

Question 4. Aside from telecommuting, when things return to relatively normal, do you see yourself using technology to avoid some trips, (e.g. telemedicine, professional service teleconferencing, grocery delivery, other?) Please explain.

1. **Telemedicine**

- A good question. I'm not sure. If I had health insurance I might use telemedicine to avoid infection for checkups and such.
- Absolutely. I have to drive 45 minutes to 2 hours to medical providers; now with telemedicine, I have had several meetings online and they were just as beneficial; in fact more so because my doctor and I have more time available to spend in conference instead of sitting in waiting rooms, or driving, or having to prepare meals to take to work (doctor) or spend money on lunch because we don't have the time to prepare it wisely. We will eat better!!!! We will be healthier and won't need the doctors as much!!!
- Expect more telemedicine
- I could see using telemedicine sometimes but not always. I don't have access to grocery delivery where I live. We enjoy take out one night a week, including beer and drinks, which would be nice if it continued. We are buying more items online rather than making special trips (change of where we buy things), which might continue.
- I have high hopes for the growth in both the amount and quality of telehealth practice.
- I have tried telemedicine and would only use it for minor things when access was difficult
- I haven't tried telemedicine yet but I'd like to do that in the future if it's an option. Definitely teleconferencing and using zoom. We don't use grocery delivery but we have been using order by phone/email and then curbside pickup and I could see that continuing in situations where we are pressed for time.
- I miss going into shops and seeing people, so I think I'd go back to that pattern. I would consider telemedicine if I was even a little bit sick and didn't want to get others sick - the days of trying to function when sick are over - don't you think? I have mixed feelings about grocery delivery - I would consider it if it meant supporting a new business or using a more eco-friendly option - like delivery of bulk items. I would not, (and am no) however, use large companies like Amazon unless in a pinch. I think my priority will be supporting local businesses and helping them return to normal.
- I predict I will use them about the same, although I may try telemedicine if it is available and appropriate. I have never used it. I video conference for work on a regular basis. The amount varies by client, with some being up to twice a week and others only occasionally. I don't think I will do more grocery delivery, as I like to choose the fruits and vegetables and select from the different options for many products. Browsing and comparing online is so much more cumbersome.
- I would gladly do telemedicine and professional service teleconferencing
- I would take advantage of the ability to use telemedicine . However, I miss running into neighbors at the grocery store in town and prefer in person meetings to the ones we're using now.
- I'd like to use telemedicine and Zoom professional service meeting going forward, yes. These save on time and are convenient to do from home.
- I'd love to be able to teleconference parent/teacher school meetings and medical appointments.

- If it is practical for appointments or conferences, yes -- but not grocery delivery.
- Maybe telemedicine
- Maybe telemedicine - but otherwise, no.
- Maybe telemedicine but that would probably be it.
- Maybe telemedicine. But most exams require a doctors visit
- Perhaps telemedicine.
- possibly more telemedicine and professional meetings
- Possibly telehealth
- Possibly telemedicine and teleconferencing
- Possibly telemedicine if able to do from home for routine check ups. I already use email or telephone for professional services when I can. I will not use technology for grocery shopping until it becomes faster and more reliable with fewer errors.
- Possibly using telemedicine. Definitely teleconferencing for meetings and some family contacts.
- potentially tele medicine. i'd like to explore that.
- Potentially telehealth.
- professional service teleconferencing, maybe telemedicine
- some more medical and other professional services teleconferencing and more organized shopping expeditions
- Teleconferencing, telemedicine (including with vet which we have already been doing), more on-line regular meetings
- telehealth sessions for work
- Telemedicine (just experienced that), no grocery delivery . . . um, can't think of more.
- Telemedicine (that's already happening here).
- Telemedicine has been useful and I can see utilizing that service in the future
- Telemedicine is much more convenient than having to go to the doctor's office. I'd love to keep doing that as possible. Also Professional teleconferencing. Once things go back to normal, I'd like to do my own grocery shopping again.
- Telemedicine is very convenient and I see myself using this for minor questions that arise.
- telemedicine seems good, as does zoom meetings
- Telemedicine would be great.
- Telemedicine would be more convenient
- Telemedicine, maybe. grocery delivery - no - it's more expensive.
- Telemedicine, perhaps.
- Telemedicine, yes. Others, no.
- Telemedicine, yes; delivery of medicines, clothing and other goods.
- What's relatively normal? I anticipate that I will be using telemedicine and distance methods of connecting with professionals.
- Yes - I'm pretty sure I'll never enter a grocery store again. I'm willing to pay a little extra to pick up at the store or have it delivered. After using telemedicine during this time I am also more likely to do so in the future.
- Yes - telemedicine and professional service teleconferencing, less likely for groceries, dining, and social activities
- Yes - telemedicine would be a huge time saver. Not interested in grocery delivery other than the CSA we get - enjoy grocery shopping.
- Yes - telemedicine, teleconferencing

