1. Do you have group benefits insurance coverage through your employer?

740 74%  748  Yes - through my employer  89  Yes - through my spouse's employer  46  Yes - through my employer AND my spouse's employer  5%  218  No - my household does not have group benefits coverage  42  43  40  1000	employer?	
Asse: All Respondents (wtd)  740 748  Fes (Net)  749  605  606  Yes - through my employer  89  Yes - through my spouse's employer  46  Yes - through my employer AND my spouse's employer  5%  218  100 - my household does not have group benefits coverage  42  44  47  40  1000		Total
Passe: All Respondents (wtd)  740 74%  605 Yes - through my employer  89 Yes - through my spouse's employer  9%  46 Yes - through my employer AND my spouse's employer  5%  218 No - my household does not have group benefits coverage  42 am not sure  42 46		1000
740 74%  748  Yes - through my employer  89  Yes - through my spouse's employer  46  Yes - through my employer AND my spouse's employer  5%  218  No - my household does not have group benefits coverage  42  43  40  1000	Base: All Respondents (unwtd)	1000
Yes - through my employer  Fig. 1  Yes - through my employer  Yes - through my spouse's employer  Yes - through my employer AND my spouse's employer  Yes - through my employer AND my spouse's employer  5%  218  No - my household does not have group benefits coverage  42  44  40  1000	Base: All Respondents (wtd)	1000
Yes - through my employer  89 Yes - through my spouse's employer  46 Yes - through my employer AND my spouse's employer  5%  218 No - my household does not have group benefits coverage  42 am not sure  42 1000		740
Yes - through my employer  89 Yes - through my spouse's employer  46 Yes - through my employer AND my spouse's employer  5%  218 No - my household does not have group benefits coverage  42 am not sure  42 1000	res (Net)	74%
Yes - through my spouse's employer  46  Yes - through my employer AND my spouse's employer  5%  218  No - my household does not have group benefits coverage  42  4m not sure  1000	Yes - through my employer	605
Yes - through my spouse's employer  46  Yes - through my employer AND my spouse's employer  5%  218  No - my household does not have group benefits coverage  42  am not sure  42  48		60%
Yes - through my employer AND my spouse's employer  5%  218  No - my household does not have group benefits coverage  42  am not sure  43  1000		89
Yes - through my employer AND my spouse's employer  218  No - my household does not have group benefits coverage  22%  am not sure  42  4%	Yes - through my spouse's employer	9%
218 No - my household does not have group benefits coverage  22% am not sure  42 4%		46
No - my household does not have group benefits coverage  22%  42  am not sure  1000	Yes - through my employer AND my spouse's employer	5%
42 am not sure 4%		218
am not sure 4% 1000	No - my household does not have group benefits coverage	22%
1000		42
	l am not sure	4%
Sigma 100%		1000
	Sigma	100%

#### Statistics:

Overlap formulae used

- Column Proportions:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (\*\*), Small Base: 100 (\*)

- Column Means:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (\*\*), Small Base: 100 (\*)

2. How knowledgeable, if at all, do you feel about the wellbeing support programs that are available through ...?

support programs that are available through?			
	Total		
Base: All Answering (unwtd)	770		
Base: All Answering (wtd)	740		
	559		
Top 2 Box (Net)	76%		
	140		
Very knowledgeable	19%		
,			
	419		
Somewhat knowledgeable	57%		
	171		
Bottom 2 Box (Net)	23%		
	138		
Not very knowledgeable	19%		
	32		
Not at all knowledgeable	4%		
	170		
	10		
Don't Know	1%		
Son Chilow	270		
	740		
Sigma	100%		
Signia	10070		

#### Statistics:

Overlap formulae used

- Column Proportions:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R Minimum Base: 30 (\*\*), Small Base: 100 (\*)

- Column Means:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (\*\*), Small Base: 100 (\*)

4. Have you ... been diagnosed or are living with any of the following? - Custom Table

rollowing: - Custom Table	
	Total
Base: All Respondents (unwtd)	1000
, , ,	
Base: All Respondents (wtd)	1000
,	
	524
Yes to any (Net)	52%
, , ,	
	171
Chronic disease	17%
	135
Physical disability	13%
,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	
	132
Learning disability	13%
, , , , , , , , , , , , , , , , , , ,	
	142
Developmental disability	14%
,	
	296
Mental health related disability	30%
,	33/3
	173
Pain-related disability	17%
	2.73
	476
No or DK to all (Net)	48%
	70/0

#### Statistics:

Overlap formulae used

- Column Proportions:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R Minimum Base: 30 (\*\*), Small Base: 100 (\*)

- Column Means:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (\*\*), Small Base: 100 (\*)

# 5. Where would you go to, first, to seek help with your wellbeing needs? - Variable base

needs? - Variable base	
	Total
Base: AQ1=yes	740
base. Aqi-yes	740
	38
Group benefits provider	5%
Base: All Respondents	1000
	339
Healthcare provider	34%
	37
Workplace wellbeing programs	4%
	80
Friends	8%
	141
Family	14%
	9
Spiritual leaders	1%
	467
Mental health professionals (e.g., therapists, counselors,	167
psychologists, etc.)	17%
	104
The Internet	10%
	16
Social media	2%
	12
Personal trainer/Gym	1%
	3
Other	*
	55

Don't Know	5%

### Statistics:

Overlap formulae used

- Column Proportions:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (\*\*), Small Base: 100 (\*)

- Column Means:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (\*\*), Small Base: 100 (\*)

