



## TOPLINE & METHODOLOGY

### Ipsos What the Future: Wellness Survey

Below are some of the findings of an Ipsos poll conducted between December 3 – December 6, 2021, for Ipsos' [Wellness](#) issue of [What the Future](#). For this survey, a sample of 1,158 adults age 18+ from the continental U.S., Alaska, and Hawaii was interviewed online in English. Read the full issue of [What the Future: Wellness](#) and [subscribe to the What the Future newsletter](#) for new topics each month.

#### Annotated Questionnaire:

1. In general, how often do you visit/consult with each of the following for yourself?
  - a. A primary care physician (general practitioner, internist, family doctor, etc.)

	<b>Total (N=1,158)</b>
Three times a year or more often	20%
Twice a year	28%
Once a year	33%
Less often	13%
Never	6%
<i>Annually or more (net)</i>	<i>81%</i>
<i>Less than annually (net)</i>	<i>19%</i>

- b. An obstetrician/gynecologist  
Base to: Women

	<b>Women (N=645)</b>
Three times a year or more often	4%
Twice a year	8%
Once a year	39%
Less often	19%
Never	30%
<i>Annually or more (net)</i>	<i>51%</i>
<i>Less than annually (net)</i>	<i>49%</i>

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1. In general, how often do you visit/consult with each of the following for yourself?

c. An alternative medicine professional (e.g., acupuncturist, osteopath, chiropractor, traditional Chinese medicine)

	<b>Total (N=1,158)</b>
Three times a year or more often	9%
Twice a year	4%
Once a year	6%
Less often	17%
Never	63%
<i>Annually or more (net)</i>	<i>20%</i>
<i>Less than annually (net)</i>	<i>80%</i>

d. A mental health professional (e.g., psychiatrist, psychologist)

	<b>Total (N=1,158)</b>
Three times a year or more often	11%
Twice a year	5%
Once a year	5%
Less often	16%
Never	63%
<i>Annually or more (net)</i>	<i>21%</i>
<i>Less than annually (net)</i>	<i>79%</i>

e. A dentist/dental surgeon

	<b>Total (N=1,158)</b>
Three times a year or more often	11%
Twice a year	48%
Once a year	20%
Less often	14%
Never	7%
<i>Annually or more (net)</i>	<i>78%</i>
<i>Less than annually (net)</i>	<i>22%</i>

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1. In general, how often do you visit/consult with each of the following for yourself?

f. An optometrist/ophthalmologist (“eye doctor”)

	<b>Total (N=1,158)</b>
Three times a year or more often	4%
Twice a year	11%
Once a year	48%
Less often	23%
Never	14%
<i>Annually or more (net)</i>	<i>63%</i>
<i>Less than annually (net)</i>	<i>37%</i>

g. An audiologist (hearing specialist)

	<b>Total (N=1,158)</b>
Three times a year or more often	3%
Twice a year	5%
Once a year	8%
Less often	19%
Never	66%
<i>Annually or more (net)</i>	<i>15%</i>
<i>Less than annually (net)</i>	<i>85%</i>

h. A physical or occupational therapist

	<b>Total (N=1,158)</b>
Three times a year or more often	7%
Twice a year	5%
Once a year	9%
Less often	21%
Never	58%
<i>Annually or more (net)</i>	<i>21%</i>
<i>Less than annually (net)</i>	<i>79%</i>

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1. In general, how often do you visit/consult with each of the following for yourself?
- i. Any other type of medical specialist (e.g., dermatologist, neurologist, oncologist, etc.) or healthcare professional

	<b>Total (N=1,158)</b>
Three times a year or more often	7%
Twice a year	10%
Once a year	24%
Less often	22%
Never	37%
<i>Annually or more (net)</i>	<i>41%</i>
<i>Less than annually (net)</i>	<i>59%</i>

- 1a. How, if at all, has the frequency with which you visit/consult with medical professionals changed throughout the COVID-19 pandemic compared to before it began in March 2020?