- Yes for teleconferencing and I would consider it for telemedicine. I like to grocery shop for myself.
- yes for telemedicine and professional conferences and meetings
- Yes for Telemedicine and teleconferencing.
- Yes I like the idea of telemedicine. I would prefer not to do grocery delivery as I enjoy having control over my shopping experience.
- yes i see the use of telemedicine to be advantageous
- Yes- some appts can be replaced with telemedicine-type visits instead of in-person visits
- Yes teleconference and telemedicine for sure
- Yes! Particularly telemedicine if available. I have two young children and many of their healthcare needs do not require an in person visit.
- Yes, for telemedicine.
- Yes, hoping to do telemedicine for most appointments.
- Yes, I am hoping that public meetings will continue to be streamed online. I will probably also use some telemedicine.
- Yes, I can absolutely see myself using tech for mental health counseling, telemedicine, and meetings with partner agencies, clients and other providers for case coordination
- Yes, I think telemedicine and teleconferencing makes so much sense,
- Yes, I think the world will never be the same. I suspect telemedicine for example will be much more widespread.
- Yes, I will use technology for telemedicine. I really like that. And I plan to use video teleconferencing more, I see it as an opportunity to reach more people with the trainings I offer and used to do in person only.
- Yes, if the services are available. Telemedicine would be great, grocery shopping possibly.
- Yes, more telemedicine.
- Yes, telemedicine and teleconferencing
- Yes, telemedicine if available
- Yes, telemedicine seems like a great thing and I anticipate using teleconferencing much more for community activity planning and other social activities that would otherwise require people driving substantial distances.
- Yes, would not mind telemedicine at all. Not a fan of grocery delivery unless they improve working conditions for those employees. If I were really sick and could not get out at all , I might use it.
- Yes. During this health crisis I have utilized telemedicine as well as curbside pick up of groceries which I will likely continue.
- Yes. I can foresee more professional service teleconferencing instead of statewide in-person meetings that are short. I would love to do more telemedicine if that is available.
- Yes. I see parts of the healthcare industry catching up with the rest of world around telemedicine and plan to continue using those services.
- Yes. I've already tried telemedicine successfully, same with conference calls, zoom and I WISH we had grocery delivery.
- Yes. Teleconferencing, telemedicine
- Yes. Telemedicine
- yes. telemedicine and some video conferencing may increase due to their convenience
- Yes. Telemedicine is a very interesting opportunity, especially for prescription refills.
- Yes. Telemedicine is one of the silver linings to COVID19. Should have been allowed with providers being paid years ago.

- Yes. Telemedicine,
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2. **Groceries/Shopping**

