

# VSP GetFIT Program<sup>SM</sup> Interest Survey

As we start our GetFIT program, we want to know what interests you. There are no right or wrong answers, and your responses are completely anonymous. Send your completed survey to our GetFIT coordinator, \_\_\_\_\_, by \_\_\_\_\_.

Thank you!

Choose the top five health topics you would like to learn more about:

- |  |  |
|--|--|
| <input type="checkbox"/> Weight management                 | <input type="checkbox"/> Lowering blood pressure |
| <input type="checkbox"/> Medical self-care (home remedies) | <input type="checkbox"/> Coping with stress      |
| <input type="checkbox"/> How to quit smoking               | <input type="checkbox"/> How to get better sleep |
| <input type="checkbox"/> Healthy eating                    | <input type="checkbox"/> Managing depression     |
| <input type="checkbox"/> Understanding health insurance    | <input type="checkbox"/> Lowering cholesterol    |
| <input type="checkbox"/> How to talk with your doctor      | <input type="checkbox"/> Living with diabetes    |

Would you participate in any of these wellness activities? Check all that apply.

- |   |   |
|---|---|
| <input type="checkbox"/> Recreational sports            | <input type="checkbox"/> Medical self-care training     |
| <input type="checkbox"/> Weight management programs     | <input type="checkbox"/> Health screenings              |
| <input type="checkbox"/> Depression management programs | <input type="checkbox"/> Stress management programs     |
| <input type="checkbox"/> Nutrition classes              | <input type="checkbox"/> Smoking cessation classes      |
| <input type="checkbox"/> Fitness contest/challenge      | <input type="checkbox"/> Relaxation techniques          |
| <input type="checkbox"/> Wellness walks                 | <input type="checkbox"/> Lunch-and-learn health classes |

Where are you most likely to participate in wellness activities? Check all that apply.

- ☐ At home    ☐ At work    ☐ At a fitness center    ☐ Other \_\_\_\_\_

How would you describe your interest in health and wellness? Check only one.

- ☐ I'm not interested in pursuing a healthy lifestyle.
- ☐ I've been thinking about changing some of my behaviors.
- ☐ I'm planning on making a healthy change in the next 30 days.
- ☐ I have made some healthy changes but have trouble following through.
- ☐ I have had a healthy lifestyle for some time.

What's the best way for us to help you be physically active at work?

---

How can we make healthy foods available to you at work?

---