



Men's Health Survey

Compared to women, men are significantly less likely to seek out healthcare support.

We have put together a short survey template that will help you find out what your male colleagues want and need in terms of health and wellbeing support.
The survey should take less than 5 minutes for your team to complete.

1 What is your age?

- a) 20-29
- b) 30-39
- c) 40-49
- d) 50-59
- e) Over 60

2 Have you been concerned about an aspect of your physical and/or mental health?

- a) Yes, in the past but not now
- b) Yes, ongoing now
- c) No
- d) Not sure

3 What area(s) of your health interests you the most?

Multi select

- a) Ageing
- b) Prostate
- c) Sexual health
- d) Stress
- e) Weight
- f) Exercise
- g) Other [free text option]



- 4** In the past year, have you Googled a health-related question?
- a) Yes
 - b) No
- 5** Physically, how are you feeling?
- Scale 1 - 10
- 6** Mentally, how are you feeling?
- Scale 1 - 10
- 7** How confident do you feel discussing your health with your line manager?
- Scale 1 - 10
- 8** Over the past year how many days have you had to take off work due to illness?
- a) None
 - b) 1-5 days
 - c) 6-12 days
 - d) 12 or more days
- 9** Do you feel you have enough support from work for your health?
- Yes
 - No
 - Not needed
- 10** If you are a manager, have you been offered specific training or education on supporting male colleagues with their health?
- Yes
 - No
 - Not sure
 - I'm not a manager



11 How easy is it for you to visit the GP?

Scale 1 - 10

12 How would you like to receive support and information about men's health? (tick all you think would be useful to you)

- a) Intranet resources
- b) Leaflets and posters
- c) Information sessions
- d) Videos
- e) Articles
- f) 1-to-1 mobile consultation



Find out how personalised men's health support could benefit your people and your business

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