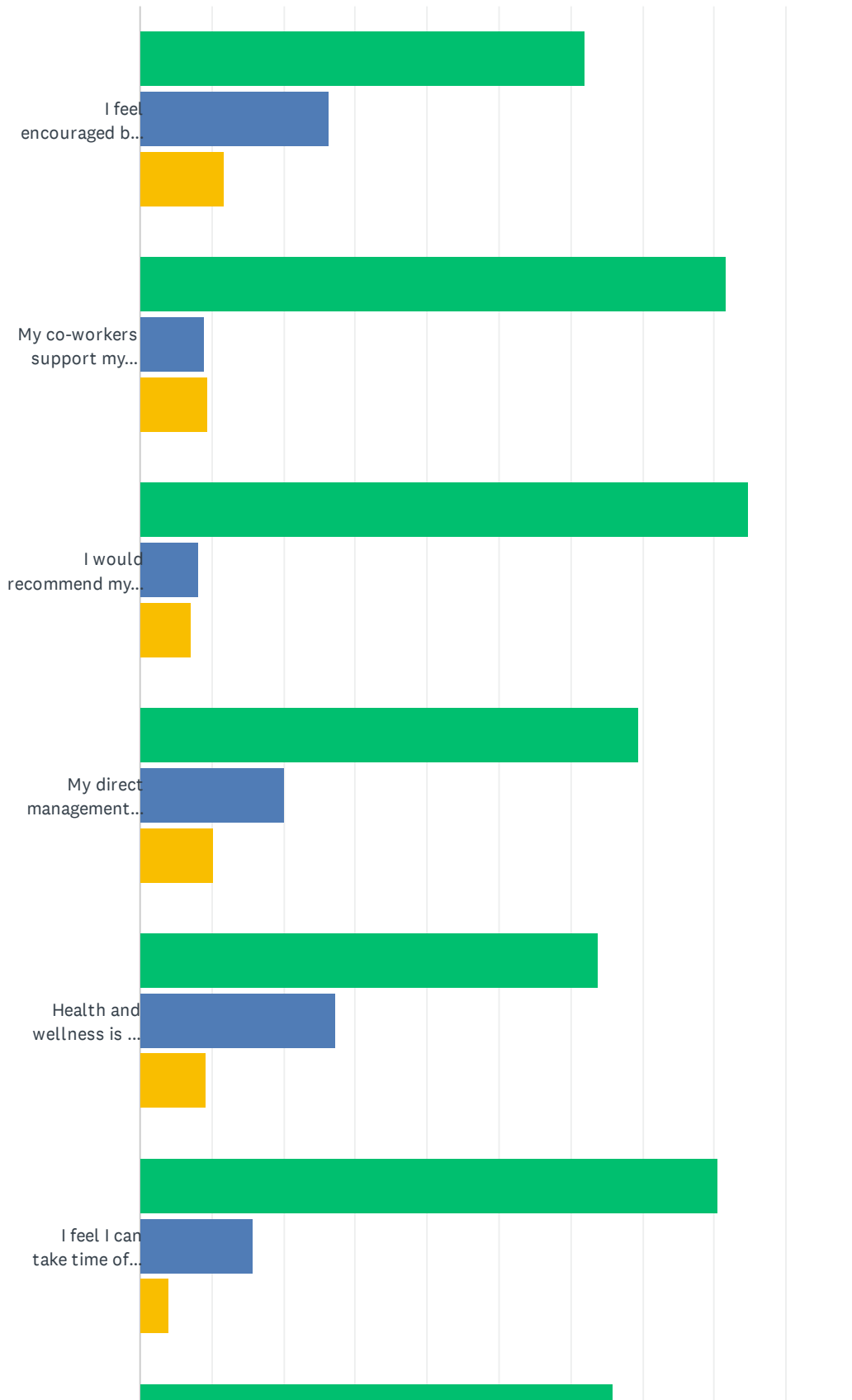
Answered: 516 Skipped: 3



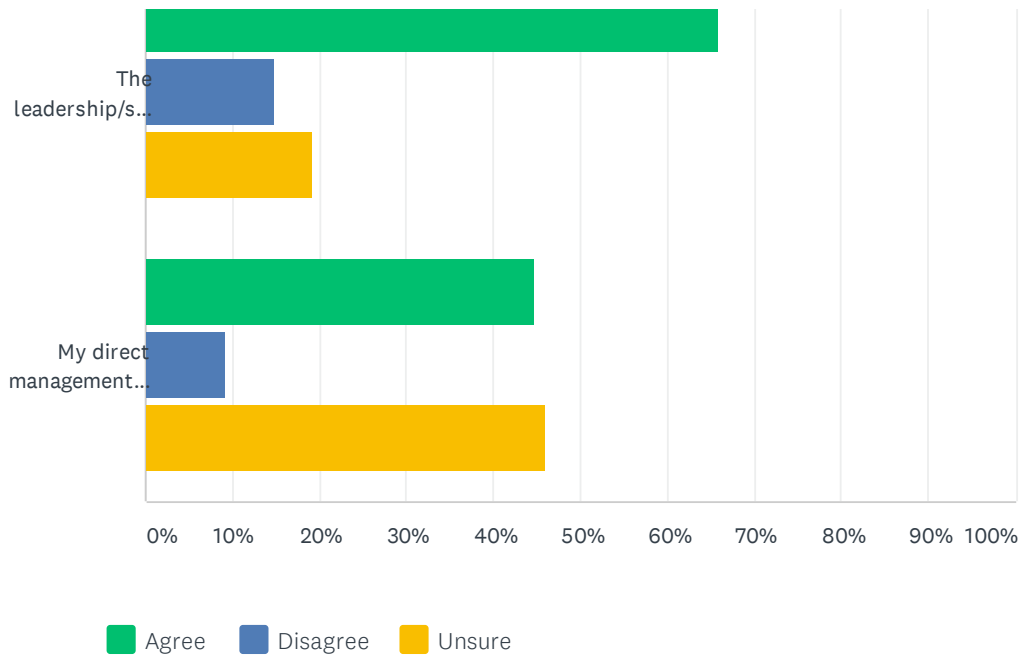
	AGREE	DISAGREE	UNSURE	TOTAL
The Wellness Program classes, challenges, or events have helped me maintain improvements to my health for 6 months or more.	68.16% 351	20.39% 105	11.46% 59	515
I would participate in the wellness classes, events, and challenges even if they were not worth wellness points.	60.78% 313	23.88% 123	15.34% 79	515

Q13 Please rate how you feel about the following statements?

