



Wellness Interest Survey Results Summary

People's First Properties

June 22, 2022

United
Healthcare

Agenda



Well-Being Interest Survey Results



Solutions & Next Steps



Wellness Program Interest Survey

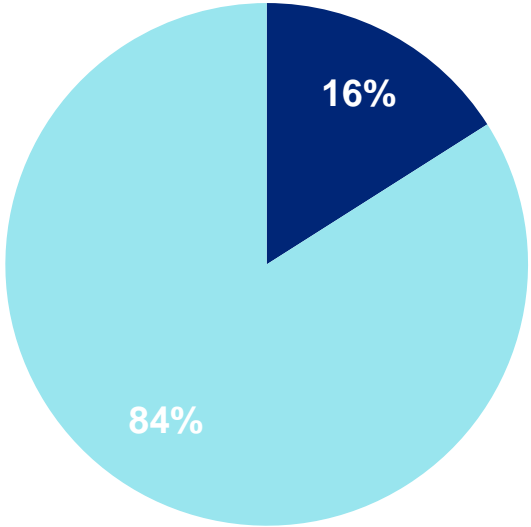
Overview & Demographics



221 members completed the Interest Survey

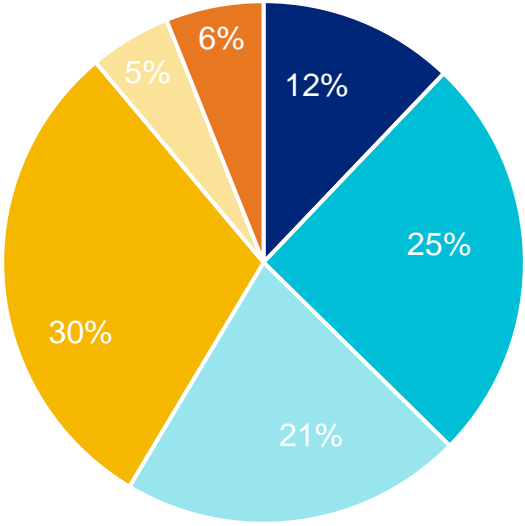
Gender

■ Male ■ Female



Age Band

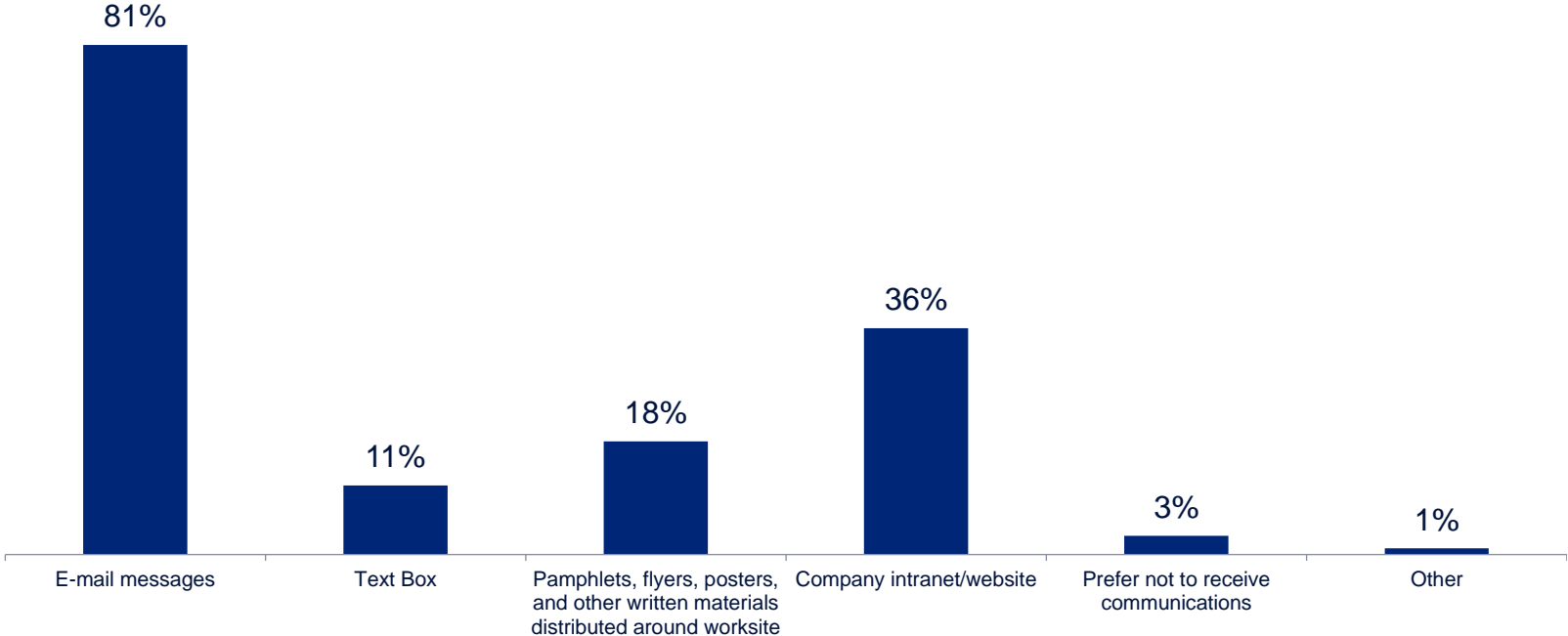
■ 21 - 30 ■ 31 - 40
■ 41 - 50 ■ 51 - 60
■ 61 - 65 ■ 65+



