



Nearly a Third of Americans Worry About Missing a Holiday Event Due to Illness

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Survey shows almost half of Americans missed a holiday event in the past because of illness and are taking preventative measures to not let it happen again

DEERFIELD, Ill.--(BUSINESS WIRE)--Dec. 12, 2024-- Staying healthy during the holiday season isn't an easy task. According to a recent survey from Walgreens, 47 percent of Americans have missed a holiday event in recent years due to unexpected illness and nearly one in three are worried about it happening again this year.

This press release features multimedia. View the full release here: <https://www.businesswire.com/news/home/20241212758437/en/>



Family and friends enjoy meal at dinner table during holidays. (Photo: Business Wire)

This 'fear of missing out' (FOMO), and the anxiety it brings, tied to the holiday season is no surprise. Walgreens survey findings indicate Americans are shifting their mindset towards proactive measures to stay well, thus minimizing the risk of missing out on fun holiday festivities and family traditions.

This year, Walgreens holiday campaign focuses on staying healthy through the holidays, offering promos and deals on health and wellbeing essentials.

"Eighty-two percent of survey respondents shared that prioritizing their health and well-being is a key focus," says Heather Hughes, group vice president and general merchandise manager, health and beauty at Walgreens. "Nearly 40 percent plan to take preventative measures, like getting vaccinated."

To stay on track with their wellness goals, Walgreens offers appointments and walk-ins for flu, COVID-19, RSV¹, pneumonia (pneumococcal) and other routine vaccinations nationwide².

Additional recommendations and supportive products at Walgreens include:

- Bolster the immune system with dietary supplements like [Walgreens Free & Pure Vitamin C with Natural Rose Hips & Citris Bioflavonoid Complex Tablets](#) which contains antioxidants, electrolytes, amino acids and Vitamin C, or [Walgreens Chewable Zinc + Vitamin C Tablets](#) which may support energy metabolism, immune, cardiovascular and bone health.
- Prioritize self-care with products like [Walgreens Lavender Epsom Salt](#), [Walgreens Multipurpose Vibration Therapy Wrap](#) or [Walgreens Sleep Aid De-Stress Gummies](#) to help unwind for a good night's sleep or recover after a productive workout. Prioritizing sleep and healthy eating, regular exercise and minimizing consumption of alcohol and sugar all lend to self-care, reducing stress and a happy and healthy holiday season.
- See a doctor or nurse practitioner online, get a diagnosis and fill prescriptions, if needed, from the comfort of home via [Walgreens Virtual Healthcare](#)³.

Walgreens survey findings also uncovered that this mindset shift towards preventative measures to stay holiday healthy is even higher among younger Americans.

In fact, 75 percent of Gen Z and about 70 percent of Millennial respondents stated that they are more likely to make major changes this holiday season to avoid missing out; however, Gen Z and Millennial respondents find it harder to find affordable health and wellness products compared to older Americans.

"This growing momentum to prioritize health ahead of the holiday season is inspiring and encouraging," notes Hughes. "As schedules get busier, we're dedicated to supporting our customers with convenient, affordable access to health and well-being products and services that fit seamlessly into their lives."

Walgreens offers more than a thousand over-the-counter owned brand products, many of which are included in promotions throughout the holiday season.

For customers seeking health essentials or holiday needs, Walgreens will be open on Christmas Eve (December 24), Christmas Day (December 25) and New Year's Day (January 1). Customers can check the [store locator](#) for their local Walgreens hours, which may vary. Customers looking to schedule a vaccination appointment can do so by using the [Walgreens app](#), visiting [Walgreens.com/ScheduleVaccine](https://www.walgreens.com/ScheduleVaccine) or calling 1-800-WALGREENS.

Walgreens customers may also take advantage of holiday shopping conveniences like Same Day Refill for eligible prescriptions, 30-minute in-store Pickup, or 1-hour Delivery all season long⁴. Personalized photo gifts, stocking stuffers and a wide variety of presents, from toys and beauty options to gift cards and games, will be featured in-store and on [Walgreens.com](https://www.walgreens.com), with many opportunities for customers to take advantage of seasonal promotions ranging from free gifts with qualifying purchases, to doorbuster deals on popular items.

For more information on seasonal promotions, store hours, and gift items, members of the press and media are invited to visit the [Walgreens 2024 Holiday Hub](#).

About Walgreens

Founded in 1901, Walgreens (www.walgreens.com) has a storied heritage of caring for communities for generations, and proudly serves nearly 9 million customers and patients each day across its approximately 8,500 stores throughout the U.S. and Puerto Rico, and leading omni-channel platforms. Walgreens has approximately 220,000 team members, including nearly 90,000 healthcare service providers, and is committed to being the first choice for retail pharmacy and health services, building trusted relationships that create healthier futures for customers, patients, team members and communities.

Walgreens is the flagship U.S. brand of Walgreens Boots Alliance, Inc. (Nasdaq: WBA), an integrated healthcare, pharmacy and retail leader. Its retail locations are a critical point of access and convenience in thousands of communities, with Walgreens pharmacists playing a greater role as part of the healthcare system and patients' care teams than ever before. Walgreens Specialty Pharmacy provides critical care and pharmacy services to millions of patients with rare disease states and complex, chronic conditions.

¹In some states, a prescription from a healthcare provider is required to receive an RSV vaccine at Walgreens.

²Vaccines subject to availability. State, age and health-related restrictions may apply.

³Available in select states

⁴Exclusions and restrictions apply. See [Walgreens.com](https://www.walgreens.com) for details.

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