Answered: 517 Skipped: 2



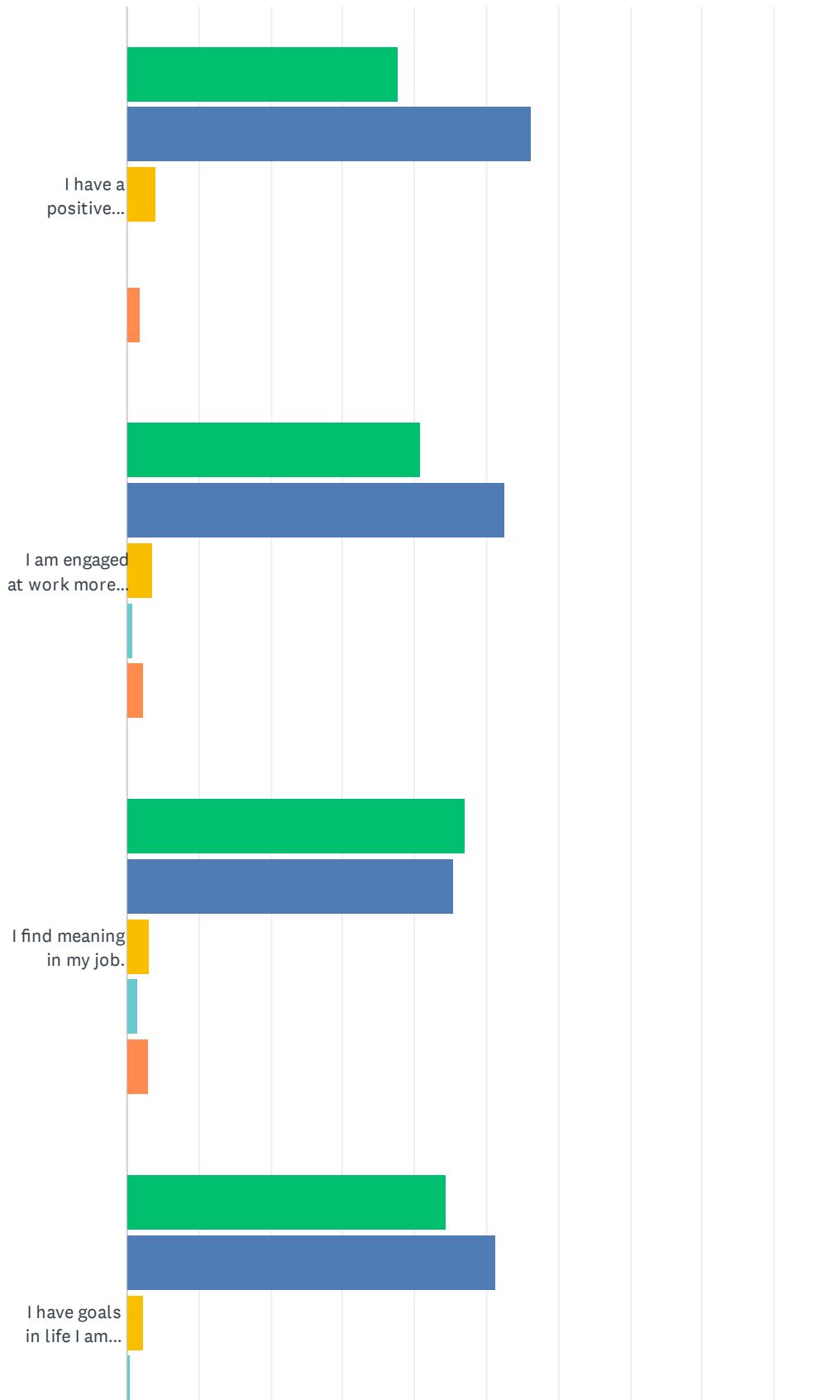
Copy of Wellness Program Survey 2020



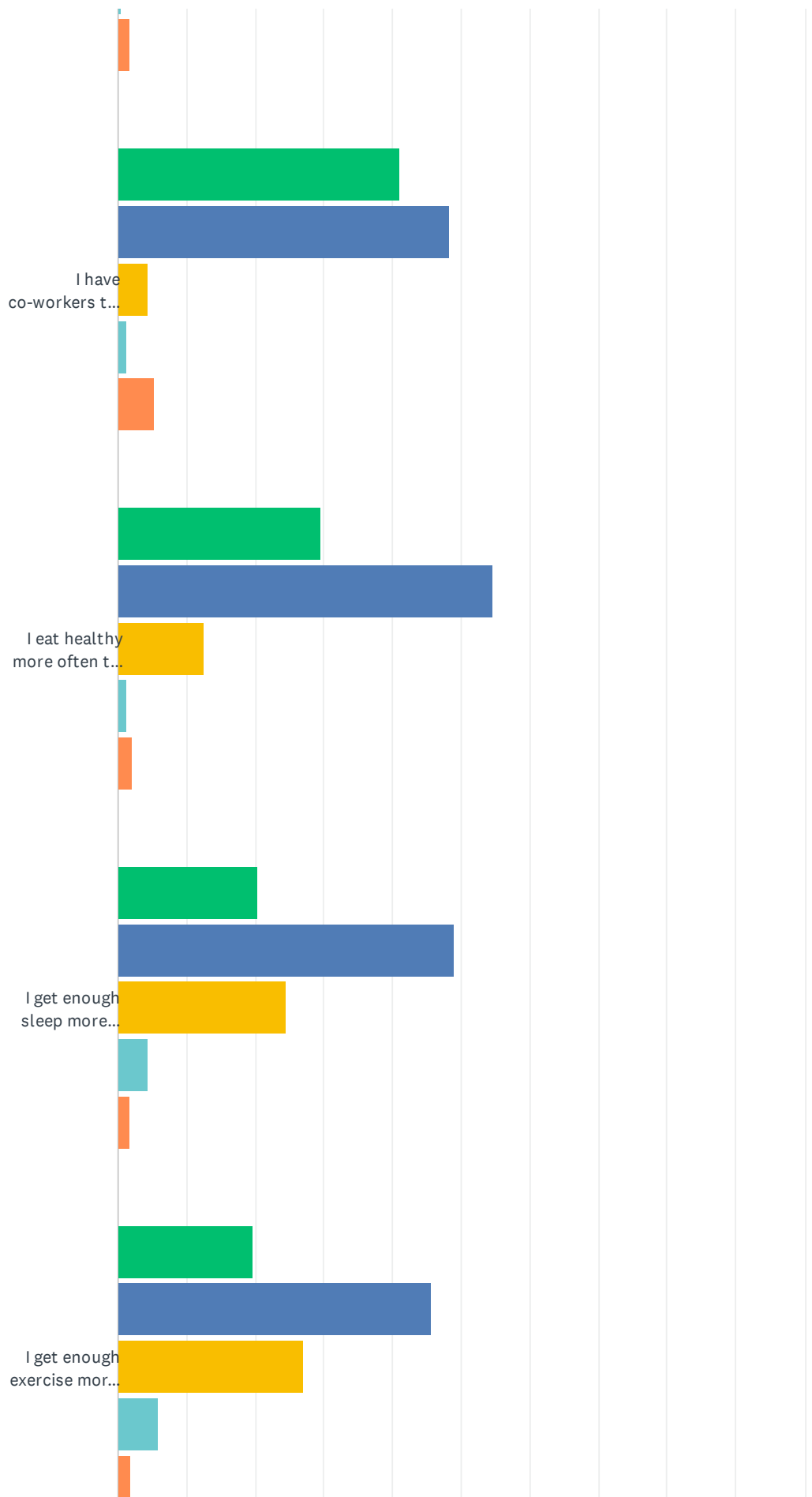
	AGREE	DISAGREE	UNSURE	TOTAL
I feel encouraged by my direct management to participate in the Wellness Program, classes, or events.	61.94% 319	26.41% 136	11.65% 60	515
My co-workers support my efforts to be healthy.	81.68% 419	8.97% 46	9.36% 48	513
I would recommend my place of work to someone looking for a job.	84.80% 435	8.19% 42	7.02% 36	513
My direct management knows how to positively motivate me.	69.53% 356	20.12% 103	10.35% 53	512
Health and wellness is a common topic at my place of work.	63.74% 327	27.10% 139	9.16% 47	513
I feel I can take time off when needed for my personal life.	80.51% 413	15.59% 80	3.90% 20	513
The leadership/senior management of my workplace are obvious supporters of the Wellness Program.	65.95% 337	14.87% 76	19.18% 98	511
My direct management participates in the Wellness Program.	44.71% 228	9.22% 47	46.08% 235	510

Q14 Please rate how you feel about the following statements.

