

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:

Health & Lifestyle

Do you smoke?

 Yes No

How often do you exercise per week?

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?