

Event Agenda

6 Sep 2025 (Sat) | 9am – 1:30pm | Marina Bay Sands Expo & Convention Centre Level 4, Roselle Simpor Ballroom

Time	Rundown
8:00	**Registration | Breakfast | Partner Experience Exhibition**
9:00	**Welcome Remarks: Embracing a Future of Longevity and Well-being**  **Steve Finch** President & CEO, Manulife Asia
9:10	**Keynote Panel: Outlive: Redefining the Boundaries of Human Lifespan** From medical breakthroughs and genetic research to lifestyle and digital health innovations, this panel explores how Singapore and the region are shaping a future where people live longer, healthier lives. Hear how public and private sectors are working together to redefine aging and empower individuals to thrive.  **Moderator:** **Steven Chia**, CNA Senior Editor/ Presenter, Mediacorp **Panelists:**  **Jasmin Lau** Minister of State, Ministry of Digital Development & Information and Ministry of Education  **Benoit Meslet** President & CEO, Manulife Singapore  **Harshal Shah** Chief Marketing & Experience Design Officer, Manulife Asia
9:50	**Keynote: From Life Spans to "Living Spans": Purpose, Inclusion and Possibility** We may be living longer, but are we truly living better? As the world becomes increasingly complex and uncertain, how can we prepare ourselves to age well – physically, mentally, socially, and financially? In this keynote, Karen calls for a shift in mindset: from simply extending lifespans, to improving "living spans". Acknowledging that today's ageing journey looks vastly different from generations past, she explores how individuals, communities, and businesses can come together to redefine the ageing narrative and shape a future where everyone can age with dignity, purpose, and joy.  **Karen Ngui** Head of DBS Foundation and DBS Group Strategic Marketing and Communications
10:15	**The Refresh Experience: A New Chapter in Wellness**  **Presenters:** **Benoit Meslet**, President & CEO, Manulife Singapore **Harshal Shah**, Chief Marketing & Experience Design Officer, Manulife Asia **Mark Czajkowski**, Chief Marketing Officer, Manulife Singapore & Chief AI Officer, Manulife Asia **Koh Hui-Jian,** Chief Executive Officer, Manulife Investments Singapore
10:25	**Break** **& Partner Experience Exhibition**

Last update: 2 September 2025

Manulife

BY INVITATION ONLY

Manulife *Longevity* Symposium

	Breakout: LONGEVITY PLANNING	Breakout: HEALTH AND WELLNESS
10:40	**Panel discussion: Unveiling the Truth: Busting Myths About Longevity** We challenge common misconceptions about what it takes to live a long, healthy life. From the belief that longevity is purely genetic, to the idea that only the wealthy or elderly need to think about it, our panel will explore how lifestyle, mindset, and accessible choices play a far greater role than many realize.  **Moderator:** **Steven Chia**, CNA Senior Editor/ Presenter, Mediacorp **Panelists:**  **Prof Andrea B. Maier** Oon Chiew Seng Professor of Medicine at National University of Singapore, Co-Founder of Chi Longevity  **A/Prof Jeremy Lim** Co-Founder and CEO of AMILI  **Steve Finch** President & CEO, Manulife Asia	**The Silent Organ: Rethinking Brain Health as the Heart of Longevity** Longevity isn't just about living longer—it's about staying mentally and emotionally well as we age. This session highlights the brain as the "silent organ" of aging, where cognitive flexibility, emotional resilience, and purpose are key to quality of life. Learn actionable steps to support brain health early on—like managing stress, staying socially connected, living healthily, and addressing risks for depression and cognitive decline.  **Dr David Teo** Senior Consultant Psychiatrist at Connections MindHealth, Novena Medical Center
11:10	**Panel Discussion: Rewriting Cancer Care: How Cancer care is being transformed by technology.** This expert panel explores innovations—from liquid biopsies to AI diagnostics and robotic surgery—reshaping detection, treatment, and recovery across the cancer journey.  **Moderator:** **Steven Chia**, CNA Senior Editor/ Presenter, Mediacorp **Panelists:**  **Dr Nantha Kumar** Head of Medical Affairs, AMEA (Asia, Middle East & Africa), Guardant Health  **Dr Tanujaa Rajasekaran** Senior Consultant, Medical Oncologist, Parkway Cancer Centre  **Dr/Adjunct Associate Professor Koong Heng Nung** Thoracic, Breast and Surgical Oncologist, Gleneagles Hospital	**Panel discussion: Surviving and Thriving: Transforming Experiences into Lifelong Wellness** Illness survivors share how their experiences shaped their approach to longevity—highlighting resilience, wellness, and personal strategies for living longer, healthier lives.  **Moderator:** **Yasminne Cheng**, Mediacorp Personality **Panelists:**  **Stephanie Low** Educator, Public Servant  **Mohammad Sumantrie Ismail** Personal trainer  **Noren Suseno** Breast Cancer Advocate and Retired Adult Educator
11:40	**Break** **& Partner Experience Exhibition**	

