

# MILLENNIAL HEALTH: GOING ABOVE AND BEYOND THE FACTS AND FIGURES

**THIS IS HOW**

It's easy to think of millennials as our healthiest generation. However, our data show that their health is actually declining. Now is the time to hear directly from millennials to help this generation achieve better health.



## TO UNCOVER DEEPER INSIGHTS INTO MILLENNIALS' HEALTH NEEDS AND EXPECTATIONS WE:



Surveyed more than 3,000 adults over the age of 18 across the country



Hosted 16 listening sessions nationwide with millennials, business leaders, providers and community leaders



Overall, more than 2,000 millennials shared their perspectives

## HERE'S WHAT WE LEARNED

### KEY FINDING



**Millennials want healthcare that is quick, easy to access and personalized**

### LISTENING IN

Some of the things I look for with a healthcare provider is flexibility, affordability, access. If I can do it online and get it checked off my list, it makes it easier, it's less stress on me...

MALLORIE, AGE 37

I also think innovative or different methods for healthcare access is really important whether that's in the virtual space, the telehealth space the collaboration among payers, and providers will really help take this to the next level.

MALLORY, AGE 29

### NATIONAL SURVEY RESULTS

**67%** of millennials only see a doctor when they are sick or in need of urgent care

**47%** of millennials have delayed or avoided medical treatment because of healthcare costs

**80%** of millennials say they would try telemedicine

**66%** of millennials who have tried telemedicine rated it **VERY GOOD OR EXCELLENT**



**Millennials want integrated care for their mind and body**

I think holistic care is really important... so looking at other creative opportunities to encourage health and wellness... whether that means incentivizing healthy eating, incentivizing being physically active – connecting folks with community – ensuring that folks aren't isolated.

SASHA, AGE 32

**49%** of millennials think their mental health is **GOOD OR EXCELLENT** whereas, **69%** of baby boomers and **56%** of Gen-Xers cite the same

**73%** of millennials say mental health care counseling needs to change



**Millennials are redefining the workplace and benefits**

I want a plan that will work for me, offer benefits that are important to me, preventative care, as well as women's care.

ASHLEE, AGE 33

I actually think the biggest thing employers can do is promote a culture of self care and work/life balance.

ANI, AGE 34

**45%** of millennials state that health insurance had an impact on their decision to work for their current employer, only **34%** of baby boomers say the same

**84%** of millennials say that health insurance has impacted their decision to stay with their current employer, only **54%** of baby boomers agree

## TAKING THE NEXT STEP AND DEVELOPING LONG-TERM SOLUTIONS

Now that you've taken a high-level look at some of the key findings from our listening sessions and national survey, download our eBook to learn more and find actionable ways to help your millennial workforce achieve better overall health.

For more information, visit [smarterbetterhealthcare.com](http://smarterbetterhealthcare.com)

[Download our eBook](#)

