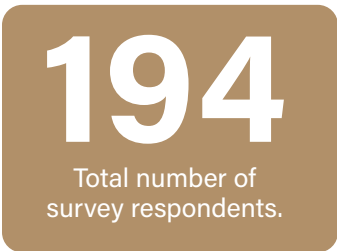
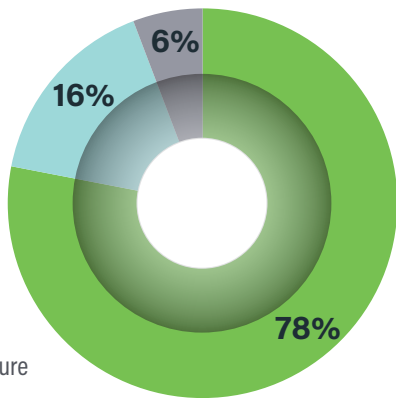


NC Practice Well-being Data Report

Urgent Practice Data Survey week of June 1, 2020



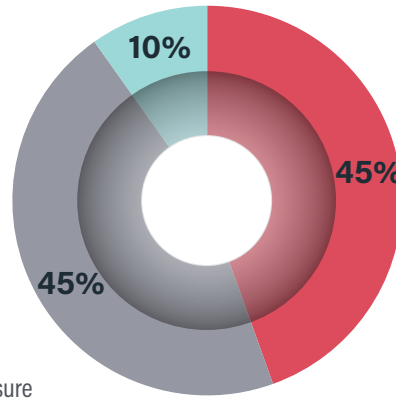
Since the onset of COVID, does your staff seem stressed?*



78% Yes
16% No
6% Unsure

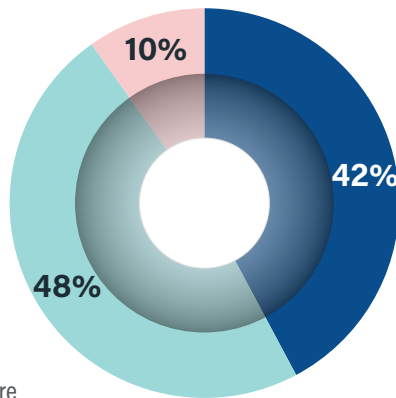
*Represents both clinical and non-clinical staff: data response for both questions was the same.

Since the onset of COVID, does your **clinical** staff seem exhausted or overwhelmed?



45% Yes
45% No
10% Unsure

Since the onset of COVID, does your **non-clinical** staff seem exhausted or overwhelmed?



42% Yes
48% No
10% Unsure

About the NCMGMA, NCMS and Curi Survey

On March 29th, NCMGMA, NCMS and Curi started distributing the same set of questions to a collective e-distribution list on a weekly basis. The goal was to garner a snapshot of North Carolina's healthcare practices as we moved through the coronavirus pandemic. Certain weeks featured a subset of questions addressing specific segments of the business of healthcare: finance, telehealth, practice reopening and practice well-being.

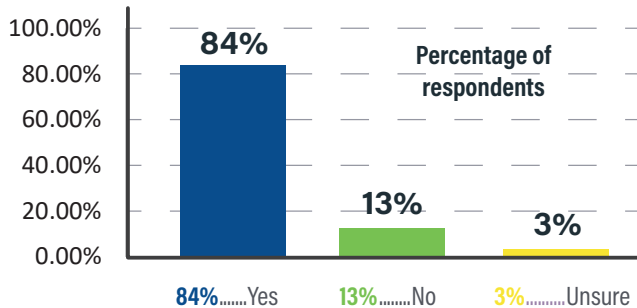
The information and data collected has been compiled and used anonymously to better understand the most acute and immediate needs, and to establish any trends to inform our policymakers on behalf of the physicians, PAs, practice administrators and the patients of North Carolina.

NC Practice Well-being Data Report

Urgent Practice Data Survey week of June 1, 2020

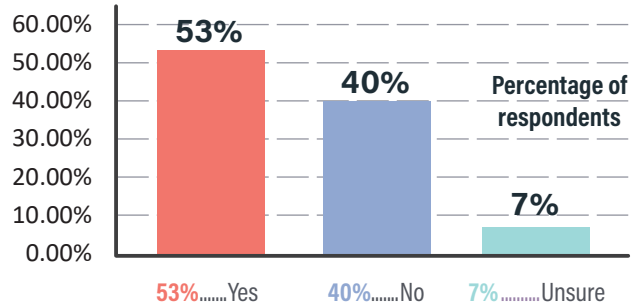
Since the onset of the COVID-19 pandemic, has your practice communicated to staff (**clinical** and/or **non-clinical**) about ensuring they are taking care of their physical health (nutrition, physical activity, stress reduction, sleep) during this time?