Manulife

BY INVITATION ONLY

Manulife *Longevity* Symposium

	Breakout: LONGEVITY PLANNING	Breakout: HEALTH AND WELLNESS
11:55	**Panel discussion: Bridging Generations: Perspectives on Preparing for a Longer Life** This fireside chat unites voices across generations to explore longevity—how we view longer lives, the challenges and opportunities, and how to prepare for a fulfilling, healthy future.  **Moderator:** **Reggie Koh,** Chief Financial Coconut, The Financial Coconut **Panelists:**  **Vanessa Ho** Host, Startup Investor, Creator  **Eugene Lim** CEO The Assembly Place  **Dr Chong Poh Heng** Medical Director, HCA Hospice	**Panel discussion: The Secret to live longer and healthier** Active senior Singaporeans share their secrets to longevity—from personal habits to cultural and community practices—offering insights into living a healthy, fulfilling life.  **Moderator:** **Yasminne Cheng**, Mediacorp Personality **Panelists:**  **Ong Bee Yan** Senior model/talent, Founder of Fashion for Cancer Ltd.  **Kwong Kok Chan** Deputy General Manager, Special Projects, PacificLight Power Pte Ltd
12:20	**Retirement Planning = Longevity Planning? Navigating the Path to a Secure and Fulfilling Future** Explores how increased life expectancy is transforming retirement into a dynamic phase of life. It emphasizes the need for comprehensive planning that addresses financial stability, health, and lifestyle to ensure fulfilment.  **Koh Hui-Jian** Chief Executive Officer, Manulife Investments Singapore	**Movement as Medicine: The Lifelong Power of Exercise for Health and Longevity** Regular physical activity acts as powerful medicine—boosting mental health, preventing disease, and promoting longevity. Speaker will share evidence-based strategies for healthy aging across generations.  **Dr Fadzil Hamzah** Senior Staff Physician, Sport and Exercise Medicine, Changi General Hospital; Operational Lead, Singapore Sport and Exercise Medicine Centre, Singapore General Hospital; Deputy Director (Health Promotion and Disease Prevention), SingHealth Office of Regional Health, SingHealth; Director (Community), SingHealth Duke-NUS Sport and Exercise Medicine Centre; Director (Community Programmes), Exercise Is Medicine Singapore
12:45	**Break &** **Partner Experience Exhibition**	
1:00	**Keynote: The Age of Optimized Ageing: Extending Healthspan and Lifespan with Everyday Data** Small habits. Smart data. Better lives. Join Prof Ho, co-author of *Medicine Without Meds*, to discover how digital tools and daily routines—like sleep, nutrition, and exercise—can personalize health, slow aging, and extend both lifespan and healthspan.  **Prof Dean Ho** Provost's Chair Professor, Director, The N.1 Institute for Health (N.1), Director, The Institute for Digital Medicine (WisDM), Head, Department of Biomedical Engineering, National University of Singapore (NUS)	
1:25	**Closing remarks**  **Harshal Shah** Chief Marketing & Experience Design Officer, Manulife Asia	
1:35	**Lucky Draw**	
1:40	**Lunch | Partner Experience Exhibition**	
2:30	**End of Event**	

Manulife

BY INVITATION ONLY

Manulife *Longevity* Symposium

SPEAKERS' PROFILE



Steve Finch
President & CEO, Manulife Asia
Steve is leading the company's operations across 11 markets. With over three decades at Manulife, his leadership has been instrumental in driving Manulife's IFRS transition, actuarial modernization, and strategic growth. Steve's impact has been pivotal in strengthening Manulife's position as a leading insurer and wealth manager across the Asia region.