Wellness Program Interest Survey

Communication Preferences

Q: What mode of communication would you prefer to receive information about the employee wellness program? (Please select up to three choices)



Top Preferences:

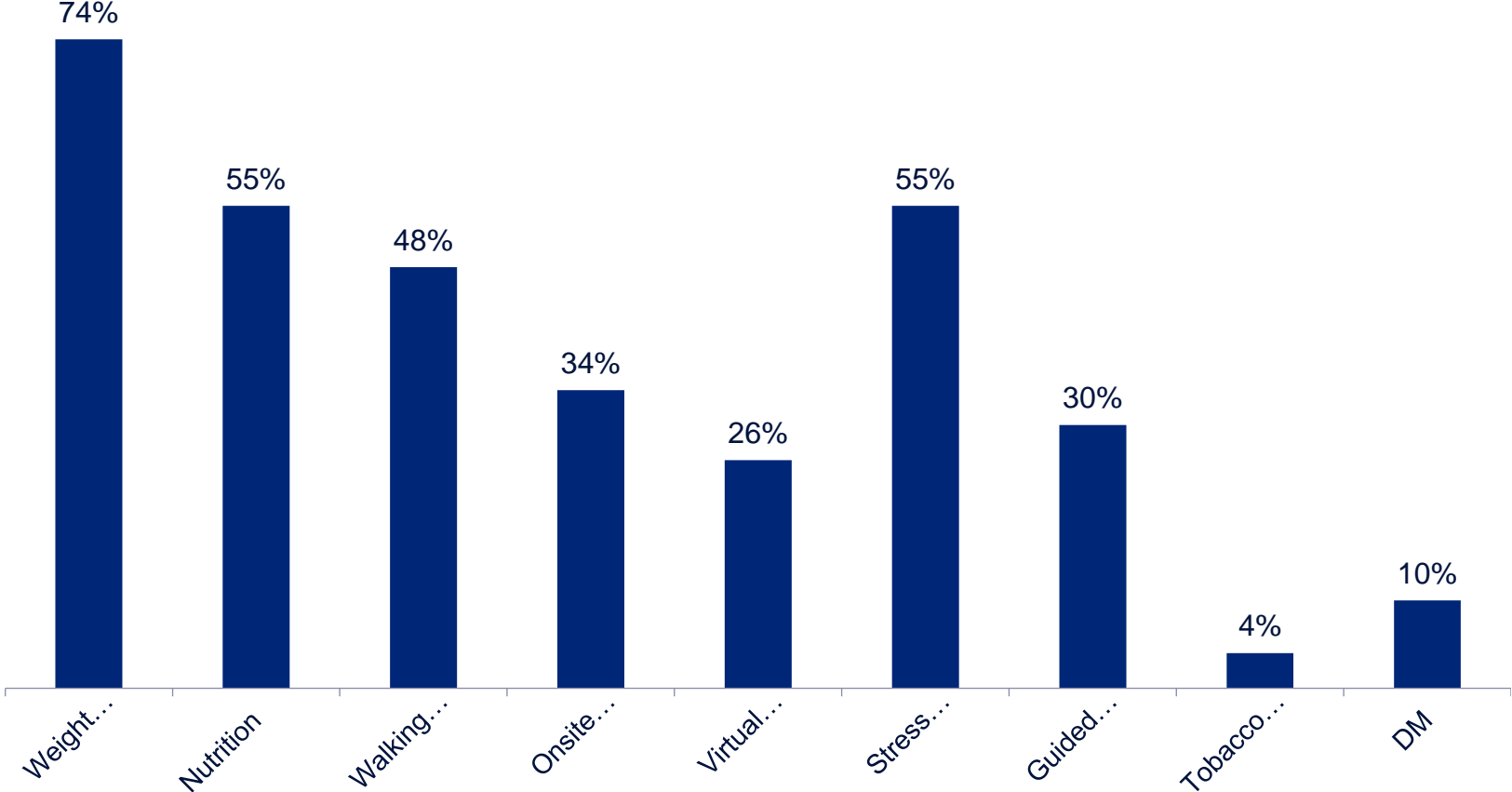
1. Email Messages
2. Company Intranet



Wellness Program Interest Survey

Programming Interests

Q: Which of the following types of multi-session programs would you participate in? (Check all that apply)



