

Women are uninformed about their own health

Nationwide MDVIP survey reveals American women fail to get the facts or care they need to address their greatest health risks.



94% of Women Fail Women's Health IQ Quiz

- 91%** *don't know* heart disease is the #1 killer of women
- 81%** *don't know* Pap test only screens for cervical cancer
- 73%** *don't know* lack of sleep can damage the brain
- 69%** *don't know* drinking alcohol increases breast cancer risk



PATIENTS EXPERIENCE PITFALLS

Most women say primary care doctors are important to their health, but many *don't feel heard*.



More than a third wish their doctor spent more time on health issues unique to women

Nearly 1 in 3 say their concerns weren't taken seriously

Nearly 1 in 3 felt rushed

OLDER VS. YOUNGER

Women ages 20-34 are less engaged than women age 55+, and are more frustrated with their healthcare experience:



62% vs. 52%

said scheduling an appointment can be a chore

61% vs. 29%

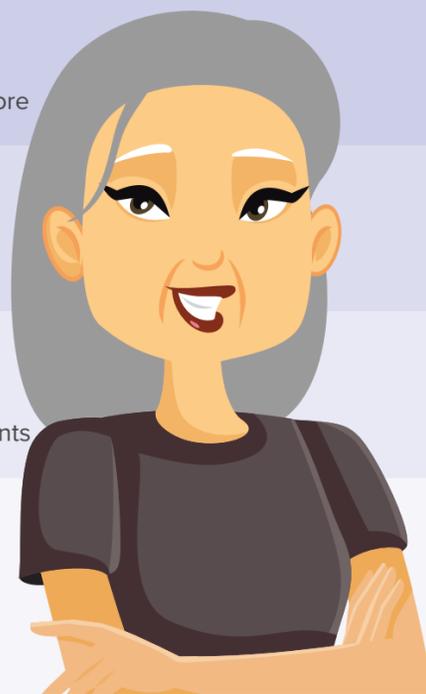
put off seeing a doctor until their symptoms were urgent

55% vs. 13%

delayed seeing a doctor due to time constraints

44% vs. 11%

felt too embarrassed to bring up certain health issues



MENTAL HEALTH MATTERS

More than half of all women are worried about their mental health, but most aren't seeking support:

This number jumps to **78%** and is the #1 concern *among women 20-34*

- 64%** never discuss *depression* with their doctor
- 52%** never discuss *anxiety* with their doctor
- 24%** take/have taken *medication* for depression/anxiety

TAKE ACTION

- ▶ Take the Women's Health Quiz at mdvip.com/womenshealthIQ
- ▶ Schedule a visit with your primary care doctor.
- ▶ Listen to your body and be your own best advocate.



ABOUT THE SURVEY

These are the findings from an Ipsos poll conducted on behalf of MDVIP. Learn more about the survey results and methodology at mdvip.com.