
Employee Wellness Program Micro-Audit



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Employee Wellness Program Micro-Audit

The following is designed to be used in reference to either your **current program or a potential future program you're reviewing** for your organization. When completing the audit, approach it as an outside observer. Review each question carefully and thoughtfully. Then, with an honest and objective perspective, identify the appropriate response for each question using the following scale:

1	2	3	4	5	6	7	8	9	10
Absent		Occasional				Often			Always

1. The program is built around ongoing individual employee wellness goals, created by each employee (as compared to a limited number of generic curriculum options from which employees can select) ____
2. Employee engagement and satisfaction with the program are both monitored and tracked regularly ____
3. Design of the program drives cultural changes across the *entire* organization ____
4. Time commitment necessary on the part of the HR Professional or other Wellness Champion within the organization is less than 1 hour per month ____
5. Momentum is sustained throughout the year (rather than seasonal or launch-dependent) ____
6. Wellness Coaching offers employees a variety of options in terms of unique personalities, preferences, goals, etc (as compared to single point of contact option) ____
7. Employee participation in the program expands (not shrinks) over time ____
8. The program adjusts with each employee as their wellness pursuits change over time ____
9. If employees are not initiating activity, the program regularly provides steps to re-engage the process ____
10. You *personally* enjoy participating in the program ____

Results: As part of the audit process, you are eligible for a one-on-one review with our CEO, Brad Cooper. During this review, your final score will be matched against best practices and evaluated accordingly in order to enhance your long term outcomes and ROI. To schedule the personal review, email Results@USCorporateWellness.com and we will work with you to coordinate a convenient time and date. For expediency, you may want to suggest a few options that work with your schedule.

For further information, please visit our web site: www.USCorporateWellness.com