Top Interests

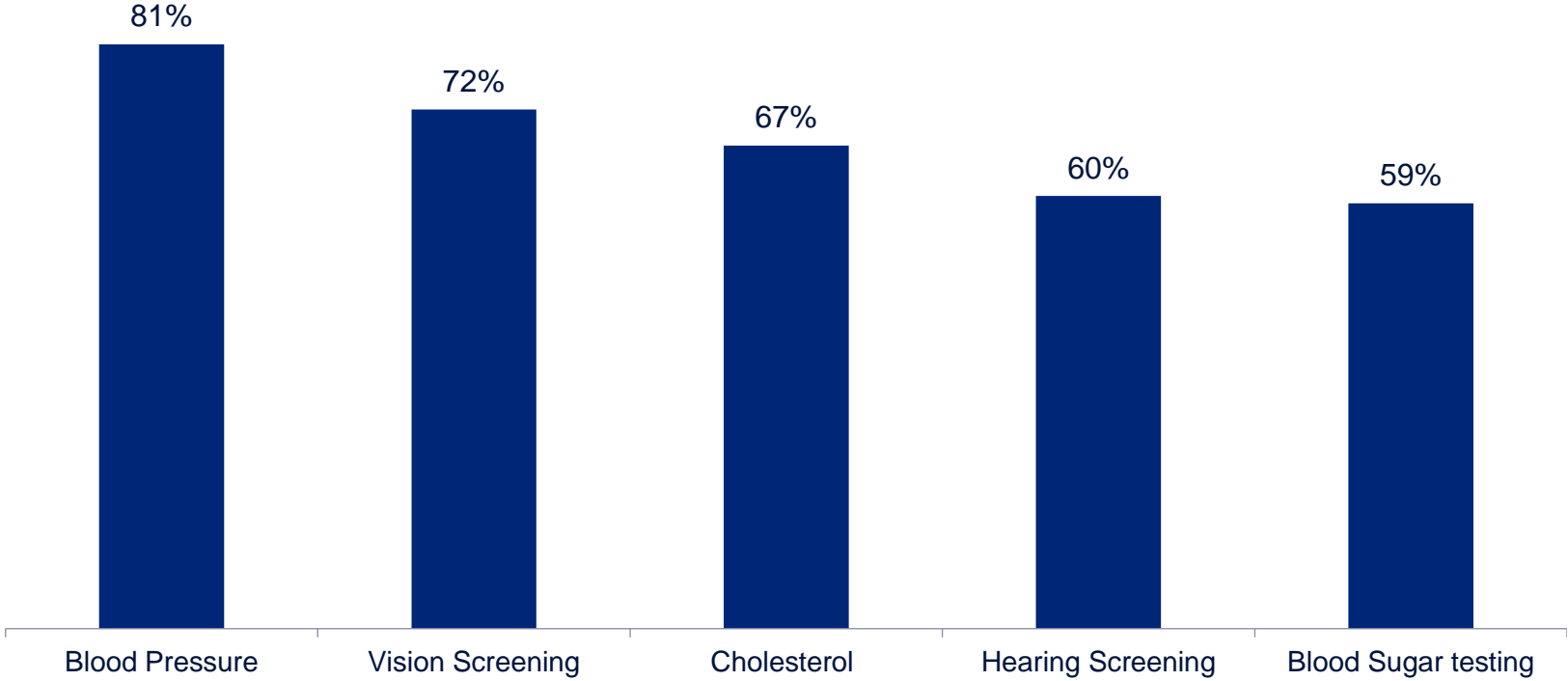
- Weight Loss
- Nutrition Program
- Stress Management



Wellness Program Interest Survey

Health Screening Interests

Q: Which of the following health screenings would you participate in if offered through the wellness program? (Check all that apply)



Top Screenings:

