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the State Health Plan

Dear Co-Workers,

In today's fast paced world where most of our lifestyle choices are influenced by convenience and technology, chronic health conditions/diseases have begun to rise at an alarming rate.

Also, most of the focus and expense of the healthcare industry has been for the treatment of chronic diseases. By focusing on prevention, several chronic diseases can be prevented or made less serious. Our employers can play a crucial role in helping us make healthier lifestyle choices that can lead to a more enjoyable life for all of us.

As some of us are aware, our worksite has received the NC HealthSmart Worksite Wellness Toolkit. A worksite wellness committee has also been established to make our worksite a healthier workplace and promote the health of our employees. The toolkit will provide resources and materials to help the worksite wellness committee achieve its goals.

However, before the wellness committee can put the toolkit resources to effective use and initiate wellness activities/programs at the worksite, it is imperative to learn about the interests of our employees. The success of any worksite wellness initiative will ultimately depend on what the employees want and will participate in. Attached is a short Employee Interest Survey that we request you to complete and return to the committee member specified below.

**Please complete the attached survey.** You do not have to sign your name.

Return your completed survey to \_\_\_\_\_ by \_\_\_\_\_.

Working together,  
Our employees can have better  
HEALTH and be *Smart*.

Thank you!

Worksite Wellness Committee

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(name of worksite)