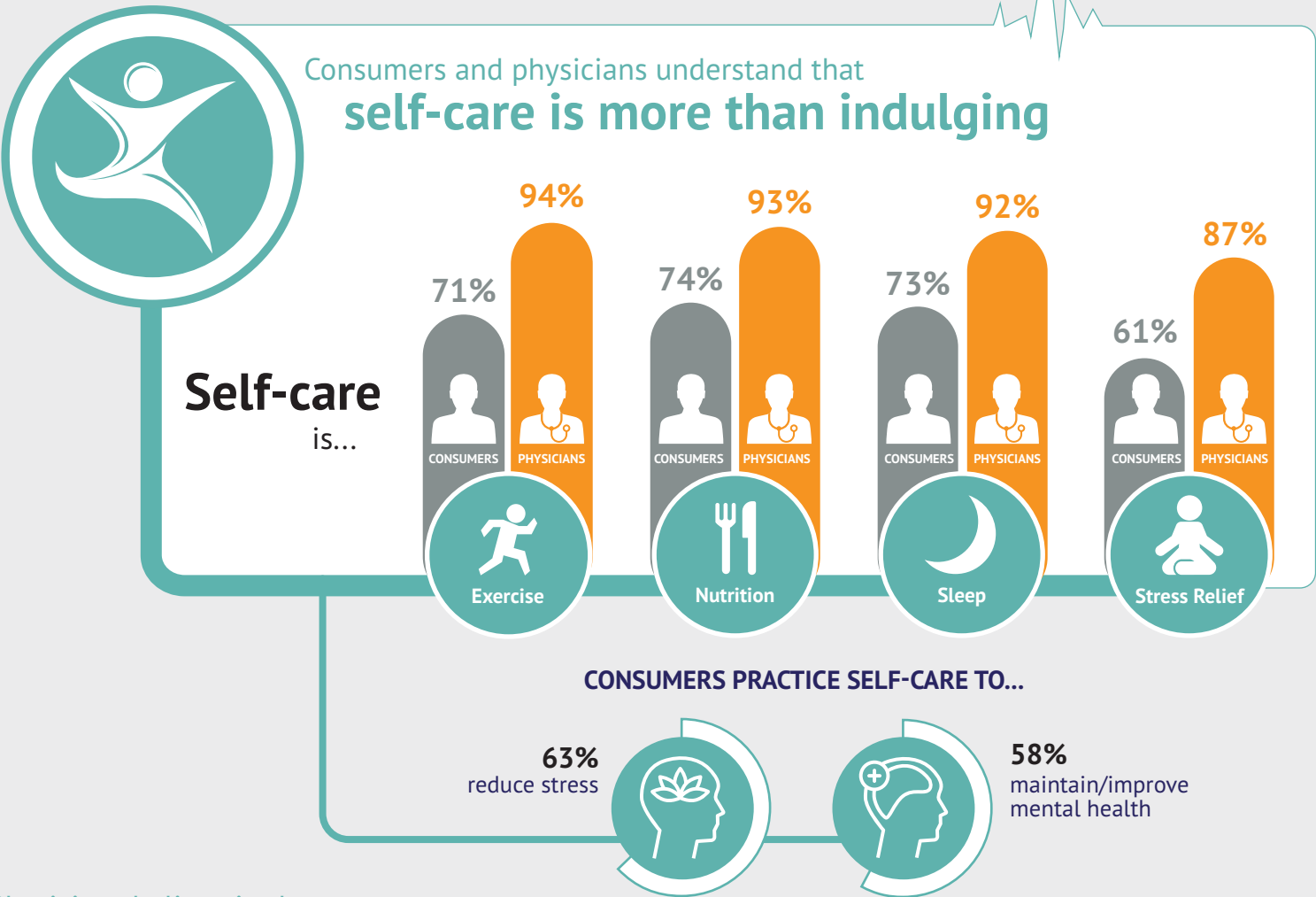
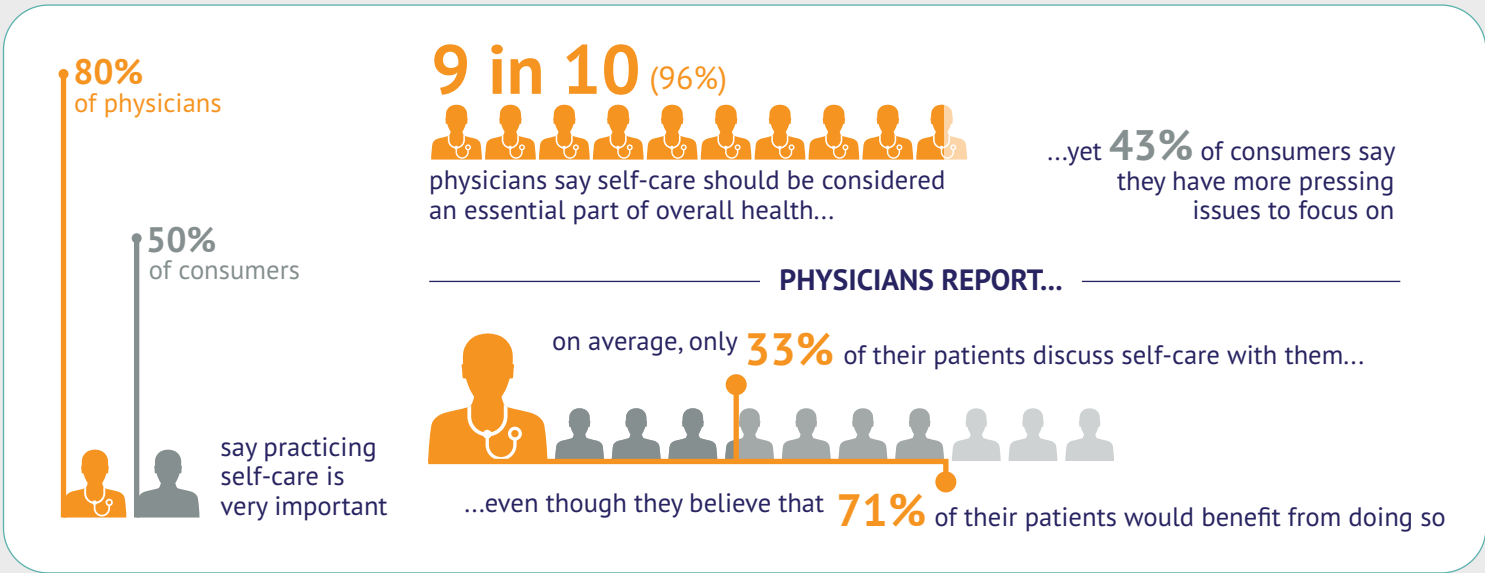