Benoit Meslet
President & CEO, Manulife Singapore
Benoit leads Manulife's business operations in Singapore. He was previously CEO of Manulife Japan and BNP Paribas Cardif Life Korea. With over 20 years of experience in Asia, Benoit brings a collaborative leadership style and a strong track record of business transformation and delivering sustained, profitable growth.



Prof Andrea B. Maier
Oon Chiew Seng Professor of Medicine at National University of Singapore, Co-Founder of Chi Longevity
Professor Andrea B. Maier is a renowned clinician scientist and global expert in ageing, longevity, and age-related diseases. With 440+ peer-reviewed publications, she advises the UN, WHO, and Hevolution. As Founding Past President of the Healthy Longevity Medicine Society, she helps shape the future of longevity medicine worldwide.



Dr David Teo
Senior Consultant Psychiatrist at Connections MindHealth, Novena Medical Center
Dr Teo is experienced in providing holistic, personalised care for a broad range of mental health conditions across all ages. His clinical interests include child and youth mental health, ADHD, mood and anxiety disorders, occupational wellness, and psychological aspects of medical illness.



Harshal Shah
Chief Marketing & Experience Design Officer, Manulife Asia
Harshal Shah oversees marketing, digital, and customer experience across 10 markets. Backed by 22 years of industry experience and regional leadership, he plays a strategic role in advancing Manulife's customer-first agenda and accelerating its digital evolution across Asia.



Karen Ngui
Head of DBS Foundation and DBS Group Strategic Marketing and Communications
As a purpose-driven bank, DBS is committed to being a force for good. Karen heads the DBS Foundation, which uplifts lives and livelihoods of vulnerable communities and is key in bringing this to life. With ageing societies an increasingly urgent concern, she is spearheading the Foundation's efforts to challenge and shift traditional mindsets around ageing, spark innovation, and shape a future where everyone can age well with dignity, purpose, and joy. Karen was instrumental to the Foundation's formation in 2014 and serves as one of its founding Board members. She has 38 years of experience and joined DBS in 2005 as Head of Group Strategic Marketing & Communications. Prior to that, she was Global Head of Brand Management at Standard Chartered Bank.



A/Prof Jeremy Lim
Co-Founder and CEO of AMILI
AMILI is the Southeast Asia's first gut microbiome company. A surgeon and public health expert, A/Prof Lim has held leadership roles in government and consulting. Jeremy advises global health tech initiatives and serves on boards of charities and social enterprises across the region.



Dr Nantha Kumar
Head of Medical Affairs, AMEA (Asia, Middle East & Africa), Guardant Health
Dr. Nantha Kumar is a physician with 12+ years of global oncology leadership. He has led pivotal trials in colorectal and liver cancers across continents and held senior roles at Bayer, GSK, Celgene, and Ipsen, advancing precision cancer care worldwide.

Manulife *Longevity* Symposium

SPEAKERS' PROFILE



Dr Tanujaa Rajasekaran
Senior Senior Consultant, Medical Oncologist, Parkway Cancer Centre
Dr Tanujaa Rajasekaran is experienced general medical oncologist, with subspecialty in lung, genitourinary, breast, head and neck cancers. Prior to PCC, she was a consultant at NCCS and medical director of oncology unit in CGH. She is actively involved in medical education and research. A recipient of multiple awards, she represents Singapore in international medical oncology societies.



Dr/Adjunct Associate Professor Koong Heng Nung
Thoracic, Breast and Surgical Oncologist, Gleneagles Hospital
Dr Koong specializes in thoracic, breast, and general surgery. Formerly chief thoracic surgeon at NCCS, he trained at Memorial Sloan Kettering Cancer Centre. An educator and public health advocate, he founded Tobacco Free Generation International and led pandemic responses in Singapore.



Stephanie Low
Educator, Public Servant
Stephanie is an educator and trainer with 15+ years in education and 20 in hospitality. At her current role, she delivers dynamic training in communication and service excellence. A cancer survivor and avid runner, she inspires others through resilience, positivity, and a passion for lifelong learning.



Mohammad Sumantrie Ismail
Personal Trainer
Sumantrie, 39, suffered severe spinal injuries in 2017 and later a minor stroke, leading to significant weight loss and chronic pain. With persistence and reliance on physical training at the gym, he gradually regained his health over a few years and is now a part-time personal trainer.