	<b>Total (N=1,158)</b>
More than before the pandemic	15%
About the same as before the pandemic	65%
Less than before the pandemic	20%

2. Telemedicine allows patients to consult doctors or specialists without having to visit them in person, using video, audio and/or messaging applications on a computer, a tablet or a smartphone. Which of the following best describes your thoughts on using telemedicine?

	<b>Total (N=1,158)</b>
I have used telemedicine and I will use it again if I can	39%
I have used telemedicine, but I will not use it again, even if I can	9%
I haven't used telemedicine, but I will try it if I can	26%
I haven't used telemedicine and I will not try it, even if I can	17%
Not sure	10%

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3. How do you think the following will change over the next 10 years?

Will get much/somewhat better summary

	<b>Total (N=1,158)</b>
The availability of treatments for various health conditions	53%
The quality of my and my family's healthcare (doctors, hospitals, medicine, etc.)	37%
The availability of healthcare providers (doctors, hospitals, etc.) where I live	34%
My own health	32%
The cost of my and my family's healthcare (doctors, hospitals, medicine, etc.)	22%

3. How do you think the following will change over the next 10 years?

a. My own health

	<b>Total (N=1,158)</b>
Will get much better	12%
Will get somewhat better	20%
Will stay the same	42%
Will get somewhat worse	23%
Will get much worse	3%
<i>Will get much/somewhat better (net)</i>	<i>32%</i>
<i>Will get much/somewhat worse (net)</i>	<i>26%</i>

b. The quality of my and my family's healthcare (doctors, hospitals, medicine, etc.)

	<b>Total (N=1,158)</b>
Will get much better	12%
Will get somewhat better	25%
Will stay the same	48%
Will get somewhat worse	12%
Will get much worse	3%
<i>Will get much/somewhat better (net)</i>	<i>37%</i>
<i>Will get much/somewhat worse (net)</i>	<i>15%</i>

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3. How do you think the following will change over the next 10 years?

c. The cost of my and my family's healthcare (doctors, hospitals, medicine, etc.)

	<b>Total (N=1,158)</b>
Will get much better	8%
Will get somewhat better	14%
Will stay the same	28%
Will get somewhat worse	36%
Will get much worse	14%
<i>Will get much/somewhat better (net)</i>	<i>22%</i>
<i>Will get much/somewhat worse (net)</i>	<i>50%</i>

d. The availability of healthcare providers (doctors, hospitals, etc.) where I live

	<b>Total (N=1,158)</b>
Will get much better	13%
Will get somewhat better	22%
Will stay the same	45%
Will get somewhat worse	16%
Will get much worse	4%
<i>Will get much/somewhat better (net)</i>	<i>34%</i>
<i>Will get much/somewhat worse (net)</i>	<i>21%</i>

e. The availability of treatments for various health conditions

	<b>Total (N=1,158)</b>
Will get much better	15%
Will get somewhat better	38%
Will stay the same	32%
Will get somewhat worse	13%
Will get much worse	3%
<i>Will get much/somewhat better (net)</i>	<i>53%</i>
<i>Will get much/somewhat worse (net)</i>	<i>15%</i>

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4. Of the following possible uses for wearables, which of the following possible uses for wearables do you think are MOST useful to you?

	<b>Total (N=1,158)</b>
Daily activity tracker (counting steps/distance/exercise levels)	46%
Heart-rate tracker	34%
Sleep pattern/quality tracker	28%
Calorie/intake tracker	19%
Fitness training/coaching	18%
Medication reminder	13%
Body temperature monitor	10%
Motion detection (speed/direction/location)	7%
Do not think any of these are useful to me	27%

5. For each pair of statements, please select which statement you agree with more, even if neither is exactly right.

	<b>Total (N=1,158)</b>
I prioritize my health	60%
I prioritize my household budget	40%

	<b>Total (N=1,158)</b>
I prioritize my health	58%
I prioritize my time and convenience	42%

	<b>Total (N=1,158)</b>
I prioritize my household budget	50%
I prioritize my time and convenience	50%

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### 6. How much do you agree or disagree with the following statements?