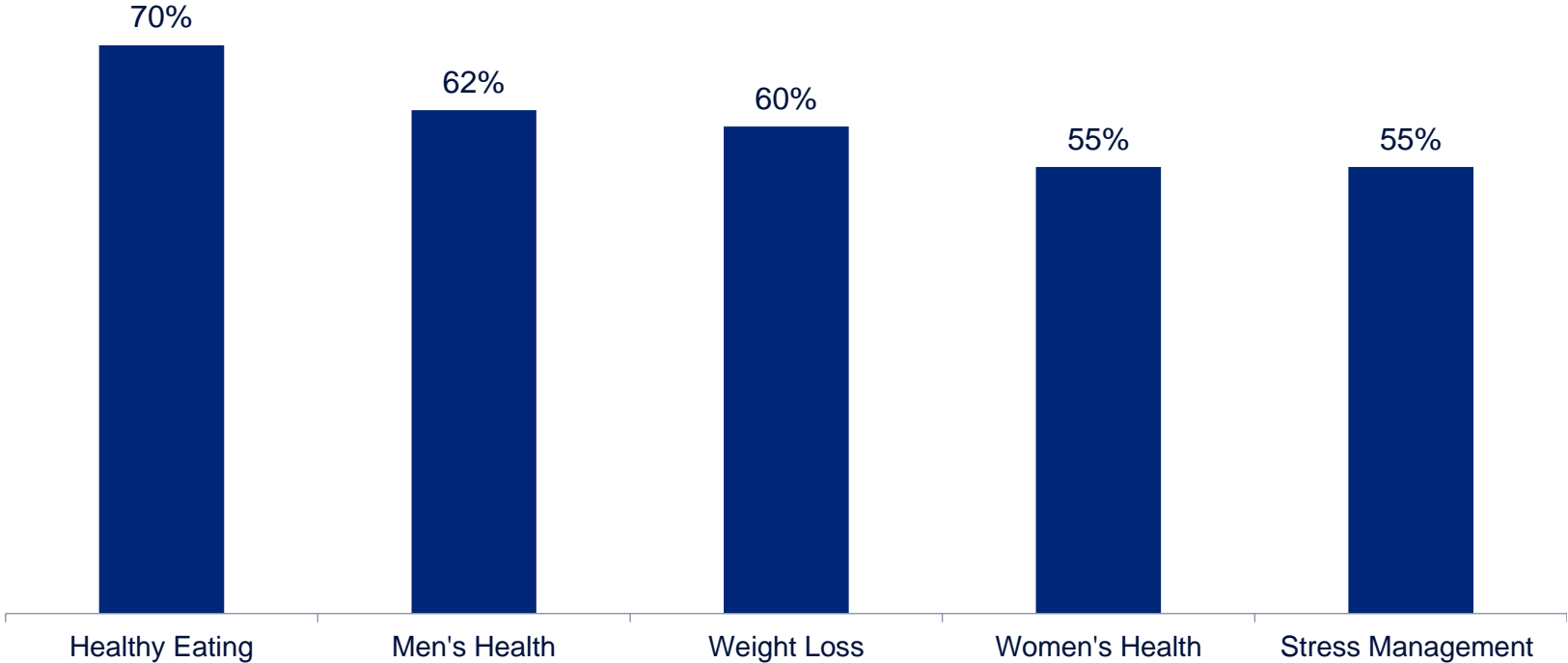
1. Blood Pressure
2. Vision Screening
3. Cholesterol



Wellness Program Interest Survey

Health Topic Interests

Q: Which of the following health topics would you like to learn more about? (Check all that apply)



Top Interests:

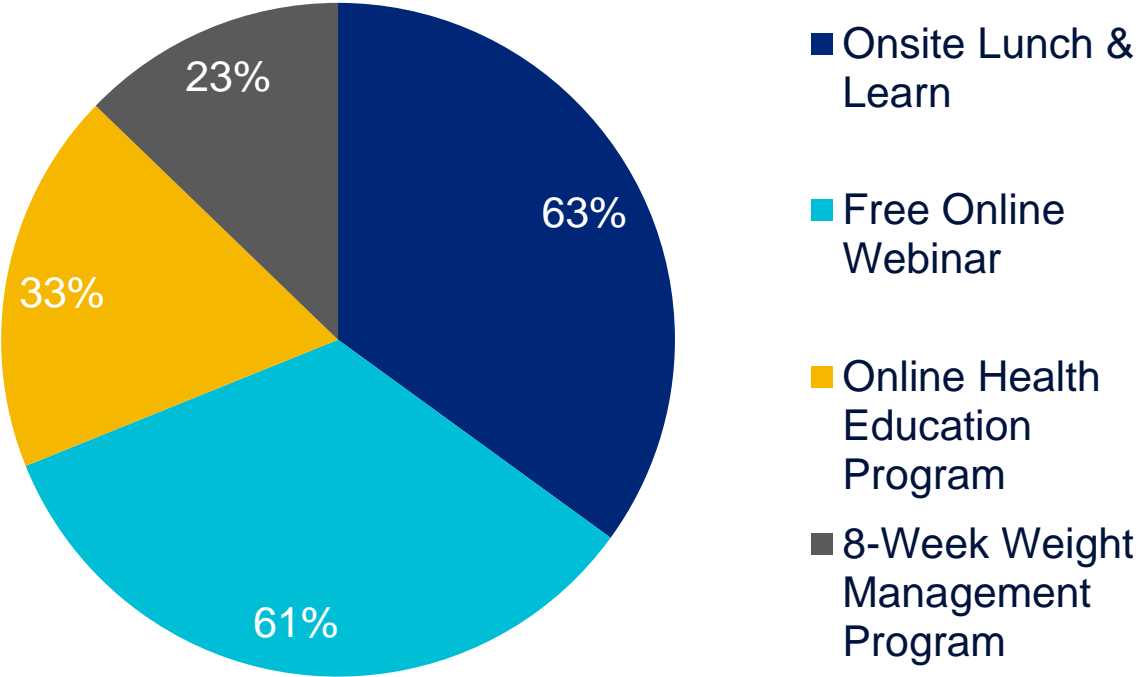
1. Healthy Eating
2. Men's Health
3. Weight Loss



Wellness Program Interest Survey

Participation in Health Programming

Q: In the next 90 days, would you be willing to participate in? (Check all that apply)



- Offer UAW as free online webinar



Wellness Program Interest Survey

Readiness to Change

Q: For the behaviors listed below, select where you are for each behavior currently in your life.

