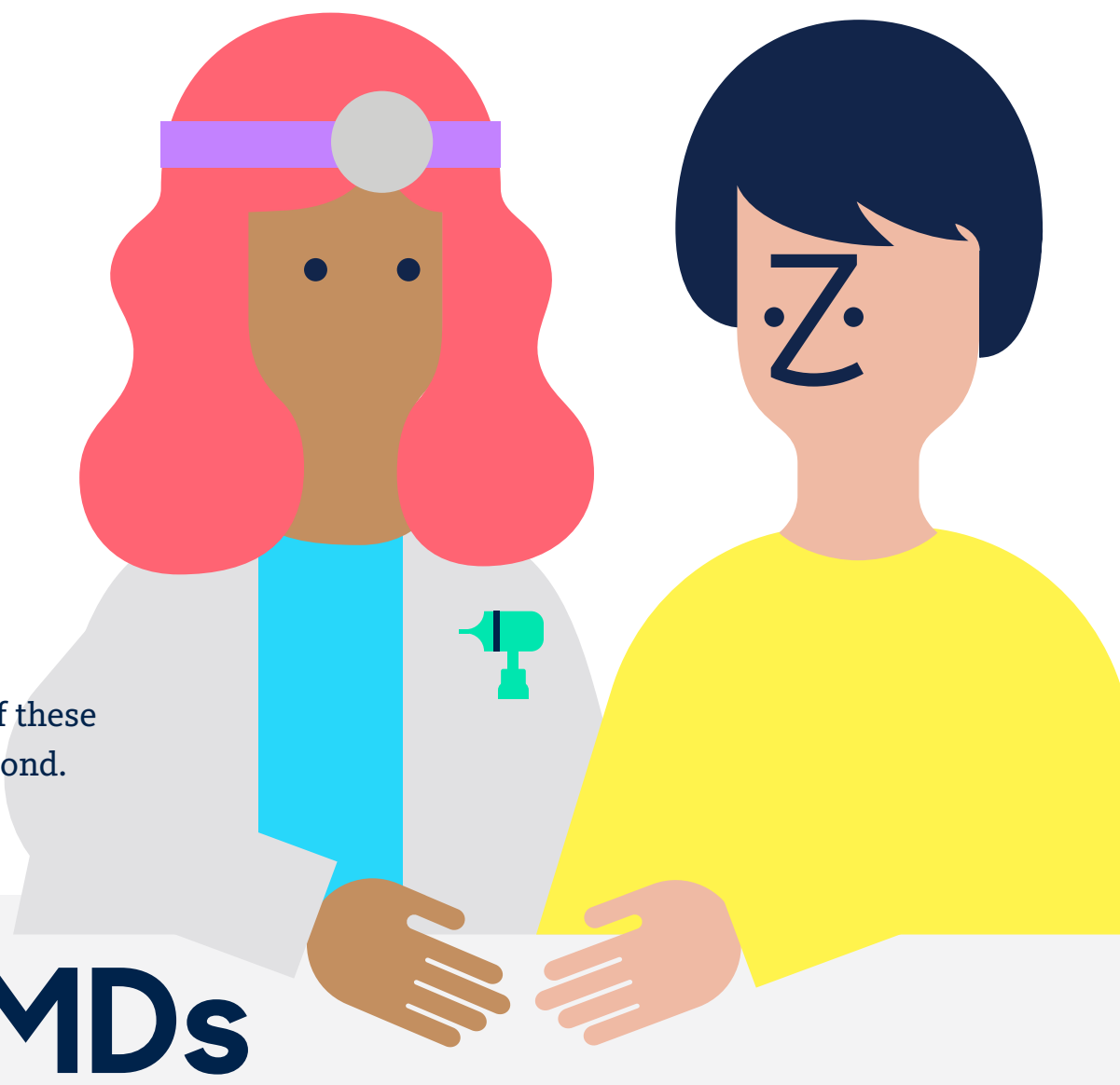


# Match Made in Medicine:

## A Peek into America's Doctor-Patient Relationships

In the season of coupling up, we break down one of the most important relationships of all: the one between Americans and their doctors. We've uncovered what matters most in a medical match, the importance of these long-term relationships and the secret to keeping a strong doctor-patient bond.