- Coffee bean delivery.
- Grocery delivery for sure.
- I might continue ordering some essential items (e.g., pet food) on line. I was never a big online shopper before this.
- I would use grocery delivery in a pinch or if I was hosting a party and wanted some last minute items but not enough time, otherwise I enjoy doing my own shopping.
- Maybe ordering groceries for drive up
- Possibly grocery pick-up
- Using it to better access local food supplies.
- **Yes - I'm pretty sure I'll never enter a grocery store again. I'm willing to pay a little extra to pick up at the store or have it delivered. After using telemedicine during this time I am also more likely to do so in the future.**
- Yes - volunteer Board activities, delivery from local businesses
- Yes, for groceries
- Yes, I like curbside and local markets. I haven't been in a store in 8 weeks
- Yes, I will use online local shopping as I have begun to do
- yes, I will use pick-up and delivery more
- More online shopping.
- some more medical and other professional services teleconferencing and more organized shopping expeditions
- Yes, if the services are available. Telemedicine would be great, grocery shopping possibly.
- Yes, online banking, some purchases, remote meetings and conferences, etc.
- Yes, online ordering and curbside pickup
- Yes, perhaps ordering on line because it is becoming more convenient
- Yes, technology can be useful for teleconference meetings & home deliveries.
- yes, teleconference and groceries, not health care unless required
- Yes, we order mainly online for non-grocery. Started using instacart prior to the pandemic. Will continue to use after
- Yes. During this health crisis I have utilized telemedicine as well as curbside pick up of groceries which I will likely continue.
- Yes. I've already tried telemedicine successfully, same with conference calls, zoom and I WISH we had grocery delivery.
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3. **Teleconferencing**

- Business trips will probably shrink in favor of more video meetings
- I am also wondering if teleconferencing will become more common. It probably will.
- I can see more professions developing skills on offering tele- opportunities to conduct business, hold events, etc, so I'm hoping more virtual events will be available in the future.
- I expect more teleconferencing to replace phone calls (voice only communication).

- I hope so! I hope travel conferences are largely rendered ineffective. Technology has the tools to create that space while not requiring so much travel for in-person events/meetings.
- I see we would likely meet more often using teleconferencing with our team and members or at least offering it as an option.
- I would gladly do telemedicine and professional service teleconferencing
- I'd like to use telemedicine and Zoom professional service meeting going forward, yes. These save on time and are convenient to do from home.
- I'd love to be able to teleconference parent/teacher school meetings and medical appointments.
- If it is practical for appointments or conferences, yes -- but not grocery delivery.
- Likely will do more teleconferencing to avoid lengthy commutes to and from distant places.
- maybe -likely more teleconferencing
- more teleconferencing, I would assume, for statewide meetings
- I will continue to use for conferences, organizational work, contracts, etc.
- Perhaps for teleconferencing into meetings, but not for medical appointments or deliveries.
- Perhaps some professional service teleconferencing. We've had occasion to do a lot of telemedicine and I don't find it as effective.
- Perhaps using zoom more for conferences
- Possibly increased use of videoconferencing. That has gone from something I never did to something I do multiple times each day, and I prefer it to phone calls.
- possibly more telemedicine and professional meetings
- Possibly telemedicine and teleconferencing
- Possibly using telemedicine. Definitely teleconferencing for meetings and some family contacts.
- Possibly, it is sometimes easier to use technology for meetings and deliveries
- Potentially using professional service teleconferencing yes, but all others, likely will revert back with the caveat to make fewer trips by better planning needs.
- Probably more professional service teleconferencing. Probably more family gatherings via Zoom. I think there will be less vacation travel by airplanes. I don't take airplanes for work, but I suspect those that do will cut way back.
- Probably more teleconferencing
- Probably only to attend business meetings.
- professional meetings
- Professional service teleconferencing would be great
- professional service teleconferencing, maybe telemedicine
- some more medical and other professional services teleconferencing and more organized shopping expeditions
- Sometimes. teleconferencing is a definite yes. grocery delivery is a no as we are picky about our groceries. I would prefer to see my doctor in person for things like blood pressure and other vital signs which I don't have the equipment for. Otherwise, talking and visual observations can be done via telemedicine.
- Somewhat. More likely for professional services. I I did some telemedicine during CV-19, which was helpful, but under normal times will prefer in-person visits.
- Teleconferencing, telemedicine (including with vet which we have already been doing), more on-line regular meetings

