



# Wellness Trends in America

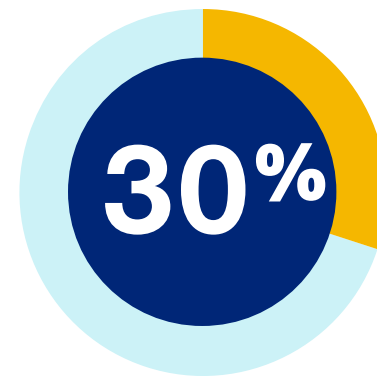
Key findings from the 2020 UnitedHealthcare Wellness Checkup Survey.<sup>1</sup>



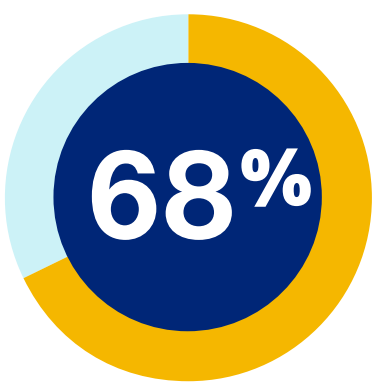
## The Impact of COVID-19

**1 in 5** 

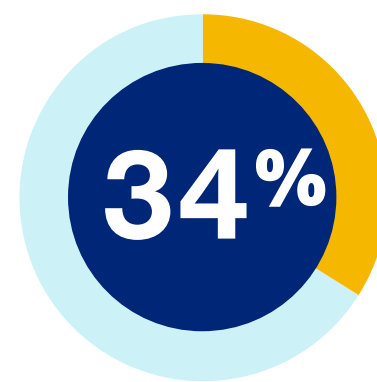
respondents said the pandemic has encouraged them to improve their eating habits.



are now more likely to receive the annual flu shot this fall.



of surveyed Americans who work out said walking has been their preferred form of exercise amid COVID-19.



of employees said they would stop shaking hands at work.

## The Impact of Wellness Initiatives

**77%**

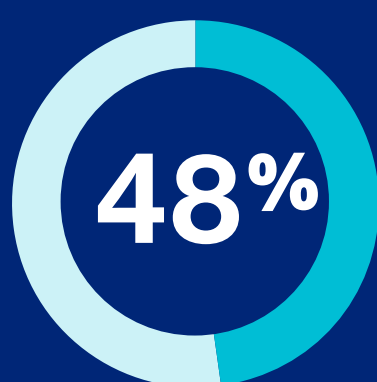
of surveyed respondents who are employed and have access to a wellness program reported a positive impact on their health.



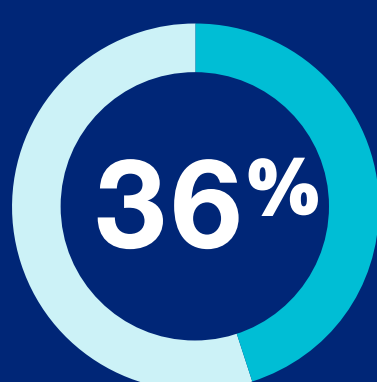
**71%**

of surveyed respondents who are employed and do not have access to wellness programs would be interested if offered.

## Health Habits

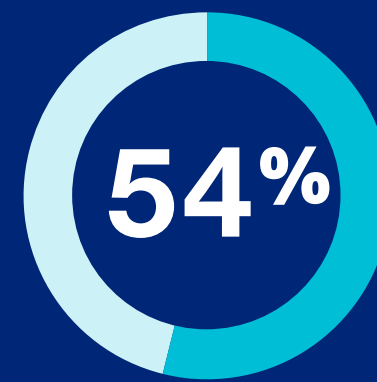


were motivated to pay more attention to their health.

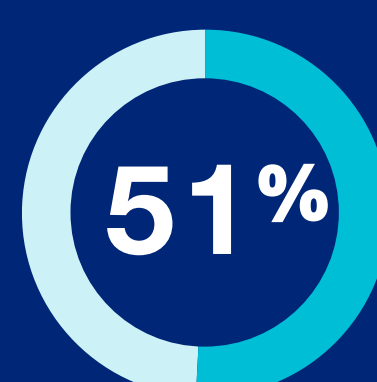


increased their physical activity.

## Job Performance



noted wellness initiatives helped reduce stress.



noted improved productivity.

<sup>1</sup> 2020 UnitedHealthcare Wellness Checkup Survey, national probability sample of 1,004 adults 18 and older living in the continental United States.