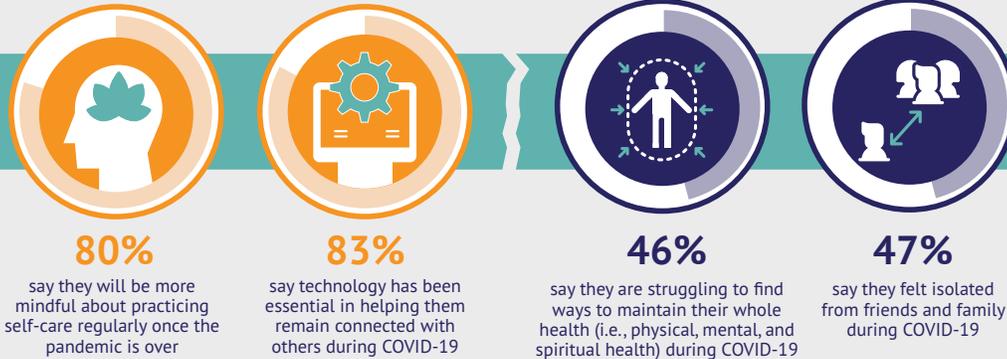


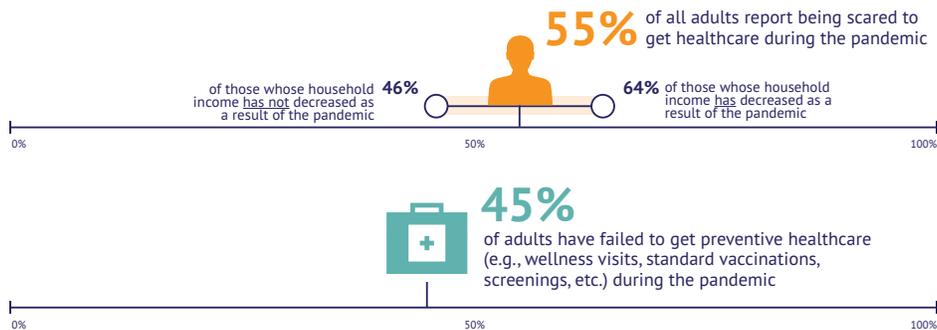
Self-Care in a Post Pandemic World

Americans' Perceptions of Health & Well-being During COVID-19

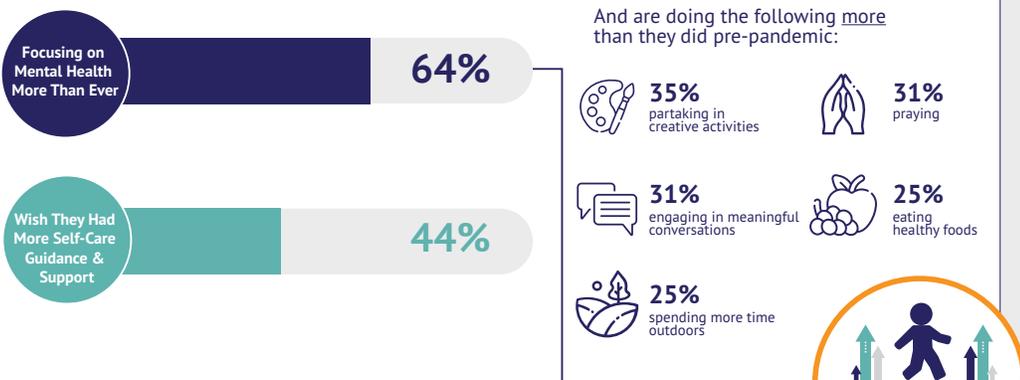
Though many Americans intend to be more mindful about self-care post pandemic, many are struggling to maintain their whole health in this time.



Many are scared to get healthcare during the pandemic and some have failed to get preventive healthcare, which may have dangerous repercussions for the long-term health of our country.



Americans may be attempting to manage these health challenges on their own, yet desire more guidance during the pandemic.



About This Study

This survey was conducted online within the United States by The Harris Poll on behalf of Samueli Integrative Health Programs from May 5-7, 2020 among 2,051 U.S. adults ages 18 and older. This online survey is not based on a probability sample and therefore no estimate of theoretical sampling error can be calculated. Complete survey methodology, including weighting variables and subgroup sample sizes are available at www.drwaynejonas.com/covidsurvey.