The Value of Self-Care

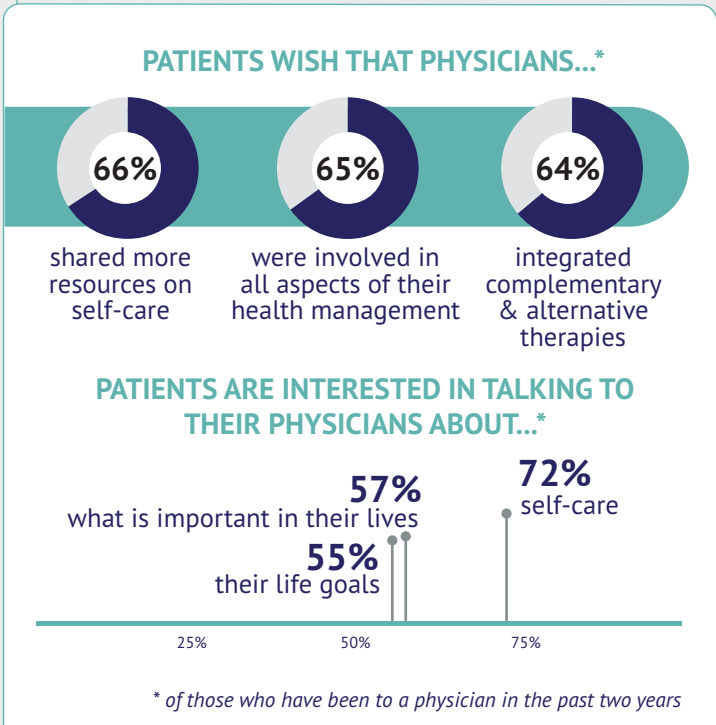
in Health and Well-Being



Physicians believe in the power of self-care



Patients want to know more about self-care



Self-care is not always seen as an attainable goal



About This Study

The Self-Care Survey was conducted online by The Harris Poll on behalf of Samueli Integrative Health Programs among 1,006 U.S. adults ages 18+ (surveyed from May 23 to June 4, 2019) and 304 physicians who specialize in internal medicine or family practice (surveyed from May 23 to June 19, 2019). For complete research methods, including weighting variables and subgroup sample sizes, please contact Kathleen Petty at KPetty@TheReisGroup.com.