

# Wellbeing Survey Highlights – What We Learned Together

**Who participated?** Over 1,000 employees responded, representing a wide range of age groups, job types, and locations. Most respondents are educators (45%), followed by support/administrative staff, lay leadership, and others. 74% were enrolled in the medical plan.

**The most recognized resources among medically enrolled employees are:**

- Hinge Health (Anthem)
- Sydney App (Anthem)
- My Rewards Program (Anthem)
- Onsite Flu Vaccinations
- Employee Assistance Program (EAP) (Anthem)

For those not enrolled, the EAP, flu vaccinations, and beneficiary support are most known.

<b>Support</b> 2.24 out of 5 ranking when asked <i>“How supported do you feel in your personal wellbeing by the resources currently offered?”</i>	<b>Participation Preferences</b> <ul style="list-style-type: none"><li>- Self-guided digital resources</li><li>- Virtual workshops/webinars</li><li>- One-on-one coaching or mentoring</li></ul>	<b>Communication Preferences</b> <ul style="list-style-type: none"><li>- Email (63%)</li><li>- Staff Meetings</li><li>- Text Messages</li></ul>	<b>Barriers</b> <ul style="list-style-type: none"><li>- Lack of time</li><li>- Not being aware of offerings</li><li>- Scheduling conflicts</li><li>- Location/accessibility</li><li>- Need for clearer, more accessible information and easier sign up</li></ul>
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## What Matters Most Right Now & Feel Most Motivated to Improve

- Physical health (fitness, nutrition, sleep)
- Emotional wellbeing (stress, resilience, mental health support)
- Financial wellbeing (budgeting, retirement, debt support)
- Employees feel most motivated to improve their physical wellbeing in the coming year.

## Suggestions for Improvement

- More awareness and communication about available resources
- Gym/fitness access and discounts
- Weight loss, nutrition, and coaching
- Expanded mental health support
- Better access to financial planning tools
- Flexible scheduling and remote work options
- Printed materials and in-person introductions to resources

## Next Steps

We're committed to acting on your feedback. Your input is already shaping our priorities! Look for updates over the coming weeks about new programs, improved communication, and easier access to wellbeing resources. Passionate about wellness and creating initiatives that will shape our future? Please reach out to Cheryl Engel at [cengel@catholicaoc.org](mailto:cengel@catholicaoc.org) or Bill Maly at [bmaly@catholicaoc.org](mailto:bmaly@catholicaoc.org) for opportunities to get involved.

Thank you for helping us build a healthier, more supportive workplace — we're excited about what's ahead!