

# 2019 Wellness Checkup Survey

## Key Findings<sup>1</sup>



**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.



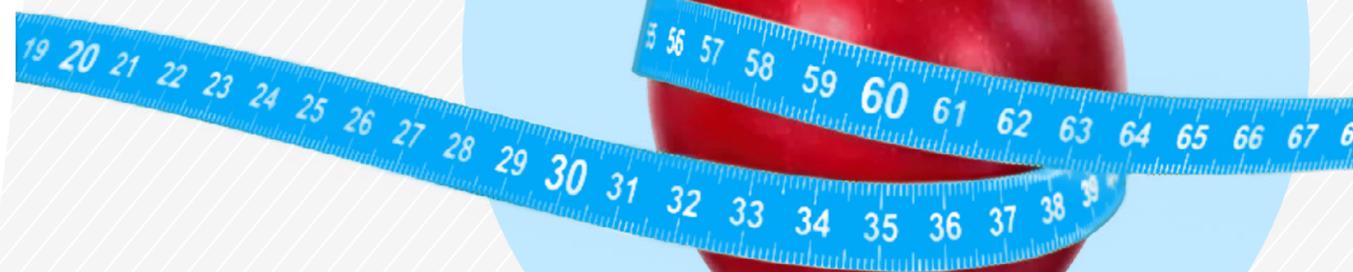
**63%**  
increased their physical activity.



**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.<sup>2</sup>

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

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