	This behavior does not apply to me	I am not thinking about changing this behavior	I am thinking about changing this behavior	I am preparing to change this behavior	I am currently changing this behavior	I have been successful at changing this behavior for six or more months
Tobacco use	83%	2%	4%	3%	2%	6%
Excessive alcohol	87%	5%	3%	0%	1%	3%
Regular exercise	7%	8%	30%	20%	27%	8%
Healthy nutrition	6%	3%	30%	16%	30%	15%
Adequate hydration	8%	9%	17%	6%	28%	32%
Losing weight	11%	3%	23%	24%	31%	8%
Managing stress with positive coping mechanisms	13%	7%	23%	21%	24%	12%
Maintaining a positive attitude and optimistic outlook on life	20%	6%	12%	8%	25%	29%
Successfully managing a chronic medical condition	54%	3%	8%	5%	16%	14%

Strategies to Support Change:

- Offer support and guidance for change
- Leverage Rally Missions and Challenges or group activities for accountability and support

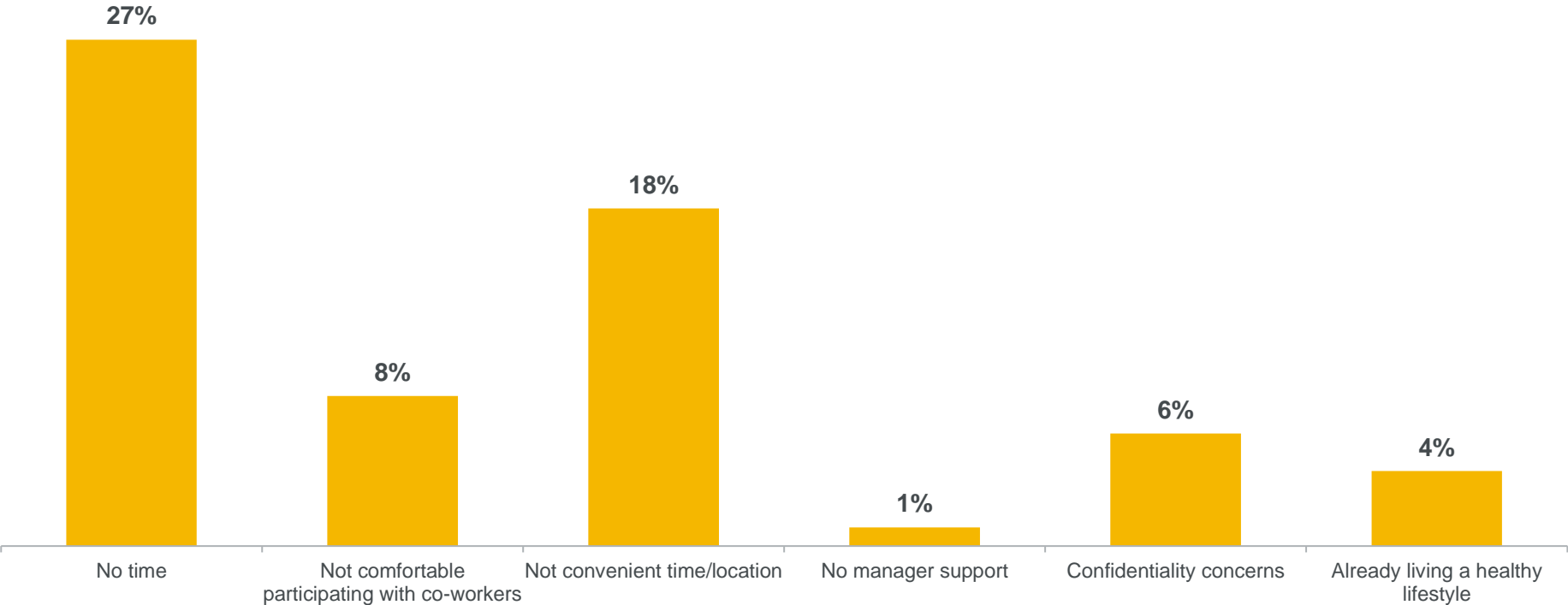


Wellness Program Interest Survey

Barriers to Participation

Q: What are some of the reasons why you would NOT participate in a program or activity offered through the employee wellness program? (Select up to three responses)

