

MDVIP Boomers Health Survey
Final Questionnaire
8-24-15

Sample Specifications:

- National sample of 1,000 Baby Boomers (ages 51 to 69) who have a primary care doctor or have seen a primary care doctor in the past five years
- Oversample of 400 Baby Boomers living in the NYC metro area

Questionnaire:

1. Which of the following best applies to you?

I have a primary care doctor (such as an internist, family doctor or general practitioner) that I've seen in the past year.

I don't currently have a primary care doctor, but I've seen a primary care doctor in the past five years.

It has been over five years since I last saw a primary care doctor. [**Terminate**]

2. How would you rate your current health? Please choose the option that best applies to you.

Excellent – I feel great and am able to enjoy life to the fullest.

Good – I generally feel good but may have an occasional issue.

Fair – I have health issues from time to time that impact my ability to fully enjoy life.

Poor – I have ongoing health issues that impact my life on a regular basis.

3. Please indicate the extent to which you agree or disagree with each of the following statements:

[GRID DOWN: RANDOMIZE]

I eat a well-balanced, healthy diet.

I exercise regularly.

On average, I get a good 7 to 8 hours of sleep a night.

I get regular preventive screenings (mammogram, colonoscopy, bone density scan, etc.).

I know my numbers and what they mean (blood pressure, cholesterol levels, blood sugar).

I should be doing more to better manage my overall health.

Preventive care is an important part of staying healthy.

My emotional well-being is as important to me as my physical health.

I can easily access all my health records and medical history.

I'm willing to invest more time and/or money in my health if it means I can live a longer and healthier life.

[Scale]

Strongly agree

Somewhat agree
Somewhat disagree
Strongly disagree
Not applicable

4. Which of the following, if any, would motivate you to prioritize your health and invest more time and/or money in staying healthy? (Select up to three)

[Randomize]

Nothing really – not sure any of us has much control – it’s all in the genes
If I had a strong support system (i.e., friends, family, mentors) encouraging me
If I had evidence that it would make a difference
If I had an unexpected, life-threatening diagnosis
If a friend / family member had a health scare
If an expert created a clear plan tailored to help me achieve my personal health goals
Something else [anchor]

5. Please indicate the extent to which you agree or disagree with each of the following statements:

[GRID DOWN: RANDOMIZE]

My primary care doctor is available whenever I need him/her.
My primary care doctor listens carefully to all my questions and concerns.
My primary care doctor should be doing more to help me stay healthy.
My primary care doctor wouldn’t recognize me on the street.
My primary care doctor knows my name, my history and my medical issues.
My primary care doctor is thoroughly up to speed on my medications and the care I receive from specialists (such as my cardiologist, pulmonologist, orthopedist, etc.).
My primary care doctor contacts me to discuss test results, without me having to call first.

[Scale]

Strongly agree
Somewhat agree
Somewhat disagree
Strongly disagree
Not applicable

6. Thinking about a typical visit to your primary care doctor... (Select one response per column)

[Columns]

Which of the following best describes your actual experience?
Which of the following best describes how you wish your experience could be?

Going through airport security – they make it as inconvenient as possible and then pat me down real quick.

Waiting in line at Disney – the wait is always long, but it’s worth it in the end.

Shopping at the grocery store – I go in, get what I need and then I’m done.

Grabbing coffee at my favorite spot – they recognize me and get my order right.

Consulting a trusted financial advisor –he/she knows my personal situation, makes recommendations in my best interests, and I leave with peace of mind about my future.

7. Thinking about a typical conversation with your primary care doctor... (Select one response per column)

[Columns]

Talking to my primary care doctor is like talking to...

I wish talking to my primary care doctor were like talking to...

[Rows - Randomize]

Someone speaking in another language

The annoying know-it-all from high school

A favorite coach / mentor who understands what motivates me and helps me achieve my goals

A close friend who can get me to share things I wouldn’t share with anyone else

A boss who’s running late for a meeting

8. Thinking about your last few visits, which of the following have been most frustrating about seeing your primary care doctor? (Select the top three)

[RANDOMIZE]

Trying to get an appointment

Waiting while in the office to see the doctor

Limited time I actually have with the doctor

Someone other than the doctor usually sees me (nurse practitioner, physician assistant)

Not getting all my questions answered

Waiting for a call on test results

Dealing with rude or impatient staff

Other (specify) [anchor]

I experience no difficulties with my primary care doctor [anchor, exclusive]

9. Have you ever felt so frustrated dealing with a primary care doctor that you did any of the following? (Select all that apply)

[Randomize]

I got up and walked out of the doctor’s office.

I've complained to the staff.

I've complained on social media (Facebook, Yelp).

I stopped seeing the doctor and/or switched doctors.

I've considered switching doctors, but have not.

Instead of going to the doctor when I felt ill, I searched the Internet for advice.

Instead of going to the doctor when I felt ill, I called a friend or family member for advice.

Instead of going to the doctor when I felt ill, I went to an urgent care facility or the emergency room.

None of these [anchor, exclusive]

- 10.** Which of the following qualities would you most value in your primary care doctor? (Select the top three)

[Randomize]

Same-day or next-day appointments

Ability to contact the doctor 24/7 by cell phone or email

Visits that don't feel hurried and last as long as they need to

A kind and compassionate bedside manner

More focus on prevention and wellness than just treating me when I'm sick

Price transparency so I know what I'm paying for

Strong credentials (medical school/training, board certifications, specific expertise)

None of these [anchor, exclusive]

- 11.** Now think about how long you typically spend with your primary care doctor when you go in for an appointment.

I usually spend less time with my primary care doctor than I do...? (Select all that apply)

[Randomize]

Getting my oil changed

Surfing social media (such as Facebook)

Waiting for the doctor

Waiting for a table at a popular restaurant

Talking to my vet about my pet's health

Talking to my financial advisor about my financial health

None of these [anchor, exclusive]

- 12.** Have you used or would you consider using any of the following to address your healthcare needs? (Select all that apply)

[Columns]

Have used

Would consider using

[Rows]

Urgent care

Retail/pharmacy clinics (i.e., CVS, Walgreens, Walmart)

Concierge medicine (paying a membership fee for more personalized care and services)

Telemedicine (using technology like video chat, mobile apps to connect with a doctor remotely)

Alternative medicine (i.e., acupuncture, natural and homeopathic remedies/therapies)

None of these [anchor, exclusive]

Standard Demographics: age, gender, region, marital status, parental status, employment status, education level, household income, and race/ethnicity.

Additional Profiling/Demographics

13. Do you suffer from any of the following conditions? (Select all that apply)

[Randomize]

Diabetes

Cardiovascular disease (such as high blood pressure, high cholesterol, heart disease, stroke)

Arthritis / joint problems

Osteoporosis (bone loss, low bone density)

Cancer

COPD / respiratory disorder

Obesity

Chronic pain

Gastrointestinal or digestive issues

Mental health concerns (such as anxiety, depression)

Some other chronic condition (specify)

None of these [anchor, exclusive]

Prefer not to answer [anchor, exclusive]

14. Which of the following best describes your current healthcare insurance coverage? I am covered by... (Please select the one that best applies)

A health insurance plan that my employer or my spouse's employer sponsors

Health insurance that I / my spouse pay for on our own (individual or family plan, not part of a group / employer; includes plans purchased through a professional or membership association)

Medicare

Medicaid, TriCare/VA, Indian Health Services

Uninsured