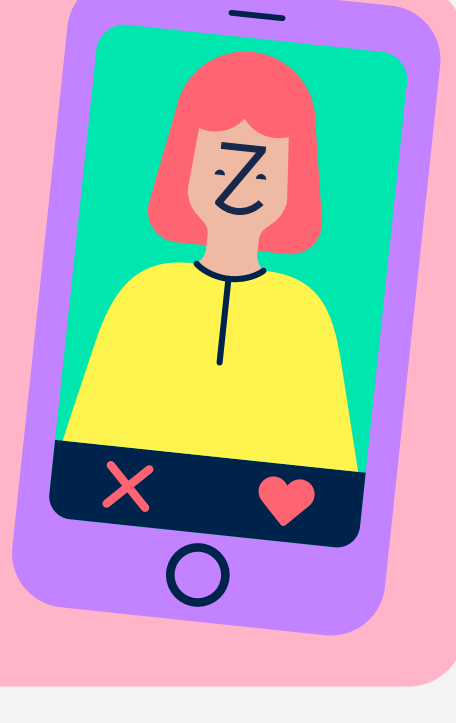
## Swiping right on MDs

The traits people value in their doctors aren't so different than the ones they seek in a significant other.

### Doctors vs. Dates: The top rated traits for each

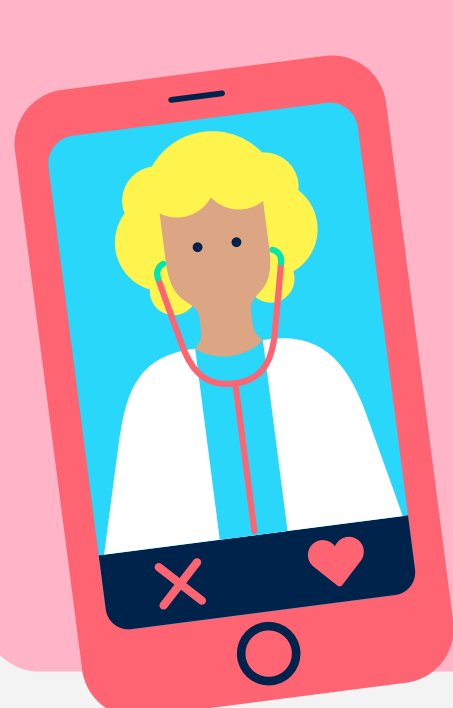
#### Dates

1. Sense of humor 84%
2. Trustworthy 80%
3. Good listener 80%
4. Good looking 71%
5. Well-liked by others 60%



#### Doctors

1. Good education 80%
2. Asks questions 79%
3. Trustworthy 77%
4. Good listener 74%
5. Close to where I live/work 70%



### These traits aren't just reserved for dates

#### Good Looking

More than 1 in 4 (26%) say a doctor's looks are important.



#### Sense of Humor

Almost half of Americans (43%) want a doctor who can make them laugh.



### Find a keeper, travel the distance

**68%** of Americans would be willing to travel further for a great doctor than a great date.



## First Impressions

Making the relationship stick: first encounters with doctors matter.

### First Appointments vs. First Dates

During a first encounter, more Americans prioritize the following for an initial doctor visit than they do a first date:



**Asks Good Questions**

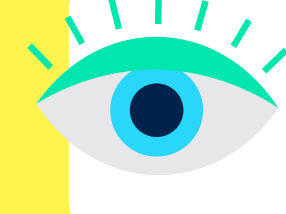


**Listens Carefully**

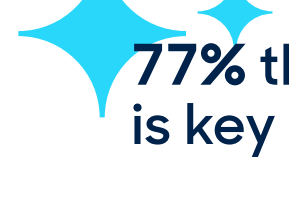


**Arrives on Time**

### Some factors don't just make for bad first dates



**45%** value smiling and eye contact in a doctor.



**77%** think good hygiene is key in a doctor.



## Medical Monogamy

Americans seek doctor relationships that last, trust the ones they know and only spill the beans to the ones they trust.

### Average length of relationships

Doctor relationships\* are long-term, behind only significant others.