PHYSICAL HEALTH



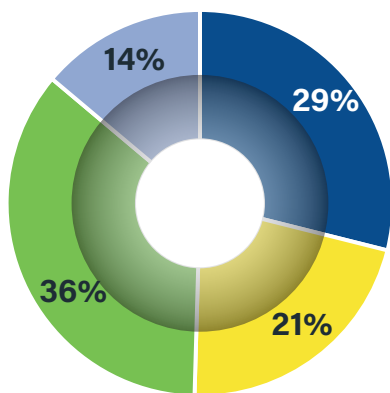
Since the onset of the COVID-19, has your practice communicated to staff (**clinical** and/or **non-clinical**) about mental health resources available, including Employee Assistance Program (EAP) and mental health benefits, to help themselves and their family?

MENTAL HEALTH



Maintaining optimism during this stressful and uncertain time is an important element in response to this pandemic. What type of emotional support would help you and your staff?

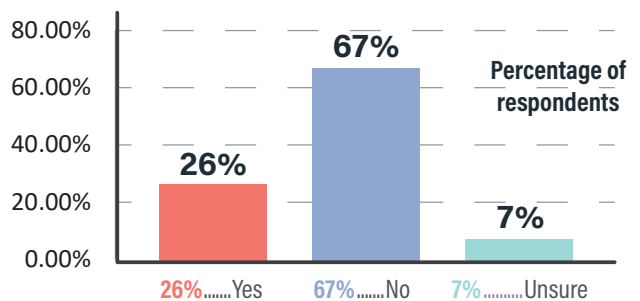
MENTAL HEALTH



- 29%.....Access to tools like stress management, meditation apps or virtual exercise options to distribute to staff.
- 21%.....Free or enhanced access to telephonic professional and family counseling for individual employees.
- 36%.....Dedicated communications (e.g. website or daily emails) focused on maintaining morale during this pandemic with meaningful content and links to tools and resources.
- 14%.....Other.

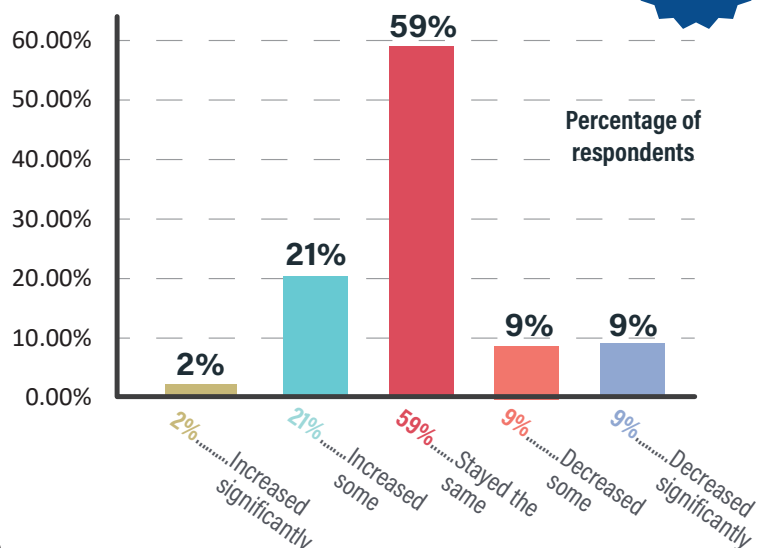
Since the onset of the pandemic, has your practice offered EAP for mental or emotional issues?

MENTAL HEALTH



If EAP offered, has utilization changed since COVID-19 began?

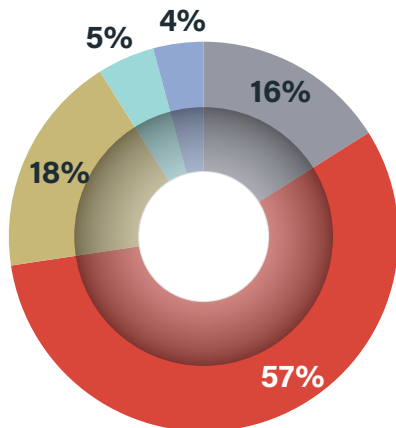
MENTAL HEALTH



NC Practice Well-being Data Report

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In general, how concerned are staff members (**clinical** and/or **non-clinical**) with the possibility of infecting their families and loved ones if the staff member is exposed to the virus while working?



16%.....Very concerned
57%.....Concerned
18%.....Neutral
5%.....Not concerned
4%.....Unsure

Since the COVID pandemic began, how has your office fostered unity or connection between colleagues?

(Top three responses)

- 1 Maintaining open communication
- 2 Regular team huddles and meetings
- 3 Lunch together and other group meal events

What are your practice's stresses as you continue to navigate through the COVID-19 pandemic, regarding **clinician** and **non-clinician** well-being?

(Top three responses)

- 1 Financial concerns
- 2 Uncertainty for the future
- 3 Understanding and implementing new processes

Please share any examples of wellness campaigns or stress-reducing practices your organization has implemented since COVID-19.

(Top three responses)

- 1 Maintaining open communication
- 2 Organized wellness programs
- 3 Encouraging physical activity and exercise

Thank you to all of our survey participants! You are helping us make sure healthcare's voice is being heard in the North Carolina legislature!