Barriers



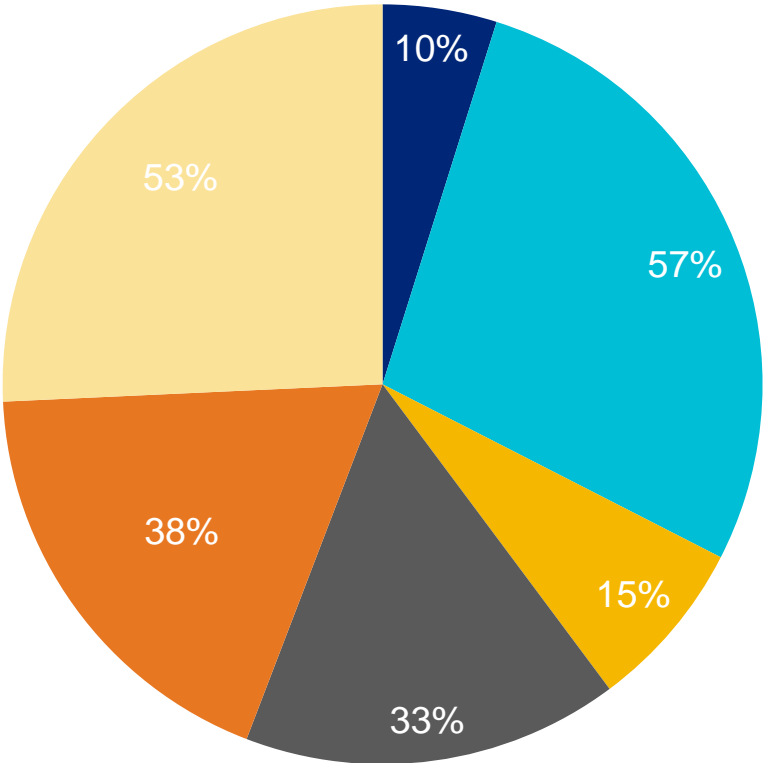
Wellness Program Interest Survey

Motivators

Q: Which of the following would help keep you motivated to stay in the wellness program? (Select up to three responses)

Biggest Motivator:

Financial Support/discounts for health-related products or services



- Company recognition
- Financial support or discounts for fitness and health related products or services
- Support of health telephonic health coach
- Support from a personal trainer
- Participation in a group or team challenge for weight loss, exercise, etc.
- Personal satisfaction from living a healthy lifestyle



Wellness Program Interest Survey

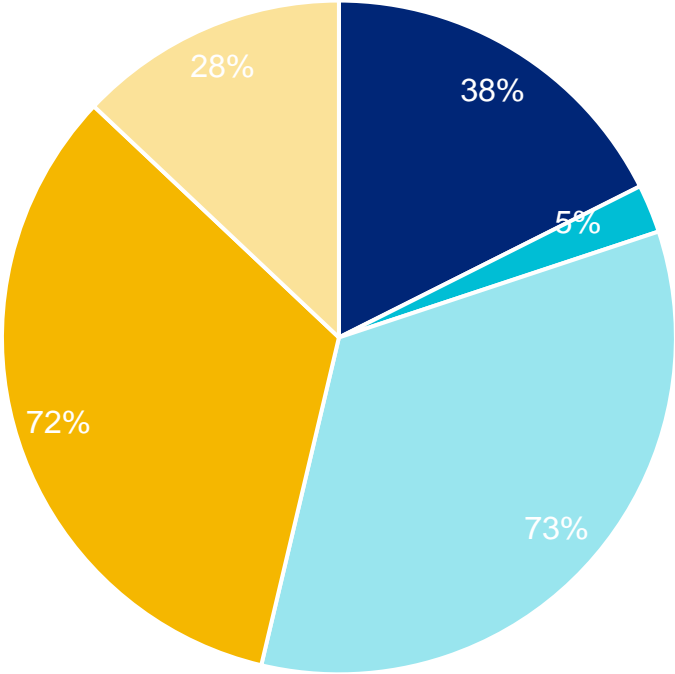
Incentives

Q: If your employer were to offer an incentive for participating in a wellness program, which incentive would you prefer? (Select up to three responses)

■ Small gifts ■ Wellness magazine/e-book ■ Gift card ■ PTO ■ Contribution to HRA

Preferred Incentives:

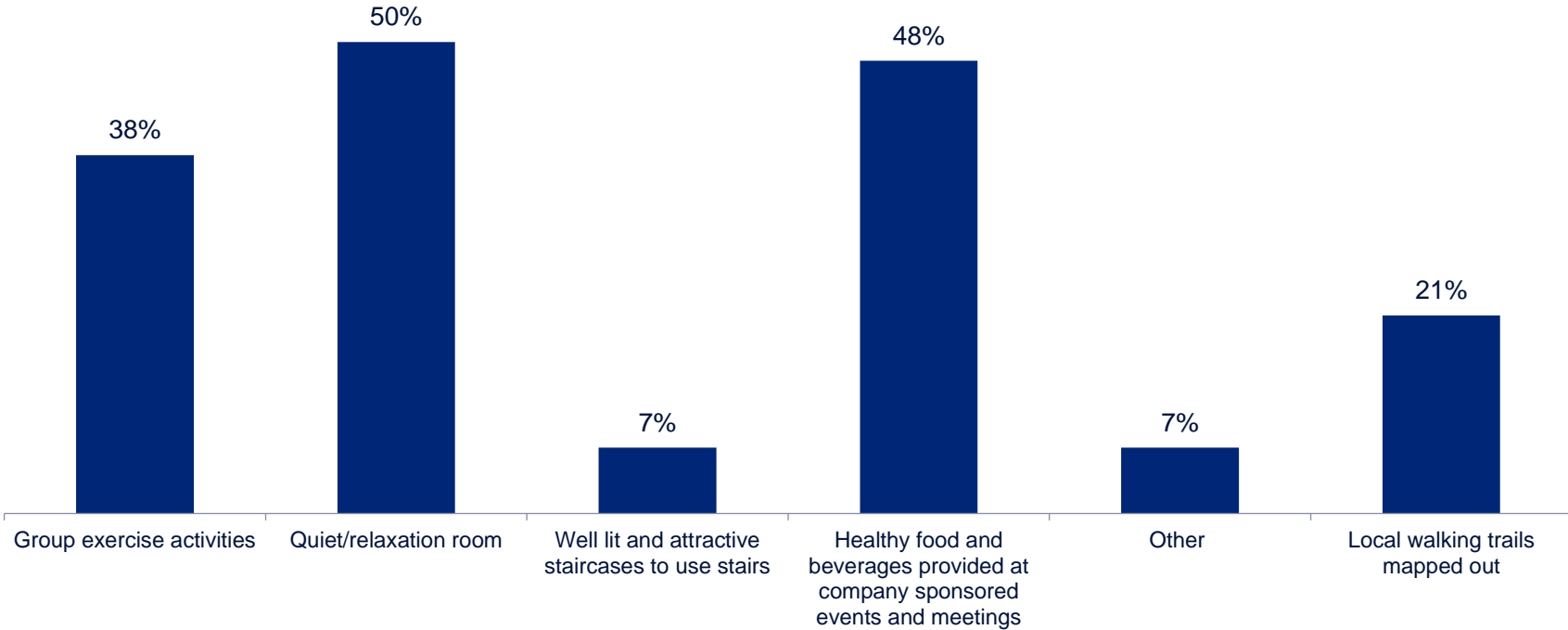
- Gift cards
- PTO



Wellness Program Interest Survey

Healthier Environment

Q: How would you like to see your worksite create a healthier environment? (Check all that apply)



Top Suggestions:

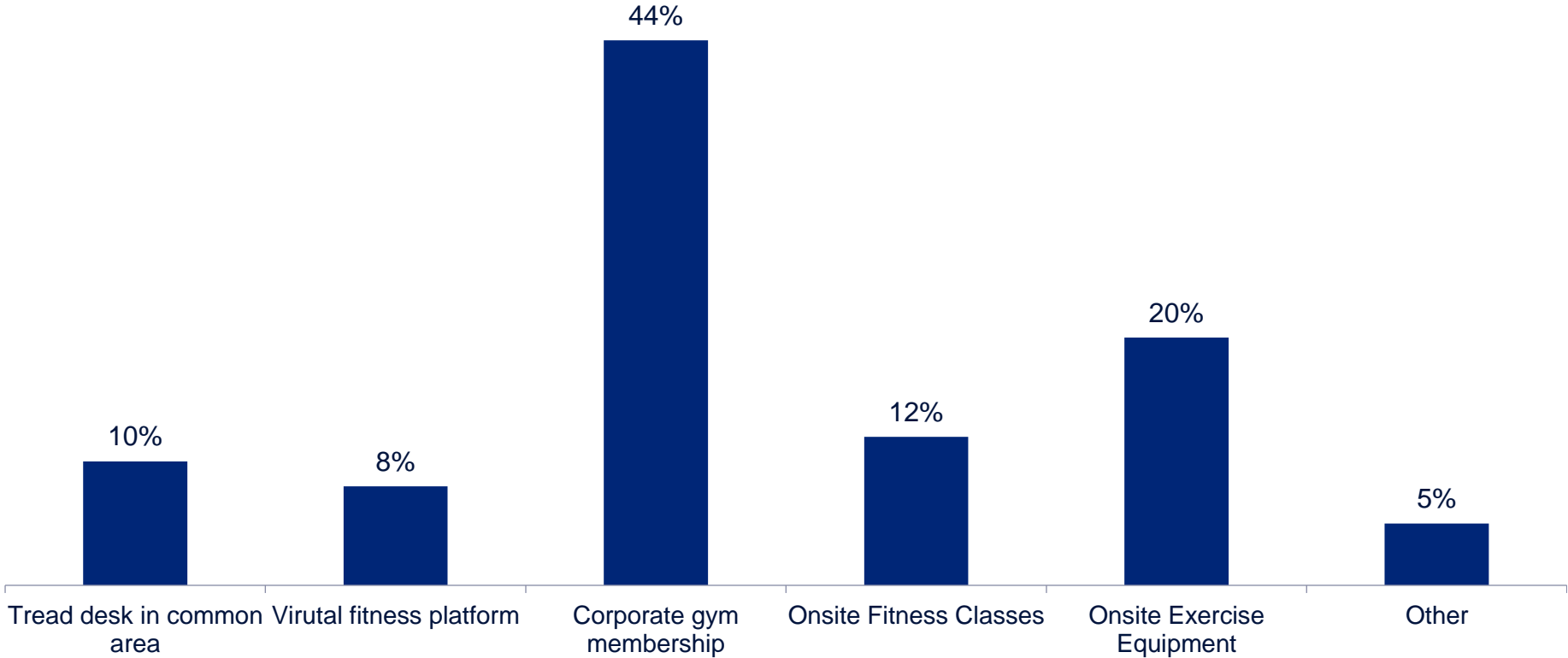
1. Quiet/Relaxation Room
2. Healthier food/beverages at company events