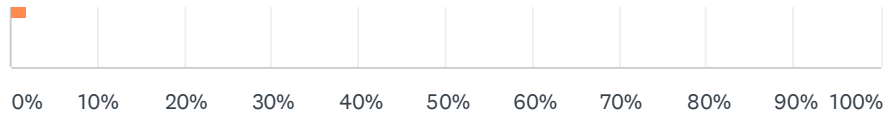
Answered: 516 Skipped: 3



Copy of Wellness Program Survey 2020



Copy of Wellness Program Survey 2020

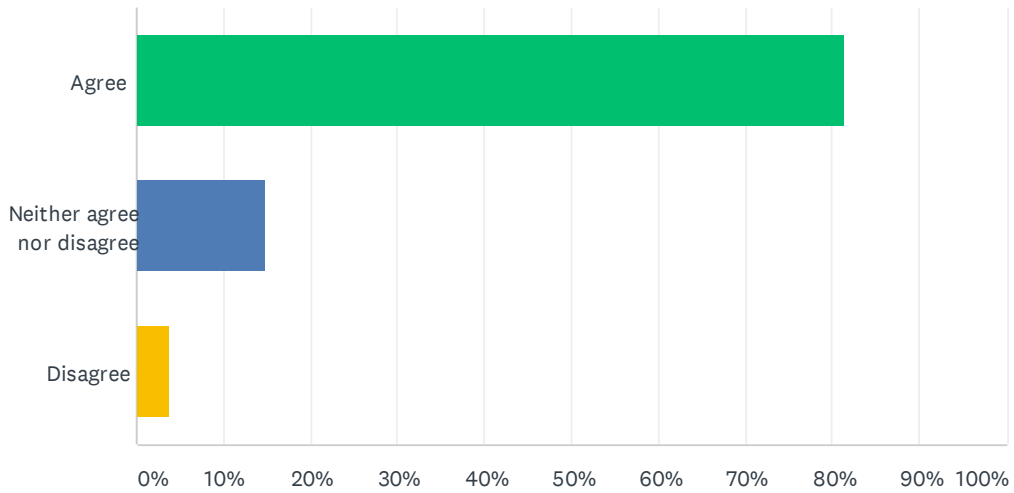


■ Strongly Agree
 ■ Agree
 ■ Disagree
 ■ Strongly Disagree
 ■ Unsure

	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE	UNSURE	TOTAL
I have a positive attitude more often than not.	37.67% 194	56.31% 290	4.08% 21	0.00% 0	1.94% 10	515
I am engaged at work more often than not.	40.82% 209	52.54% 269	3.52% 18	0.78% 4	2.34% 12	512
I find meaning in my job.	47.06% 240	45.29% 231	3.14% 16	1.57% 8	2.94% 15	510
I have goals in life I am working toward.	44.36% 228	51.17% 263	2.33% 12	0.39% 2	1.75% 9	514
I have co-workers that I trust.	40.90% 209	48.34% 247	4.31% 22	1.17% 6	5.28% 27	511
I eat healthy more often than not.	29.46% 152	54.65% 282	12.60% 65	1.16% 6	2.13% 11	516
I get enough sleep more often than not.	20.39% 105	48.93% 252	24.47% 126	4.47% 23	1.75% 9	515
I get enough exercise more often than not.	19.65% 101	45.53% 234	27.04% 139	5.84% 30	1.95% 10	514

Q15 Overall, I am satisfied with the Wellness Program

Answered: 515 Skipped: 4



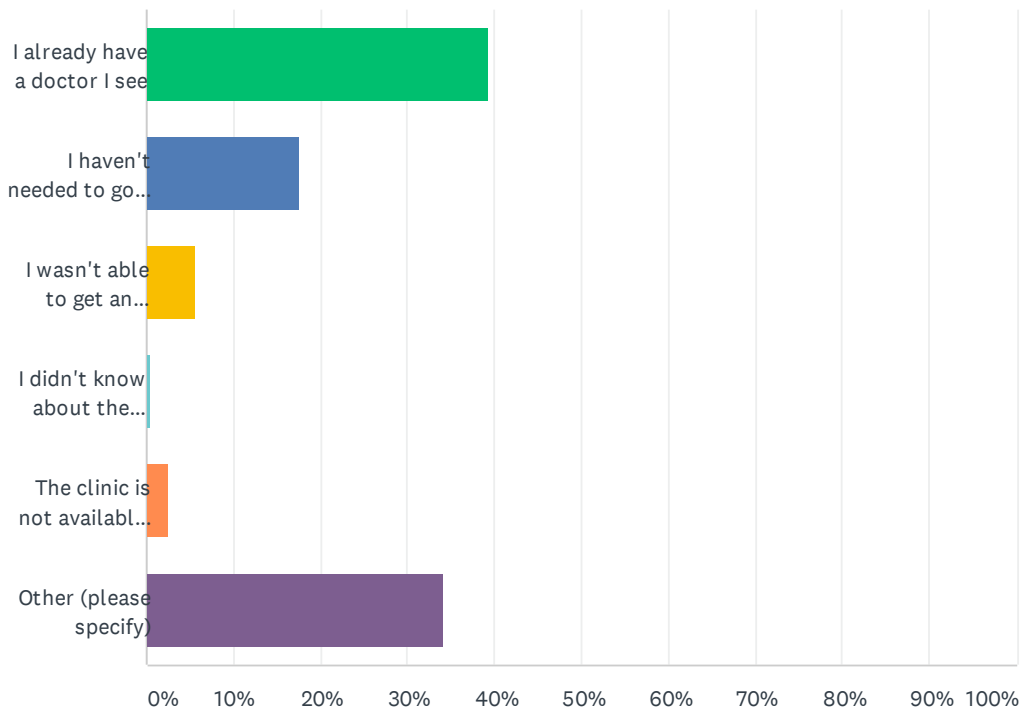
ANSWER CHOICES	RESPONSES	
Agree	81.36%	419
Neither agree nor disagree	14.95%	77
Disagree	3.69%	19
TOTAL		515