**Significant other**  
18.3 years

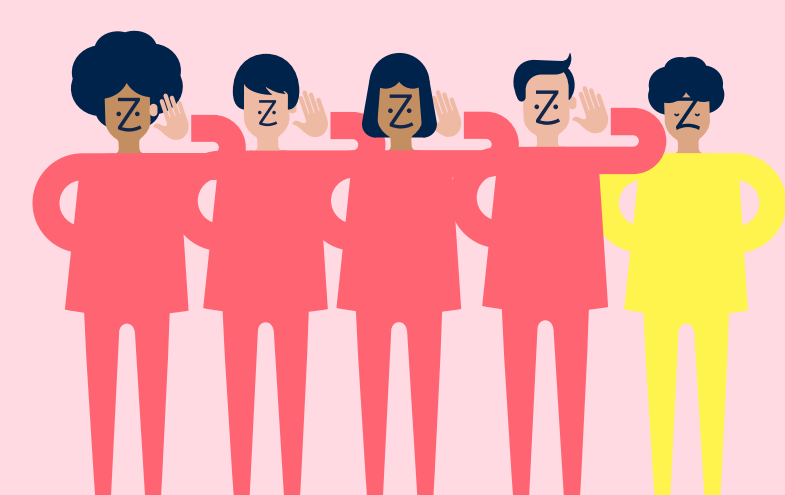
**Hairstylist**  
7.4 years

**Personal trainer**  
1.5 years

**Barista**  
1.9 years

\*Among those who have had an ongoing relationship.

### Long-term patients are more open patients



4 in 5 people are more likely to take advice from a doctor they love than one they just met.



More Americans feel comfortable discussing:

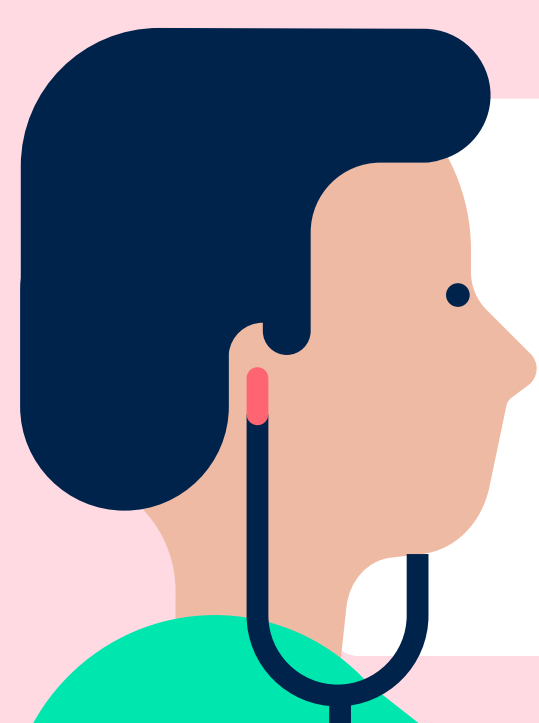
**Mental Health** (31% more)  
**Embarrassing Symptoms** (30% more)  
**Family History** (25% more)

with a long-term doctor than a new one.

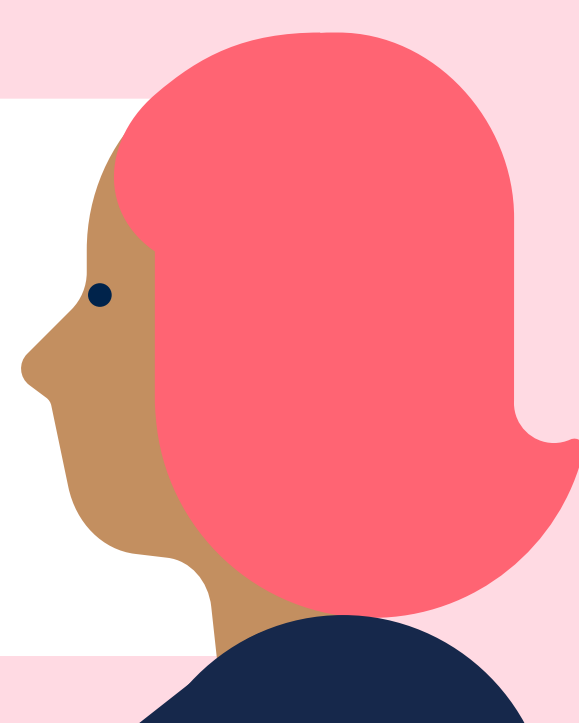
**82%** of Americans have had an ongoing relationship with their doctor.



