

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

	Total
Base: All Respondents (unwtd)	1000
Base: All Respondents (wtd)	1000
Yes (Net)	740
	74%
Yes - through my employer	605
	60%
Yes - through my spouse's employer	89
	9%
Yes - through my employer AND my spouse's employer	46
	5%
No - my household does not have group benefits coverage	218
	22%
I am not sure	42
	4%
Sigma	1000
	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 (*)

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

	Total
Base: All Answering (unwtd)	770
Base: All Answering (wtd)	740
Top 2 Box (Net)	559
	76%
Very knowledgeable	140
	19%
Somewhat knowledgeable	419
	57%
Bottom 2 Box (Net)	171
	23%
Not very knowledgeable	138
	19%
Not at all knowledgeable	32
	4%
Don't Know	10
	1%
Sigma	740
	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 (*)

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

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

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 (*)

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

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

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

	Total
Base: All Respondents (unwtd)	1000
Base: All Respondents (wtd)	1000
Top 2 Box (Net)	571
	57%
Excellent	148
	15%
Good	423
	42%
Fair	314
	31%
Bottom 2 Box (Net)	115
	12%
Poor	96
	10%
Terrible	19
	2%
Sigma	1000
	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 (*)

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

	Total
Base: All Respondents (unwtd)	1000
Base: All Respondents (wtd)	1000
Top 2 Box (Net)	439
	44%
Excellent	85
	9%
Good	354
	35%
Fair	355
	35%
Bottom 2 Box (Net)	206
	21%
Poor	151
	15%
Terrible	55
	6%
Sigma	1000
	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 (*)

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

	Total
Base: All Respondents (unwtd)	1000
Base: All Respondents (wtd)	1000
Top 2 Box (Net)	549
	55%
Excellent	129
	13%
Good	420
	42%
Fair	324
	32%
Bottom 2 Box (Net)	127
	13%
Poor	95
	9%
Terrible	32
	3%
Sigma	1000
	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 (*)

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

	Total
Base: All Respondents (unwtd)	1000
Base: All Respondents (wtd)	1000
1	138
	14%
2	138
	14%
3	113
	11%
No Answer	611
	61%
Sigma	1000
	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 (*)

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

	Total
Base: All Respondents (unwtd)	1000
Base: All Respondents (wtd)	1000
1	180
	18%
2	171
	17%
3	149
	15%
No Answer	500
	50%
Sigma	1000
	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 (*)

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

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

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

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