Noren Suseno
Breast Cancer Advocate and Retired Adult Educator
Noren, 65, survived a near-paralyzing accident in 1986, was widowed at 46, and raised two daughters alone. Diagnosed with breast cancer in 2017, she overcame it with her AAA philosophy: Accept, Adapt, Act. Her resilience fuels her joy, helping her embrace life's challenges and celebrate every moment.



Reggie Koh
Chief Financial Coconut, The Financial Coconut
Reggie is the founder and host of *The Financial Coconut*, Singapore's leading personal finance podcast. A passionate creator and entrepreneur, he transforms complex money matters into relatable insights, empowering audiences to take charge of their financial and mental well-being through engaging, data-driven storytelling.



Vanessa Ho
Host, Startup Investor, Creator
Vanessa is the co-founder of Fintech Nation, she backs early-stage startups across Southeast Asia. With a background in media and entrepreneurship, she blends creativity and strategy to support founders, build communities, and champion innovation.



Eugene Lim
CEO The Assembly Place
Eugene is a passionate entrepreneur, he transformed the local rental landscape by creating vibrant, community-driven living spaces. His leadership reflects Gen X's drive for purpose, growth, and meaningful impact.

Manulife

Manulife *Longevity* Symposium

SPEAKERS' PROFILE



Dr Chong Poh Heng
Medical Director, HCA Hospice
Dr Chong is Medical Director of HCA Hospice and founder of Star PALS, Singapore's first community paediatric palliative care service. A pioneer in compassionate care, he advocates for dignity at life's end and empowers families through holistic, home-based support.



Ong Bee Yan
Senior model/talent, Founder of Fashion for Cancer Ltd.
Ong Bee Yan, 67, is a senior model/talent, and passionate advocate for purposeful aging. Her unexpected journey into modelling began at 63, challenging age norms and personal fears. As the founder of Fashion for Cancer (a charity event) and grandmother of 3 adorable grandchildren, she inspires older adults to embrace self-care, confidence, and contribution through her vibrant, values-driven lifestyle.



Kwong Kok Chan
Deputy General Manager (Special Projects), PacificLight Power
Mr Kwong, 72, embraced a healthy lifestyle after discovering a genetic risk for high blood sugar. Despite bronchiectasis, he remains active through daily walks, weekend jogs, and strength training. With over 45 years in the power industry, he works at PacificLight Power and teaches regularly at a power engineering institute.



Koh Hui-Jian
Chief Executive Officer, Manulife Investments Singapore
Hui-Jian leads the firm's corporate strategy and oversees the wealth and asset management business. She also serves as an Advisory Member of the Financial Planning Association of Singapore (FPAS), contributing her extensive expertise to the broader financial planning community.



Dr Fadzil Hamzah
Senior Staff Physician, Sport and Exercise Medicine, Changi General Hospital; Operational Lead, Singapore Sport and Exercise Medicine Centre, Singapore General Hospital; Deputy Director (Health Promotion and Disease Prevention), SingHealth Office of Regional Health, SingHealth; Director (Community), SingHealth Duke-NUS Sport and Exercise Medicine Centre; Director (Community Programmes), Exercise Is Medicine Singapore
Dr. Fadzil practises at Changi General Hospital's Department of Sport and Exercise Medicine and operationally leads the Singapore Sport and Exercise Medicine Centre at Singapore General Hospital. He looks after the health and well-being of our national athletes at Singapore Sports Institute. He also holds many key administrative roles, including Deputy Director at SingHealth and Director at SingHealth Duke-NUS Sport and Exercise Medicine Centre as well as Exercise is Medicine Singapore. Passionate about population health, he works closely with many national agencies and community partners to develop and lead various initiatives that promote physical activity, sports, health and fitness in the community.



Prof. Dean Ho (Ph.D.)
Provost's Chair Professor, Director, The N.1 Institute for Health (N.1), Director, The Institute for Digital Medicine (WisDM), Head, Department of Biomedical Engineering, National University of Singapore (NUS)
Prof. Ho is Provost's Chair Professor at NUS and Director of WisDM and The N.1 Institute for Health. He pioneers AI-driven platforms like CURATE.AI and IDentif.AI for personalized medicine and public health. A global thought leader, he also advises the WHO on AI regulation for healthcare.