

# Worksite Wellness

health screenings • massage • holistic education & wellness programs

A Division of Lourdes Wellness Center

*Don't know where to begin with Worksite Wellness? We can help....Tell us about your organization...*

## Worksite Wellness Baseline Assessment

Please help us assist you in identifying your company's needs and goals by completing this questionnaire. This first step will set a foundation for designing an effective and custom-tailored Worksite Wellness Program that blends with your organization's unique culture and vision.

Company/Organization Name: \_\_\_\_\_  
Contact Person: \_\_\_\_\_ Email Address: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone Number: \_\_\_\_\_ Employee Population: \_\_\_\_\_  
Number of Sites & Their Locations: \_\_\_\_\_  
Number of Shifts: \_\_\_\_\_ Please List Them: \_\_\_\_\_

### Workforce Demographics

Age Distribution: \_\_\_\_\_ Male to Female Ratio: \_\_\_\_\_ Education Level: \_\_\_\_\_

### Wellness Goals & History

1. Is there a key contact within your organization who will be able to facilitate any given wellness effort and launch communication pieces to promote them?  
\_\_\_\_\_

2. What types of wellness offerings have you implemented in your organization in the past?  
\_\_\_\_\_

3. Have you tied in any incentive programs to drive the participation? Please explain.  
\_\_\_\_\_

4. Please evaluate the level of participation in your wellness programs. \_\_\_\_\_  
\_\_\_\_\_

5. Please evaluate the success of your programs. \_\_\_\_\_  
\_\_\_\_\_

6. Have you organized a wellness committee before? \_\_\_\_\_

7. What goals, other than medical costs, do you wish to accomplish by implementing a wellness program?

heighten employee awareness   improve company image   improve morale and productivity   lower absenteeism

8. How would you rate the level of support from senior management?  
\_\_\_\_\_

9. Is there or will there be a budget for wellness programming?  
\_\_\_\_\_

Please return this form to Lourdes Worksite Wellness. We look forward to helping you reach all of your employee health and wellness goals!

## **LOURDES WORKSITE WELLNESS**

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