- Teleconferencing. Would also like to attend more professional conferences and trainings online rather than in person (less expense, less time away from my family).
- What's relatively normal? I anticipate that I will be using telemedicine and distance methods of connecting with professionals.
- yes - i can visit some alumni via teleconference instead of flying and driving to meet them
- Yes - teleconferencing.
- Yes - telemedicine and professional service teleconferencing, less likely for groceries, dining, and social activities
- Yes - telemedicine, teleconferencing
- Yes for teleconferencing and I would consider it for telemedicine. I like to grocery shop for myself.
- yes for telemedicine and professional conferences and meetings
- Yes for Telemedicine and teleconferencing.
- Yes teleconference and telemedicine for sure
- Yes to present virtually at school board meetings
- yes, for conversations with service providers like accountants, lawyers, real estate agents. Telemedicine is a necessity at the moment, but far from ideal.
- Yes, I can absolutely see myself using tech for mental health counseling, telemedicine, and meetings with partner agencies, clients and other providers for case coordination
- "Yes, I serve on a couple of Boards, and I would like them to continue to host meetings online, so we don't have to travel to have meetings.
- Yes, I think telemedicine and teleconferencing makes so much sense,
- Yes, I will use technology for telemedicine. I really like that. And I plan to use video teleconferencing more, I see it as an opportunity to reach more people with the trainings I offer and used to do in person only.
- yes, likely more teleconferencing
- Yes, more so with regard to flying. I can see where there may be more preference to try a teleconference for some purposes that used to be done in person.
- yes, more teleconferencing
- Yes, online banking, some purchases, remote meetings and conferences, etc.
- Yes, particularly teleconferencing.
- yes, professional service teleconferencing would open up the whole world
- yes, started using teleconferencing with clients and will continue
- Yes, technology can be useful for teleconference meetings & home deliveries.
- yes, teleconference and groceries, not health care unless required
- Yes, teleconferences and Zoom type meetings with colleagues. Learned that cell phone function while staying home.
- Yes, telemedicine and teleconferencing
- Yes, telemedicine seems like a great thing and I anticipate using teleconferencing much more for community activity planning and other social activities that would otherwise require people driving substantial distances.
- Yes, the building of my faith community (Quaker) is one hour from home. I would participate in more meetings via videoconference. I am thinking harder than ever about how to reduce my carbon footprint.
- Yes. Meetings, webinars, teleconferences.
- Yes. Web-based meetings will increase for work.

- Yes. I can foresee more professional service teleconferencing instead of statewide in-person meetings that are short. I would love to do more telemedicine if that is available.
- Yes. I can see some professional service teleconferencing being helpful.
- Yes. I expect I will travel a bit less for work and rely on teleconferencing.
- Yes. I foresee more meetings happening digitally, as well as routine medical appointments.
- Yes. I have become comfortable with online meetings and webinars.
- Yes. I may conduct more interviews by phone or using other remote technology. I may continue to take advantage of grocery delivery services in the near term, in consideration of current social distancing requirements, which I feel will be effective for the next year or more. BTW I buy locally as much as possible; I support local farms and other local producers and processors, and participate in CSA-type programs.
- Yes. I think the state meetings might turn to virtual meetings.
- Yes. I've already tried telemedicine successfully, same with conference calls, zoom and I WISH we had grocery delivery.
- Yes. Teleconferencing, telemedicine

4. General Wellness

- I have enjoyed virtual yoga because sometimes with my schedule and health it has been hard to attend in person classes. I appreciate the ability for telemedicine, but suspect I may go back to in person meetings. I don't use grocery delivery. I think using teleconferencing will become more regular and allow coordination across offices in the state and beyond.
- Perhaps. I take French classes through the Alliance Francaise, and right now our classes are held via Zoom. I think we all prefer in-person classes, but the experience has led me to consider seeking private classes via Zoom in the future. I haven't done grocery delivery yet, but maybe I would consider it if City Market offered it.
- Yes, the building of my faith community (Quaker) is one hour from home. I would participate in more meetings via videoconference. I am thinking harder than ever about how to reduce my carbon footprint.
- Yes. Being discerning about how I use my time and energy will continue to be my modus operandi, especially as I age.
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