

Employee Health and Wellness Survey Questions

Boost your company's productivity and morale by using **employee health and wellness survey questions** to gauge workforce well-being. These surveys help identify physical, mental, and emotional health needs, enabling targeted wellness programs. Collecting honest feedback ensures a supportive and healthy work environment for all employees.

Sample Survey Questions

1. How would you rate your overall physical health?
2. Do you feel that your workload allows for adequate work-life balance?
3. How often do you experience work-related stress?
4. Are you aware of the wellness programs and resources provided by the company?
5. How likely are you to participate in wellness activities offered by the company?
6. Do you have access to healthy food options at work?
7. How supported do you feel by management in maintaining your health and well-being?
8. Would you be interested in additional mental health resources or workshops?
9. Do you feel comfortable discussing health or wellness issues with your supervisor or HR?
10. What suggestions do you have for improving our company's health and wellness initiatives?