

STATE OF WELLNESS IN SINGAPORE

Holistic wellness refers to health and wellbeing across five major facets: physical, financial, mental, spiritual and social.

Of these, mental, physical and financial wellness are the three key pillars driving holistic wellness. AIA's study tabulated valuable insights on how Singaporeans fared in these aspects.

Based on our respondents' current state of wellness, motivation, commitment, and goal-setting, people in Singapore were given a Holistic Wellness Score of

61.7/100

3 IN 5



are concerned about **MENTAL HEALTH** issues

Common mental stressors i.e. finances — can be managed with proper planning and coverage

1 IN 5



of those aged 35–44 suffer from **DEPRESSION**

Mental health treatments are more affordable and accessible than people think

3 IN 5



consumers are most concerned about developing an **ILLNESS** in the future

Long-term planning can prepare people for the potential impact of illnesses

2 IN 5



More than of those aged 35–55 think they are not **FIT ENOUGH**

Goal-setting and rewards serve as motivation for individuals to exercise more

2 IN 5



who have not done **FINANCIAL PLANNING*** don't know where to start

*In the last 12 months

Financial planning tools can provide a useful starting point

3 IN 5



of those aged 35–55 find it hard to achieve **PHYSICAL WELLNESS**

Almost A wellness programme designed to target different aspects of physical health can move people towards their goals

TAKE CHARGE OF YOUR WELLBEING

AIA Singapore is committed to supporting customers in achieving their holistic wellness goals.

This drove us to create **AIA Health360**, a suite of wellness solutions designed to address the physical, financial and mental wellness needs of customers.

AIAhealth360

plan well | protect well | be well | live well

PLAN WELL

with My AIA SG app and SGFinDex

Unlock financial insights and get an overview of your finances on My AIA SG app, so you can plan better.

Over one million people in Singapore have benefitted from AIA's health and financial planning for over 90 years.



PROTECT WELL

with comprehensive insurance solutions

Review your insurance portfolio regularly with your AIA insurance representative, so your coverage is always up to date.



BE WELL

with My AIA SG app

Access to a full span of healthcare services:

- On-demand teleconsultation with WhiteCoat.
- Appointment with specialists from AIA Healthcare Partners within a day.
- Professional advice for serious medical conditions via Teladoc Health.
- Added financial assurance with pre-authorisation.
- Fast payouts with digital claims.



LIVE WELL

with AIA Vitality

AIA Vitality is a wellness programme that tracks your health and rewards you for achieving your health goals.

The programme boasts a track record of enabling positive behavioural changes in members since its launch in Singapore in 2013.



Learn more about **AIAhealth360** via our website

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aia.com.sg/aiahealth360