

Health Literacy Workshops in Employee Wellness Programs: Pre / Post Survey

1. Multiple Choice: Where do you get your health & wellness information? Choose all that apply (examples of each are included):
 - a. Websites (WebMD, Healthline, Mayo Clinic)
 - b. Social Media (Facebook, Instagram, TikTok)
 - c. Healthcare providers (Physicians, Pharmacists, Therapists, PAs, Trainers)
 - d. Organizations (CDC, American Heart Association)
 - e. Mobile Apps (MyPlate, MyFitnessPal, Calorie King)
 - f. Databases (MedlinePlus, PubMed, YouTube)
 - g. Friends / family / colleagues
 - h. Other: _____

2. Multiple Choice: Where do you get your medical information? Choose all that apply (examples of each are included):
 - a. Websites (WebMD, Healthline, Mayo Clinic)
 - b. Social Media (Facebook, Instagram, TikTok)
 - c. Healthcare providers (Physicians, Pharmacists, Therapists, PAs, Trainers)
 - d. Organizations (CDC, American Heart Association)
 - e. Mobile Apps (MyPlate, MyFitnessPal, Calorie King)
 - f. Databases (MedlinePlus, PubMed, YouTube)
 - g. Friends / family / colleagues
 - h. Other: _____

3. Multiple Choice: What information do you attempt to find before choosing a physician or health / wellness service or product? Choose all that apply:
 - a. Word of mouth / friend referral
 - b. Online satisfaction posts
 - c. Education (Training) and / or publication information about the professional / product / service
 - d. Amazon / Vendor customer comments / suggestions
 - e. Insurance coverage
 - f. Cost
 - g. Other: _____

4. Likert Scale: How likely are you to do the following? Choose one option: Extremely likely, Somewhat likely, Neither likely or unlikely, Somewhat not likely, Not at all likely
 - a. Click on a pop up link to a weight loss or wellness program / suggestion when online?
 - b. Purchase a weight loss program or wellness product online?
 - c. Call / message a healthcare professional with a health or medical question?
 - d. Call / message a friend with a health or medical question?
 - e. Call / message your insurance company with a coverage question?
 - f. Give health or medical advice to family / friends / colleagues / others?
 - g. Share your health successes using social media?

- h. Share your health struggles using social media?
5. Likert Scale: How often do you engage in the following experiences: Choose one option:
Extremely likely, Somewhat likely, Not sure, Somewhat Unlikely, Extremely unlikely
- a. Finding valid health information online
 - b. Understanding health information found online
 - c. Trust online health information
 - d. Use online health information to make health decisions
 - e. Share online health information with family / friends / colleagues / others
6. Short answer: What health topic(s) do you want to learn more about? Include up to 5 topics.