

Workplace health survey 2018

1. On a scale of 1-10 where 1 = not at all important and 10 = Very important, how important is your health and wellbeing to you?

1 2 3 4 5 6 7 8 9 10

2. Do you feel you get the right balance between work and personal life?

Yes / No

3. If you answered 'yes' to question 2, why do you say that?

4. If you answered 'no' to question 2, why do you say that?

5. How do you try to stay healthy?

6. Do you manage to do all of the things you included in your answer to question 5? If not, why not?

7. In your opinion, could your workplace do more to promote good health and wellbeing?

8. If you answered 'yes' to question 7, what more could be done?

9. If you have taken part in a free health check at work, how useful did you find it?

10. Any other comments?