

2019 Wellness Checkup Survey

Key Findings¹



57%
of employees with access to wellness programs reported a positive impact on their health.



82%
were motivated to pay more attention to their health.



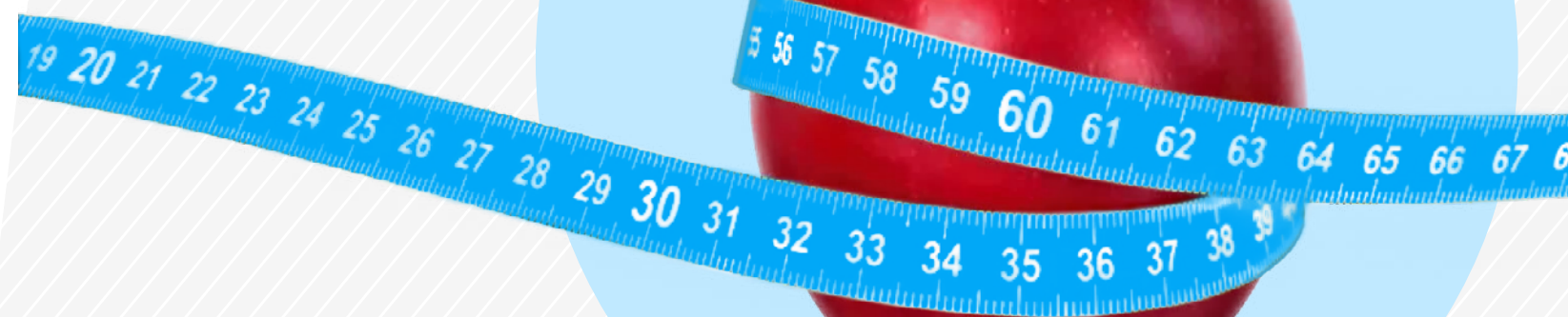
63%
increased their physical activity.



68%
of Americans said as little as \$2 a day would motivate them to devote at least an hour per day to improving their health.



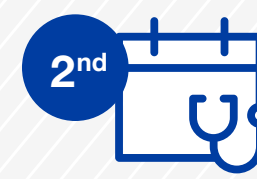
60%
of people would be more likely to participate in a fitness routine if it provided a social component.



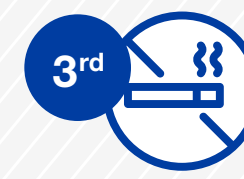
Top Health Priorities



Healthy diet



Routine medical care



Stopping smoking/
reducing drinking

Aging Health



53%
of Americans expect to be healthy enough to do everyday tasks – such as walking a flight of stairs – until 80 or older.

Gen Xers (39–54) are the most optimistic.

Millennials (21–38) are the least optimistic.



However, **42%** of Americans 80 or older have functional limitations.²

¹UnitedHealthcare Wellness Check Up Survey, national probability sample of 1,000 adults 18 and older living in the continental United States, 2019

²American Journal of Public Health, <https://ajph.aphapublications.org/doi/10.2105/AJPH.2008.157388>