

We are living longer, but are we living our later years in good health?

Living beyond 80, and even up to 100, is a possibility for many now. Yet, over half worry about the health challenges that may come with them. A proactive approach to prevention, planning ahead and building the support is needed to thrive throughout longer lives.

HEALTHSPAN GAP

80.2 years

Expected Lifespan

VS

70.2 years

Expected Healthspan

~10 years

Healthspan Gap

Key concerns toward living longer

1

Suffering from pain, illness or disability

67%

2

Cognitive decline/ loss of memory

59%

3

Reduced mobility/ safety

59%

50%



Deal with health issues only after they arise

44%



Go for regular health check-ups

Living well for longer means staying healthy, connected, and purposeful

Healthy ageing goes beyond physical health. It includes resilient mental wellbeing, sustainable financial security, strong social connections and a continued sense of purpose.

88%

Mental wellbeing is just as important for living a long, fulfilling life



87%

Financial security is essential to ageing well



80%

Maintaining a **sense of purpose or identity** is important as I age



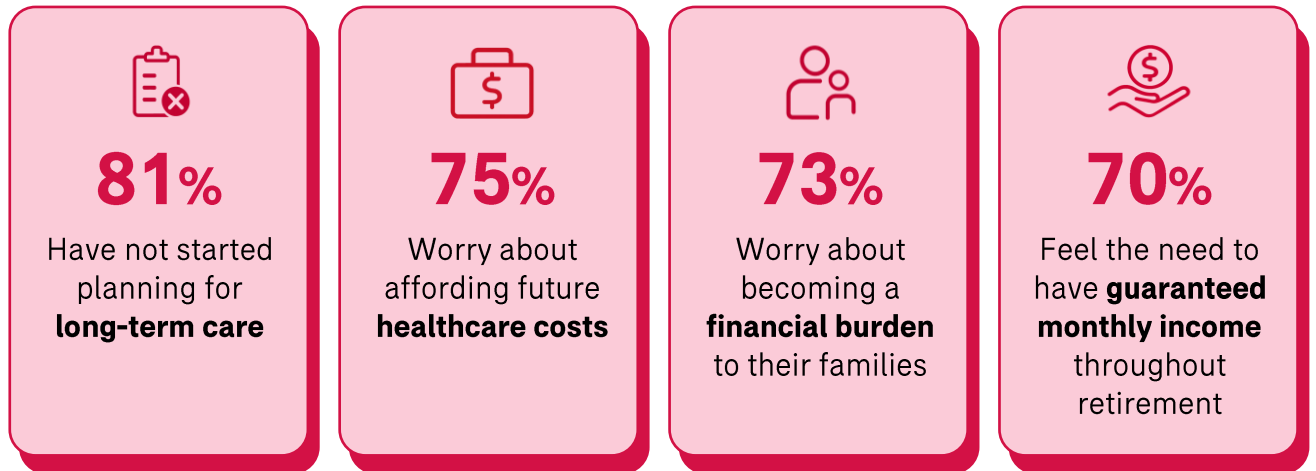
72%

Having **strong social relationships** helps me live a longer and healthier life



Living longer, healthier lives calls for proactive financial and long-term care planning

Planning ahead for the future gives more confidence in addressing concerns around healthcare costs, long-term care needs and helps build financial resilience.



Purposeful longevity is a shared effort and responsibility

Individuals play the leading role in shaping their health and wellbeing, but they cannot do it alone. Family members, government, employers, healthcare providers and insurers contribute to building an environment that supports everyone to live their best life even in their later years.

85%

Believe responsibility for purposeful longevity lies primarily with the **individual**



Key support needs

