

Online Health Assessment Questionnaire for Workplace Wellness

Our **online health assessment questionnaire** provides a comprehensive evaluation of employees' wellness, promoting a healthier workplace environment. It is designed to identify health risks and encourage proactive lifestyle changes. Easy to use and confidential, it supports ongoing wellness initiatives effectively.

Employee Information

Full Name:

Age:

Gender:

Select...

Health & Lifestyle

Do you smoke?

☐ Yes

☐ No

How often do you exercise per week?

Select...

How would you rate your overall stress level?

☐ Low

☐ Medium

☐ High

Nutrition

How many servings of fruits and vegetables do you eat daily?

☐ 0-1

☐ 2-3

☐ 4-5

☐ 6+

General Health

Do you have any chronic illnesses (e.g., diabetes, hypertension)?

What wellness topics would you like to see more of in the workplace?

Submit Assessment