## 6\_2. How would you currently assess these different aspects of your life? - Your mental health

your life? - Your mental health	
	Total
Base: All Respondents (unwtd)	1000
Base: All Respondents (wtd)	1000
	571
Top 2 Box (Net)	57%
	148
Excellent	15%
	423
Good	42%
	314
Fair	31%
	115
Bottom 2 Box (Net)	12%
	96
Poor	10%
	19
Terrible	2%
	1000
Sigma	100%

#### Statistics:

Overlap formulae used

- Column Proportions:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R Minimum Base: 30 (\*\*), Small Base: 100 (\*)

- Column Means:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (\*\*), Small Base: 100 (\*)

## 6\_4. How would you currently assess these different aspects of your life? - Your financial health

your life? - Your financial health	
	Total
Base: All Respondents (unwtd)	1000
Base: All Respondents (wtd)	1000
	439
Top 2 Box (Net)	44%
	85
Excellent	9%
	354
Good	35%
	355
Fair	35%
	206
Bottom 2 Box (Net)	21%
	151
Poor	15%
	55
Terrible	6%
	1000
Sigma	100%
L	1

#### Statistics:

Overlap formulae used

- Column Proportions:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R Minimum Base: 30 (\*\*), Small Base: 100 (\*)

- Column Means:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (\*\*), Small Base: 100 (\*)

## 6\_5. How would you currently assess these different aspects of your life? - Your job satisfaction

your life? - Your Job satisfaction	
	Total
Base: All Respondents (unwtd)	1000
Base: All Respondents (wtd)	1000
	549
Top 2 Box (Net)	55%
	129
Excellent	13%
	420
Good	42%
	324
Fair	32%
	127
Bottom 2 Box (Net)	13%
	95
Poor	9%
	32
Terrible	3%
	1000
Sigma	100%

#### Statistics:

Overlap formulae used

- Column Proportions:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R Minimum Base: 30 (\*\*), Small Base: 100 (\*)

- Column Means:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (\*\*), Small Base: 100 (\*)

# 7\_1. To what extent have the following impacted your overall wellbeing? - Physical fitness

Wellbeilig! - Filysical littless	
	Total
Base: All Respondents (unwtd)	1000
Base: All Respondents (wtd)	1000
	138
1	14%
	138
2	14%
	113
3	11%
	611
No Answer	61%
	1000
Sigma	100%

Statistics:

Overlap formulae used

- Column Proportions:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (\*\*), Small Base: 100 (\*)

- Column Means:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (\*\*), Small Base: 100 (\*)

# 7\_2. To what extent have the following impacted your overall wellbeing? - Sleep quality

wendering: - Sieep quanty	
	Total
	. 5 ca.
Base: All Respondents (unwtd)	1000
Base: All Respondents (wtd)	1000
	180
1	18%
	171
2	17%
	149
3	15%
	500
No Answer	50%
	1000
Sigma	100%
	1

Statistics:

Overlap formulae used

- Column Proportions:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (\*\*), Small Base: 100 (\*)

- Column Means:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (\*\*), Small Base: 100 (\*)

# 7\_7. To what extent have the following impacted your overall wellbeing? - Financial security

wendering: - Financial Security	
	Total
Base: All Respondents (unwtd)	1000
Base: All Respondents (wtd)	1000
	233
1	23%
	160
2	16%
	163
3	16%
	443
No Answer	44%
	1000
Sigma	100%

Statistics:

Overlap formulae used

- Column Proportions:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (\*\*), Small Base: 100 (\*)

- Column Means:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (\*\*), Small Base: 100 (\*)

# 11. Which of the following, if any, are getting in the way of improving your overall wellbeing? - Variable base

			Gender	
	Total	Male	Female	Other/Pref
				er not to
				answer
		А	В	С
Base: Have children	292	148	141	3
	82	41	41	1
Childcare responsibilities	28%	27%	29%	27%
				**
Base: Married or living with partner	586	305	279	1
	61	27	34	-
Unsupportive partner	10%	9%	12%	-
				**
Base: All Respondents	1000	497	496	7
	101	103	07	2
Languaging have	191	102	87	2
Long working hours	19%	21%	18%	25%
	102	48	54	-
Caring for ailing parent(s), grandparent(s), and/or other	102	40	34	_
family members	10%	10%	11%	-
				**
	333	159	170	3
Busy schedule	33%	32%	34%	40%
				**
	544	249	291	4
Rising costs and affordability issues	54%	50%	59%	53%
			Α	**
	351	155	195	1
Lack of motivation	35%	31%	39%	21%
			Α	**
	171	70	99	2
Not sure where to start and/or where to go for the right advice	17%	14%	20%	27%
advice	27,0	2.70	A	**
	250	92	155	2
Montal haalth issues like degreesing as well-to				
Mental health issues like depression or anxiety	25%	19%	31%	33%
			Α	**
	148	66	81	1
Lack of access to resources and/or medical services (e.g.,				
recreational facilities, healthcare services, etc.)	15%	13%	16%	12%
				**

Physical condition	9	2	6	-
	1%	*	1%	-
Other				**
	11	5	6	-
	1%	1%	1%	-
None of the above				**
	104	59	46	-
	10%	12%	9%	-
				**

#### Statistics:

Overlap formulae used

- Column Proportions:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (\*\*), Small Base: 100 (\*)

- Column Means:

Columns Tested (5%): A/B/C,D/E/F,G/H/I/J,K/L/M/N,O/P/Q/R

Minimum Base: 30 (\*\*), Small Base: 100 (\*)