#### Agree summary

	<b>Total (N=1,158)</b>
I want to control who has access to my personal health data	83%
My health is more important to me now than before the COVID-19 pandemic	62%
I try to avoid foods that are genetically modified or engineered	50%
The U.S. healthcare system works for me	49%
I want the ability to get customized advice and plans for my health from apps	46%
Organic foods provide the best source of nutrition	39%

### 6. How much do you agree or disagree with the following statements?

#### a. The U.S. healthcare system works for me

	<b>Total (N=1,158)</b>
Strongly agree	12%
Somewhat agree	36%
Neither agree nor disagree	28%
Somewhat disagree	13%
Strongly disagree	10%
<i>Strongly/somewhat agree (net)</i>	<i>49%</i>
<i>Strongly/somewhat disagree (net)</i>	<i>23%</i>

#### b. I want to control who has access to my personal health data

	<b>Total (N=1,158)</b>
Strongly agree	48%
Somewhat agree	35%
Neither agree nor disagree	14%
Somewhat disagree	2%
Strongly disagree	1%
<i>Strongly/somewhat agree (net)</i>	<i>83%</i>
<i>Strongly/somewhat disagree (net)</i>	<i>3%</i>



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c. I want the ability to get customized advice and plans for my health from apps

	<b>Total (N=1,158)</b>
Strongly agree	17%
Somewhat agree	28%
Neither agree nor disagree	34%
Somewhat disagree	12%
Strongly disagree	8%
<i>Strongly/somewhat agree (net)</i>	<i>46%</i>
<i>Strongly/somewhat disagree (net)</i>	<i>20%</i>

6. How much do you agree or disagree with the following statements?

d. I try to avoid foods that are genetically modified or engineered

	<b>Total (N=1,158)</b>
Strongly agree	19%
Somewhat agree	31%
Neither agree nor disagree	29%
Somewhat disagree	14%
Strongly disagree	7%
<i>Strongly/somewhat agree (net)</i>	<i>50%</i>
<i>Strongly/somewhat disagree (net)</i>	<i>21%</i>

e. Organic foods provide the best source of nutrition

	<b>Total (N=1,158)</b>
Strongly agree	14%
Somewhat agree	25%
Neither agree nor disagree	36%
Somewhat disagree	17%
Strongly disagree	8%
<i>Strongly/somewhat agree (net)</i>	<i>39%</i>
<i>Strongly/somewhat disagree (net)</i>	<i>25%</i>

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6. How much do you agree or disagree with the following statements?
- f. My health is more important to me now than before the COVID-19 pandemic

	<b>Total (N=1,158)</b>
Strongly agree	28%
Somewhat agree	34%
Neither agree nor disagree	28%
Somewhat disagree	6%
Strongly disagree	3%
<i>Strongly/somewhat agree (net)</i>	<i>62%</i>
<i>Strongly/somewhat disagree (net)</i>	<i>9%</i>

7. For each pair of statements, please select which statement you agree with more, even if neither is exactly right.

	<b>Total (N=1,158)</b>
Everyone should have equal access to quality healthcare	82%
Access to quality healthcare should be based on your ability to pay	18%

	<b>Total (N=1,158)</b>
Health insurance companies should set standards for necessary medical care and treatments to keep people healthy	54%
The government should set standards for necessary medical care and treatments to keep people healthy	46%

	<b>Total (N=1,158)</b>
My doctor should control what medical treatments and medications are covered by insurance	76%
The government should control what medical treatments and medications are covered by insurance	24%

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8. The next few questions ask about your experience of going to see your primary healthcare provider (your general practitioner or main doctor) at their office. Please indicate the extent to which you agree or disagree with each of the following statements:

Agree summary

	<b>Total (N=1,158)</b>
When dealing with my healthcare provider I am treated respectfully	81%
When dealing with my healthcare provider I feel safe being honest with them when giving feedback about my experience as a patient	79%
When dealing with my healthcare provider I am comfortable disclosing personal information	78%
When dealing with a healthcare provider, I often find that my questions or concerns are believed and taken seriously	76%
The forms I complete at my doctor's office offer options for male, female, and other gender identities (such as transgender, nonbinary, or other options)	41%
I prefer to see a healthcare provider who is the same gender as me, whenever there is a choice	38%
My primary healthcare provider offers gender-neutral bathrooms	35%
I prefer to see a healthcare provider who is the same race or ethnicity as me, whenever there is a choice	20%
When dealing with my healthcare provider I feel my questions or concerns are stigmatized due to my gender/identity	20%
When dealing with my healthcare provider I feel my questions or concerns are stigmatized due to my racial identity	18%

8. The next few questions ask about your experience of going to see your primary healthcare provider (your general practitioner or main doctor) at their office. Please indicate the extent to which you agree or disagree with each of the following statements:

- a. When dealing with my healthcare provider I am treated respectfully

	<b>Total (N=1,158)</b>
Strongly agree	49%
Somewhat agree	32%
Neither agree nor disagree	14%
Somewhat disagree	3%
Strongly disagree	1%
<i>Strongly/somewhat agree (net)</i>	<i>81%</i>
<i>Strongly/somewhat disagree (net)</i>	<i>5%</i>

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8. The next few questions ask about your experience of going to see your primary healthcare provider (your general practitioner or main doctor) at their office. Please indicate the extent to which you agree or disagree with each of the following statements:

b. When dealing with my healthcare provider I feel safe being honest with them when giving feedback about my experience as a patient

	<b>Total (N=1,158)</b>
Strongly agree	41%
Somewhat agree	38%
Neither agree nor disagree	16%
Somewhat disagree	4%
Strongly disagree	1%
<i>Strongly/somewhat agree (net)</i>	<i>79%</i>
<i>Strongly/somewhat disagree (net)</i>	<i>5%</i>

c. When dealing with my healthcare provider I am comfortable disclosing personal information

	<b>Total (N=1,158)</b>
Strongly agree	38%
Somewhat agree	41%
Neither agree nor disagree	15%
Somewhat disagree	5%
Strongly disagree	2%
<i>Strongly/somewhat agree (net)</i>	<i>78%</i>
<i>Strongly/somewhat disagree (net)</i>	<i>7%</i>

d. When dealing with a healthcare provider, I often find that my questions or concerns are believed and taken seriously

	<b>Total (N=1,158)</b>
Strongly agree	40%
Somewhat agree	37%
Neither agree nor disagree	16%
Somewhat disagree	6%
Strongly disagree	2%
<i>Strongly/somewhat agree (net)</i>	<i>76%</i>
<i>Strongly/somewhat disagree (net)</i>	<i>7%</i>

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8. The next few questions ask about your experience of going to see your primary healthcare provider (your general practitioner or main doctor) at their office. Please indicate the extent to which you agree or disagree with each of the following statements:

e. I prefer to see a healthcare provider who is the same gender as me, whenever there is a choice

	<b>Total (N=1,158)</b>
Strongly agree	16%
Somewhat agree	22%
Neither agree nor disagree	41%
Somewhat disagree	12%
Strongly disagree	10%
<i>Strongly/somewhat agree (net)</i>	<i>38%</i>
<i>Strongly/somewhat disagree (net)</i>	<i>22%</i>

f. I prefer to see a healthcare provider who is the same race or ethnicity as me, whenever there is a choice

	<b>Total (N=1,158)</b>
Strongly agree	7%
Somewhat agree	13%
Neither agree nor disagree	46%
Somewhat disagree	14%
Strongly disagree	20%
<i>Strongly/somewhat agree (net)</i>	<i>20%</i>
<i>Strongly/somewhat disagree (net)</i>	<i>34%</i>

g. My primary healthcare provider offers gender-neutral bathrooms

	<b>Total (N=1,158)</b>
Strongly agree	16%
Somewhat agree	19%
Neither agree nor disagree	48%
Somewhat disagree	8%
Strongly disagree	10%
<i>Strongly/somewhat agree (net)</i>	<i>35%</i>
<i>Strongly/somewhat disagree (net)</i>	<i>18%</i>

