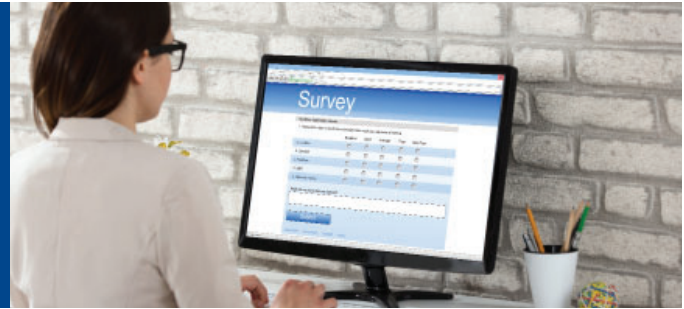


Employee Wellness Survey



Examining employee health

Employee health can impact how organizations perform in terms of the quality of products/services produced and their timely delivery. Employees impacted by health and lifestyle issues may also be at greater risk of injury. Workplace accidents, including motor vehicle accidents happening during the work day, can cost employers both time and resources—and have an adverse impact on organizational performance. The key is to uncover the silent risk factors *in advance* of potential harm to the employee or the organization.



About the Survey

Interested in examining your employees' health while at the same time maintaining the anonymity of your organization and team members? PMA Companies' Employee Wellness survey investigates the health risk(s) of the workforce as well as the level of employee interest in improving health. The survey, which maintains anonymity by avoiding employee name(s) and details such as department or business unit, consists of 26 questions that can easily be completed online. Once all employees fill out the survey, the results are tabulated into a report that is delivered back to the organization.



How the Survey Is Administered

Pre-Survey Announcement:

Employees will be notified ahead of time about the survey. An announcement such as the following will be delivered from your organization to your employees via the preferred method (e.g., email, flyer, etc.):

PMA Companies will be administering an organizational Wellness Survey on behalf of ABC Organization. On **DATE**, you will receive an email with a link to the survey and we ask that you complete the survey by the requested date. Please note:

- The survey maintains your anonymity. There is no way to track your responses to your name.
- The survey is brief. We anticipate completion within 20 minutes.
- If you have any questions about the survey, please contact **NAME** at **phone number/email**.

If you anticipate needing assistance in completing this survey, please contact **NAME** at **phone number/email**.



How the Survey Is Administered (continued)

Survey Communication:

The following communication will accompany the email that includes the link to the survey:

You are cordially invited to participate in an important survey to help in our overall safety and employee health efforts. Please click on the link below to complete the survey. The survey is anonymous and does not include any individual employee health screening. The survey also does not ask for your name or department. Please read instructions carefully and answer to the best of your ability. If you require any assistance, please contact **NAME** at **phone number/email**.

PMA Companies created the survey and will evaluate survey results. We are working with PMA because we are dedicated to reducing the frequency of workplace accidents and maintaining a safe work environment.

Please complete the survey no later than DATE.

Thank you for your time and participation. We look forward to sharing the survey results with you.



To find out more about PMA Risk Control's training programs or services, email us at heretohelp@pmagroup.com.

About PMA Companies

With over 100 years of experience, we are a trusted leader and recognized expert in commercial risk management insurance solutions and services. We specialize in workers' compensation and holistic TPA services. With a relentless focus on clients, we work with them to jointly tackle the risk management challenges that impact their total cost of risk and business results.

Our service-driven culture is one of accountability, teamwork, and performance—so every day, every employee is working hard on behalf of our clients.

PMA Companies includes PMA Insurance Group, PMA Management Corp., and PMA Management Corp. of New England. Headquartered in Blue Bell, Pennsylvania, PMA Companies is part of the Old Republic General Insurance Group (www.oldrepublicinsurancegroup.com), the largest business segment within the Old Republic International Corporation (NYSE: ORI), one of the nation's 50 largest publicly held insurance organizations.