Wellness Program Interest Survey

Exercise & Fitness Program Interest

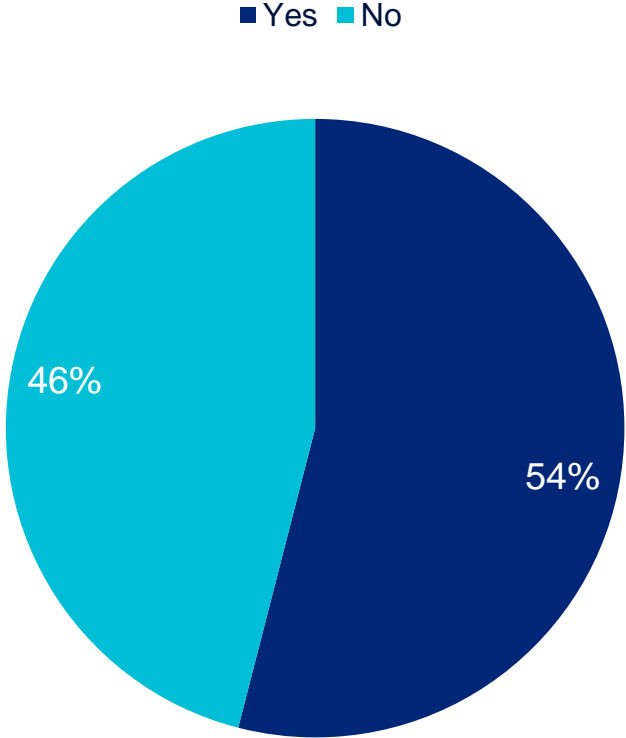
Q: If we were to offer exercise and fitness opportunities, which of the following items would you be most interested in?



Wellness Program Interest Survey

Program contribution

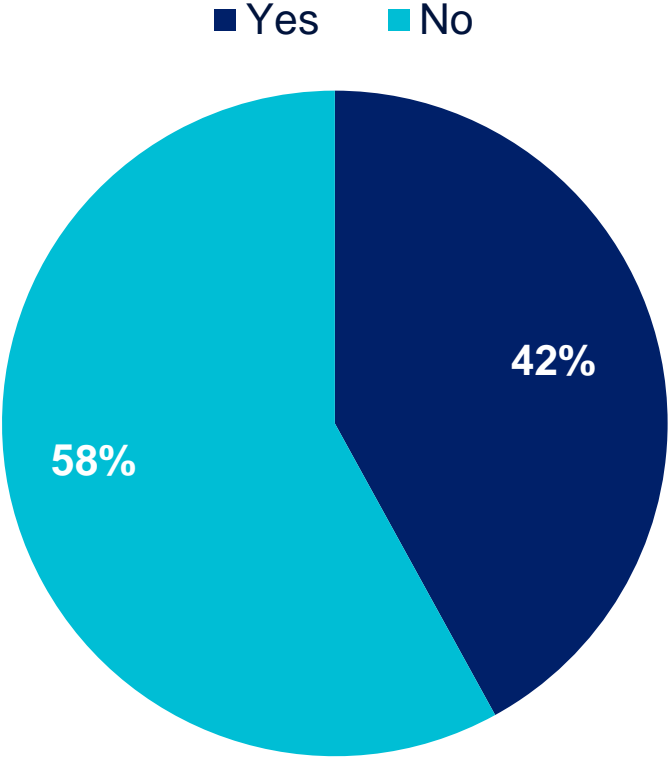
Q: Would you consider making a payroll deduction donation to an Employee Assistance Fund (EAF) that will provide tax free grants to employees who are struck by unforeseen hardships or disasters?



Wellness Program Interest Survey

Wellness Champion Interest

Q: Would you like to learn more about how you can support your employee wellness program (e.g. serve on wellness committee, become a wellness champion, etc.?)





Solutions & Next Steps

Next Steps

1

Programming:

- Offer programming in nutrition, weight loss and stress management
- Promote Sanvello & EAP for stress management and support
- Offer a lunch and learn on topics such as Men's Health, Healthy Eating &/or Weight Loss (consider UAW presentations)

2

Communication Strategy:

- Use email and company intranet as preferred modes of communication
- Recognize those making positive changes in newsletter or intranet via healthy selfies, employee spotlights etc.

3

Incentives:

- Offer gift cards and/or PTO as incentives for participation in wellness program.
- Promote Rally Marketplace where members can use coins for discounts on health-related products

4

Environment/Culture:

- Consider creating a quiet/relaxation room
- Ensure **healthier food options** are available in vending machines and at company-sponsored events.
- Wellness Ambassadors/Champions