### Let's talk about sex, MD



More Americans are comfortable discussing their sexual health with a **long-term doctor** (67%) than a **long-term romantic partner** (57%).



## Doctor Deal-Breakers

Americans aren't afraid to break up with their doctors, and second chances don't come easy.

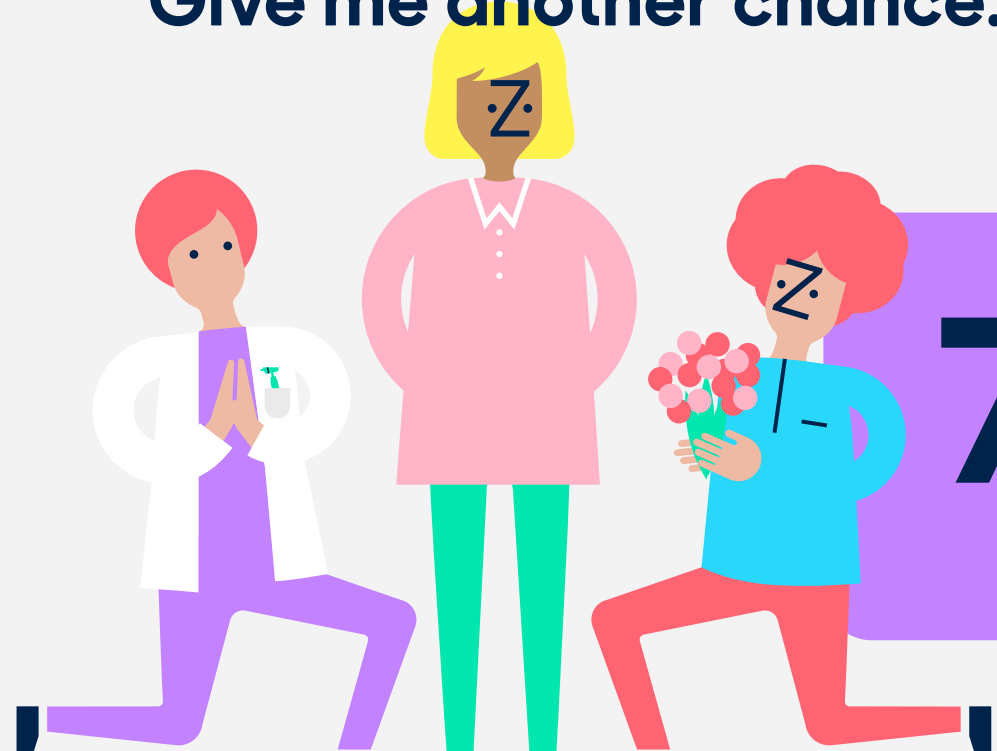
### Maintaining a medical match is tough

**7 in 10** would stop seeing both a doctor and significant other they didn't trust.

**TRUST**

**41%** think maintaining a long-term relationship with a doctor is more difficult than with a romantic partner.

### Give me another chance... I'll change



**72%** would be more willing to give a second chance to a date than a doctor.



## Tips from Dr. Valentine

Yes, Dr. Meghan Valentine is a real doctor—a practicing OB-GYN in DC—and yes, she has lots of patients who L.U.V. her (5 star rating on Zocdoc). From Dr. Valentine herself, here are the keys to a lasting doctor-patient relationship:

**1**

Form a relationship built on mutual trust and respect.

**2**

Don't be afraid to voice your questions and concerns.

**3**

Be an active partner—great care comes from working together.



Brought to you by the medical matchmakers at Zocdoc, digitally pairing doctors and patients since 2007.

Survey Methodology: The Zocdoc Doctor-Patient Relationship Survey was conducted between January 5th and January 8th, 2017 using an email invitation and an online survey to 1,025 nationally representative Americans ages 18 and over, with a margin of error of +/- 3.1%. Quotas are set to ensure a reliable representation of the U.S. population 18 and over.

February 2017