INDEPENDA

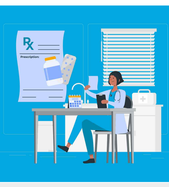
Heath Survey: Most Older Adults Cut Back on Essentials to Afford Medications

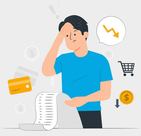
Healthcare Concerns and Financial Constraints

AFFORDABILITY:

90%

An overwhelming **90%** said affordable healthcare is **"most important"** or **"very important"**





FINANCIAL CONSTRAINTS:

95%

A vast majority **(95%)** report that **financial limitations** have forced them to make healthcare compromises

63%

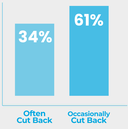
HEALTHCARE COST CONCERNS:

A strong majority **(63%) "significantly concerned"** about healthcare expenses affecting their finances

SACRIFICES FOR MEDICATION:

34%

A third **(34%) "often"** cut back on essentials to afford their medications and **61% "occasionally"** cut back



24%

SHORT OF FUNDS:

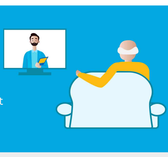
If short on funds nearly a quarter **(24%) rely on family** for support and another **24% sell assets**

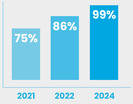
Comfort and Convenience with Telehealth

COMFORT:

99%

Nearly all respondents **(99.7%)** report feeling equally or more comfortable receiving medical help from home





CONVENIENCE:

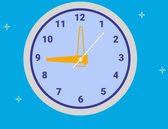
99%

A strong majority (99%) see Telehealth as more convenient than traditional in-person appointments, marking a steady rise from **86% in 2022 and 75% in 2021**

TIME EFFICIENCY:

64%

Among those with Telehealth experience, 64% found that consultations took less than **30 minutes**, while in-person visits typically required **2-3 hours for 68% of respondents**



99%

LIKELIHOOD OF CHOOSING TELEHEALTH:

Nearly all respondents (99%) are likely to choose Telehealth for their next appointment, with **47% being "very likely"** — This is up from **72% in 2021** who wanted more Telehealth appointments

Ease of Use and Accessibility

EASE OF SETUP:

84%

A majority (84%) found setting up and attending Telehealth appointments straightforward, up from **78% in 2023** and **57% in 2021**, indicating growing familiarity and ease with telehealth technology

ARTIFICIAL INTELLIGENCE

97%

said they are comfortable with **artificial intelligence (AI)** helping to diagnose their health issues