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8. The next few questions ask about your experience of going to see your primary healthcare provider (your general practitioner or main doctor) at their office. Please indicate the extent to which you agree or disagree with each of the following statements:
- h. The forms I complete at my doctor's office offer options for male, female, and other gender identities (such as transgender, nonbinary, or other options)

	<b>Total (N=1,158)</b>
Strongly agree	20%
Somewhat agree	21%
Neither agree nor disagree	47%
Somewhat disagree	6%
Strongly disagree	5%
<i>Strongly/somewhat agree (net)</i>	<i>41%</i>
<i>Strongly/somewhat disagree (net)</i>	<i>12%</i>

- i. When dealing with my healthcare provider I feel my questions or concerns are stigmatized due to my gender/identity

	<b>Total (N=1,158)</b>
Strongly agree	8%
Somewhat agree	13%
Neither agree nor disagree	26%
Somewhat disagree	19%
Strongly disagree	34%
<i>Strongly/somewhat agree (net)</i>	<i>20%</i>
<i>Strongly/somewhat disagree (net)</i>	<i>54%</i>

- j. When dealing with my healthcare provider I feel my questions or concerns are stigmatized due to my racial identity

	<b>Total (N=1,158)</b>
Strongly agree	6%
Somewhat agree	12%
Neither agree nor disagree	24%
Somewhat disagree	19%
Strongly disagree	40%
<i>Strongly/somewhat agree (net)</i>	<i>18%</i>
<i>Strongly/somewhat disagree (net)</i>	<i>58%</i>



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### About the Study

These are some of the findings of an Ipsos poll conducted between December 3 – December 6, 2021. For this survey, a sample of 1,158 adults age 18+ from the continental U.S., Alaska, and Hawaii was interviewed online in English.

The sample for this study was randomly drawn from Ipsos' online panel (see link below for more info on "Access Panels and Recruitment"), partner online panel sources, and "river" sampling (see link below for more info on the Ipsos "Ampario Overview" sample method) and does not rely on a population frame in the traditional sense. Ipsos uses fixed sample targets, unique to each study, in drawing a sample. After a sample has been obtained from the Ipsos panel, Ipsos calibrates respondent characteristics to be representative of the U.S. Population using standard procedures such as raking-ratio adjustments. The source of these population targets is U.S. Census 2016 American Community Survey data. The sample drawn for this study reflects fixed sample targets on demographics. Posthoc weights were made to the population characteristics on gender, age, race/ethnicity, region, and education.

Statistical margins of error are not applicable to online non-probability polls. All sample surveys and polls may be subject to other sources of error, including, but not limited to coverage error and measurement error. Where figures do not sum to 100, this is due to the effects of rounding. The precision of Ipsos online polls is measured using a credibility interval. In this case, the poll has a credibility interval of plus or minus 3.3 percentage points for all respondents. Ipsos calculates a design effect (DEFF) for each study based on the variation of the weights, following the formula of Kish (1965). This study had a credibility interval adjusted for design effect of the following (n=1,171, DEFF=1.5, adjusted Confidence Interval=+/- 3.3 percentage points).

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**GAME CHANGERS**





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### About Ipsos

Ipsos is the world's third largest Insights and Analytics company, present in 90 markets and employing more than 18,000 people.

Our passionately curious research professionals, analysts and scientists have built unique multi-specialist capabilities that provide true understanding and powerful insights into the actions, opinions and motivations of citizens, consumers, patients, customers or employees. We serve more than 5000 clients across the world with 75 business solutions.

Founded in France in 1975, Ipsos is listed on the Euronext Paris since July 1st, 1999. The company is part of the SBF 120 and the Mid-60 index and is eligible for the Deferred Settlement Service (SRD).

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