The below survey was conducted in the Fall 2015 as the new voluntary employee wellness program, Be Well UC, was launched. 132 individuals provided feedback. The wellness program will provide a platform to address many of the themes and requests shared.

When asked the below questions, employees had a mixed response about their perception about health on campus. The graph demonstrates those who agree or strongly agreed to questions 1-11.

1. Investment in a wellness program shows that UC cares about my health and well-being (85.61%)
2. Health and wellness positively affect work culture (95.42%)
3. Working on wellness throughout the workday helps me to feel healthier and happier (90.91%)
4. I am aware of the resources and benefits I have available to me by my employer (46.21%)
5. I have energy at the end of each workday to attend to the people I care about and/or engage in personal interests (44.69%)
6. I have support from my supervisor to participate in health and wellness behaviors during the workday (52.67%)
7. I have support from my colleagues to participate in health and wellness behaviors during the workday (61.36%)
8. I know how to find health information when I have questions (60.60%)
9. I know how to manage my stress and when to seek assistance when needed (62.59%)
10. Having access to a wellness program will increase the culture of health on campus (88.63%)
11. Making small changes in health behaviors can positively impact my health (96.21%)

The following benefits of participating in a wellness program are ranked in order of importance:

1: Improve health
2: Save money on healthcare costs
3: Earn incentives
4: Learn about health and wellness topics
5: Engage with campus and colleagues
When asked to rate their agreement with the prompt "my employer has provided me with the opportunity to ____,” the need for Be Well UC and what it can contribute to our UC community is pretty apparent. Below percentages represent those who selected agree or strongly agree.

- Be physically active: 50%
- Eat healthy foods: 33%
- Live tobacco free: 53%
- Manage my stress: 27%
- Work safely: 71%

How interested are you in each of the "Well" categories?

- Eat: 70%
- Feel: 90%
- Live: 80%
- Move: 70%
- Save: 60%

Additional feedback: Several common answers appeared in the open feedback which asked "what is the single most important wellness topic the Be Well UC program could address this program year?"

- Making guilt-free time for wellness
- Moving throughout the workday
- Making UC tobacco free
- Family wellness and activities
- Managing stress and work demands
- Healthy foods offered in more locations
- Help with losing weight
- Ergonomics & getting away from desk
- Developing work-life balance

"Supervisors can support their staff...staff can practice self-care"

Preferred Communication: 1 - ECurrents (69%) 2 - Personalized emails (59.5%) 3 - Be Well UC website (51.24%)

Preferred Time for Programming: 1 - 12-2 p.m. (57.52%) 2 - 4-6 p.m. (34.51%) 3 - 6-8 a.m. (23.89%)

Get involved!
If you didn't get a chance to weigh in on this survey but have comments, suggestions or feedback for the Be Well UC team, email them to wellness@uc.edu. We look forward to seeing you at upcoming programming.

Visit www.uc.edu/hr/bewelluc for more about the program.