

Health Behavior Questionnaire FAQ

1. What is a health behavior questionnaire?

A health behavior questionnaire is a short series of questions that will help you receive personalized coaching in conjunction with your biometric screening.

2. How long will the health behavior questionnaire take?

Completing the health behavior questionnaire should take 10 minutes or less. On average, you can complete it in 5-7 minutes.

3. What information is needed for the questionnaire?

The questionnaire contains 16 questions about lifestyle habits that may impact your health.

4. What type of data will my organization see if I complete the questionnaire? Is it really private and confidential?

Our biometric screening vendor will be administering the questionnaire. Your individual information is not shared with your manager, supervisor, or employer.