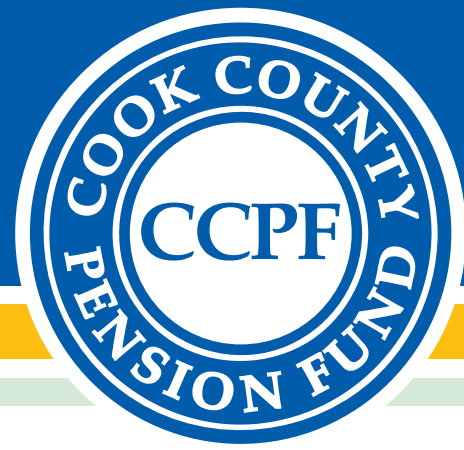


Retiree Wellness Interest SURVEY



The **Cook County Pension Fund (CCPF)** is launching a wellness program, and we are asking for your input on your health and wellness interests. Please take a few moments to complete this survey. Your opinions are valuable and will be used to decide the types of wellness programs that may be offered to you in the future.

- 1** How would you rate your effort to invest (time, energy and resources) in your health and well-being?
- Very Well Fairly Well Not Very Well

- 2** What could CCPF offer more of/begin offering to help you take care of your health and well-being? *(Check all that apply)*
- Health Screenings
 Health/Wellness Seminars
 Printed Health/Wellness Resources
 E-Learning in Health/Wellness

- 3** Which of the following screenings would you attend? *(Check all that apply)*
- Blood Pressure Blood Sugar (Diabetes)
 Waist to Hip and BMI Screening Cholesterol
 Body Fat

- 4** In which of the following health/wellness seminars would you participate? *(Check all that apply)*
- Back Pain Education High Blood Pressure Management
 On-Site Health Fairs Self-Care
 Cardiovascular Fitness Stress Management
 Weight Management Skills Diabetes Awareness
 Heart Disease Prevention Preventive Care
 Nutritional Awareness Smoking Cessation

- 5** When would you be most likely participate? *(Check all that apply)*
- Monday Spring Morning
 Tuesday Summer Daytime
 Wednesday Fall Evening
 Thursday Winter
 Friday

- 6** If available, would you access online wellness programs and videos?
- Yes No

- 7** How would you like to receive health and wellness information in the future?
- Mail E-mail CookCountyPension.com

Return this survey to:


healthbenefits@countypension.com

OR


33 N Dearborn Room 1000
Chicago, IL 60602.



Return no later than September 15, 2017.

Cook County Pension Fund
33 North Dearborn, Suite 1000
Chicago IL 60602

INSIDE: YOUR WELLNESS SURVEY



...for your feedback!

THANK YOU...