

# STATE OF WELLNESS IN SINGAPORE

At AIA, we are committed to helping you achieve holistic wellness, which encompasses physical, financial, mental, spiritual, and social health.

To this end, we conducted the AIA Live Better Study to gain insights into the wellness journey of Singapore consumers and how we can step up to better support our customers.

The overall state of wellness, represented by the **Wellness Index Score**, has seen a slight dip of 0.2 from 2023, scoring **61.5/100** in 2024.

## 3 in 5

believe they need or may need resources or support for mental wellness

What might be helpful?

Affordable services 66%

Access to services 53%

Workplace initiatives 51%



## 1 in 2

indicated that physical wellness is more important to them in 2024.

60% are highly committed to spending time and effort to eat healthily

## 7 in 10

are struggling to achieve financial wellness

Only 29% have emergency funds sufficient to cover 6 months or more of their expenses



## Be Well

with **WhiteCoat** mental wellness services

With psychologists and psychiatrists' services available both in-clinic and via teleconsultation, you can now receive the support you need at your convenience!

## Live Well

with **AIA Vitality**

Take charge of your health by making healthier lifestyle choices and get rewarded for staying active with AIA Vitality!

## Plan Well

with **SGFinDex** and **AIA Plan360** on **AIA+**

Imagine having a crystal-clear picture of your finances, and a roadmap to achieving your life goals. That's exactly what we are here to help you with!