

Asia is adapting to COVID-19 but concerns linger



The current situation in Asia

Changing habits in physical health



40% have exercised more since the start of the pandemic



52% of respondents in Asia prefer outdoor exercise



89% say that they are using, or are open to using, health and wellbeing apps

Rising awareness of mental health



2 out of 3 respondents experienced mental health issues



Depression is the **4th** leading health concern after cancer, heart disease and stroke



64% see regular exercise as a means to improve their mental health

Increasing financial health challenges



2 out of 3 people have savings to last less than a year



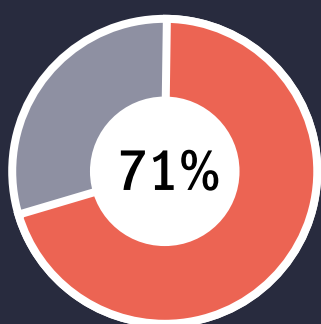
44% of respondents in Asia saw a decline in their monthly income



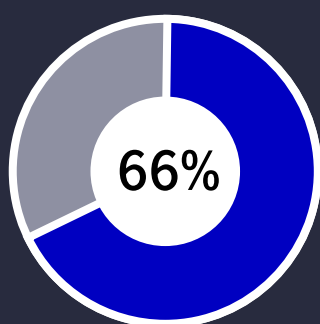
33% cite their main concern is that the local economy will take a long time to recover

Asia's outlook on building resilience and security

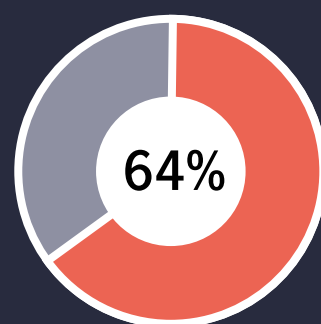
The appetite for insurance remains high



plan to buy new and additional insurance in the next 12 months



find retirement planning important since COVID-19 started



want to purchase simple insurance products online

Top insurance products that people in Asia are looking to buy:

28%
Life

26%
Critical illness

26%
Hospitalisation

28%
Health

In November 2021, Manulife conducted the Asia Care Survey in eight markets – Mainland China, Hong Kong, Indonesia, Japan, Malaysia, Philippines, Singapore, and Vietnam. A total of 8,276 people, aged 25 to 60 years old, were surveyed, including insurance owners and those who did not own insurance, but intend to buy it.