

NC HealthSmart Worksite Wellness Toolkit Evaluation Form

Please rate the usefulness of the Toolkit using the following scale:

1 = Strongly Disagree 2= Somewhat Disagree 3= Agree 4= Strongly Agree

1. The overall worksite wellness program objectives were clearly explained and were incorporated throughout the toolkit.

1 2 3 4

2. The committee workbook was a helpful guide for establishing a worksite wellness committee.

1 2 3 4

Please rate the helpfulness of the workbooks using the following scale:

1 = Strongly Disagree 2= Somewhat Disagree 3= Agree 4= Strongly Agree NA=Not used

3a. The *Eat Smart* workbook was a helpful resource

1 2 3 4 NA

3b. The *Move More* workbook was a helpful resource

1 2 3 4 NA

3c. The *Quit Now* workbook was a helpful resource

1 2 3 4 NA

3d. The *Manage Stress* workbook was a helpful resource

1 2 3 4 NA

3e. What would make the workbook(s) you rated more helpful?

4a. To what extent do you think the overall Worksite Wellness Toolkit provides guidance for establishing and maintaining a worksite wellness committee?

1—Not well at all 2—Somewhat 3—Very well

4b. What changes would make the Worksite Wellness Toolkit more useful?

Please return this survey to:

NC State Health Plan

Attn: Worksite Wellness

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