Q16 I wish the wellness program offered...

Answered: 170 Skipped: 349

Q17 If you have not been to the clinic please tell us why:

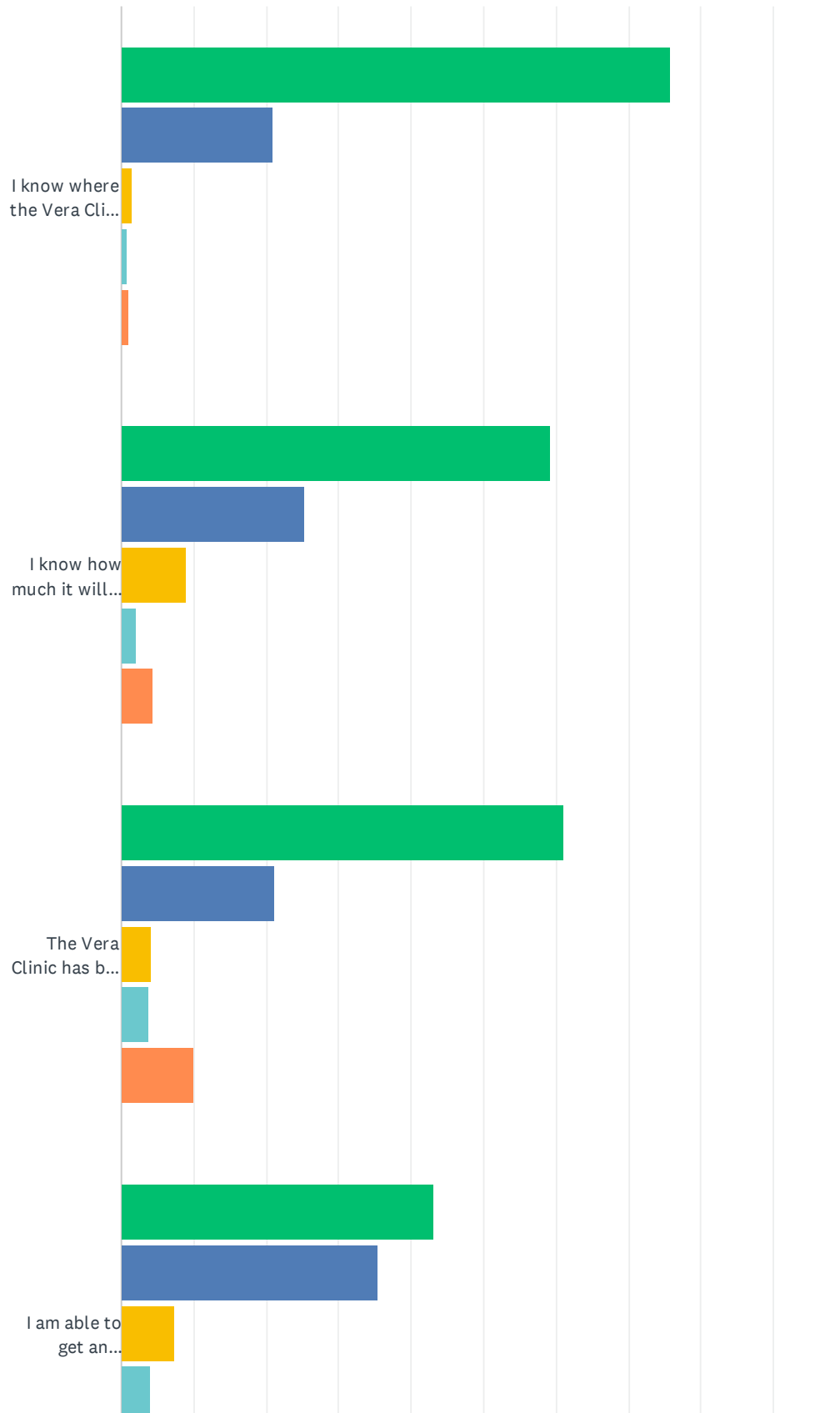
Answered: 193 Skipped: 326



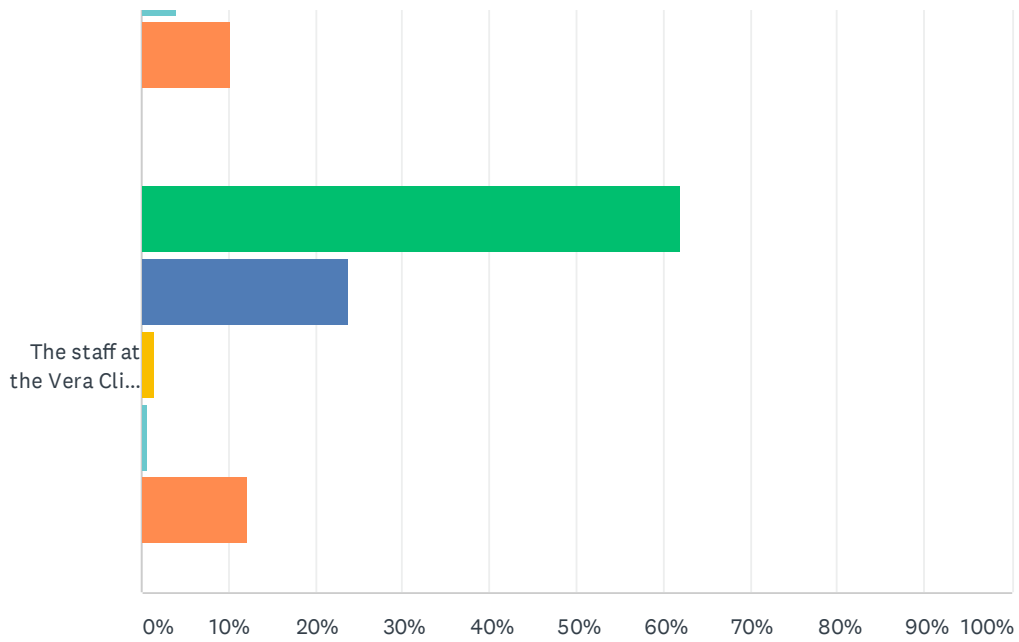
ANSWER CHOICES	RESPONSES	
I already have a doctor I see	39.38%	76
I haven't needed to go to the clinic	17.62%	34
I wasn't able to get an appointment when I needed it	5.70%	11
I didn't know about the clinic	0.52%	1
The clinic is not available for employees not on the medical plan	2.59%	5
Other (please specify)	34.20%	66
TOTAL		193

Q18 Please rate how you feel about the following statements?

Answered: 516 Skipped: 3



Copy of Wellness Program Survey 2020



■ Strongly Agree
 ■ Agree
 ■ Disagree
 ■ Strongly Disagree
 ■ Unsure

	STRONGLY AGREE	AGREE	DISAGREE	STRONGLY DISAGREE	UNSURE	TOTAL
I know where the Vera Clinic is located.	75.78% 391	20.93% 108	1.55% 8	0.78% 4	0.97% 5	516
I know how much it will cost me to go to the Vera Clinic.	59.11% 305	25.39% 131	8.91% 46	2.13% 11	4.46% 23	516
The Vera Clinic has been a great addition to my employee benefits.	61.01% 313	21.05% 108	4.29% 22	3.70% 19	9.94% 51	513
I am able to get an appointment at the Vera Clinic when I need one.	43.16% 221	35.35% 181	7.42% 38	3.91% 20	10.16% 52	512
The staff at the Vera Clinic are friendly and nice	61.91% 317	23.83% 122	1.56% 8	0.59% 3	12.11% 62	512