



友邦保險控股有限公司
香港中環干諾道中一號
友邦金融中心三十五樓

AIA Group Limited
35/F, AIA Central
1 Connaught Road Central
Hong Kong
T: (852) 2832 6166
F: (852) 2838 2005
AIA.COM

Media Release

AIA RESEARCH REVEALS HONG KONG FACING CRITICAL ILLNESS “FINANCING GAP”

AIA Healthy Living Index 2018 also shows Hong Kong respondents least likely to have had medical check-up in past 12 months

[HONG KONG, 29 MAY 2018] – People across Hong Kong potentially face a considerable “financing gap” in their ability to pay for critical illness treatment, according to new AIA research.

The 2018 AIA Healthy Living Index survey shows that the financial burden of critical illness (such as cancer, heart disease, diabetes or other serious conditions) is a major worry.

In Hong Kong, 39 per cent of people are concerned about the potential costs of critical illness. When asked to estimate the costs of treatment for cancer they expect they would have to bear, 44 per cent estimate an amount that would cause serious financial implications for them.

The concern is justified when the expected financing gap is taken into account. For cancer treatment, respondents expect an average shortfall of 23 per cent of the costs they would have to bear.

Across all respondents in Hong Kong, the financing gap drops to 17 per cent for heart disease and 12 per cent for diabetes treatment costs.

Overall, the satisfaction of people in Hong Kong with their health and habits has improved since the previous AIA Healthy Living Index in 2016. Seventy-six per cent of respondents are satisfied with their health, up slightly from 74 per cent in 2016. However, only 56 per cent rate themselves positively on the amount of exercise they are getting, and only 48 per cent are satisfied with the frequency of their medical check-ups – down fifteen percentage points from 2016.

That said, people are increasingly likely to behave more healthily. On average, respondents claim to do 3.0 hours of exercise each week – an increase from 2.4 hours claimed in 2016.

People in Hong Kong are more likely to report having had a medical check up in the past 12 months in the 2018 survey (34 per cent) than in 2016 (29 per cent). Despite this, people in Hong Kong are the least likely to have had a medical check-up out of all the 16 markets in the survey.

The survey also shows that people in Hong Kong find some healthy habits hard to sustain. Only 46 per cent of those who have ever tried a diet programme continue to use one now. Only 52 per cent of those who have ever tried cutting down on carbohydrates such as rice, noodles and bread continue to do so.

People in Hong Kong also undertake healthy behaviour for a variety of reasons. They are most likely to start eating healthy food in order to reduce the risk of critical illness (51 per cent), but are most likely to start exercise to look better (56 per cent).

Meanwhile, technology is proving a positive force for change. Most people (57 per cent of all respondents in Hong Kong) consider health and activity tracking technology to be easy to use

and 54 per cent think these devices motivate positive changes in behaviour. That said, almost one in three (30 per cent) who have tried such trackers have stopped using them.

Commenting on the Survey, Mr Peter Crewe, Chief Executive Officer of AIA Hong Kong & Macau said: “The Hong Kong findings indicate that while people are increasingly likely to behave more healthily, they find it hard to sustain healthy habits. Recognising technology as a positive force for change, we are confident that the ‘AIA Vitality’ wellness programme will continue to play a critical role in promoting healthy living. The programme is designed to encourage and reward our customers for embarking on and continuing with their pursuit of a healthy lifestyle with the aid of technology. This fulfils our commitment to delivering on our brand promise to help people live healthier, longer, better lives.”

Please see our full regional report for more detail on the research findings by clicking on the following link: <https://www.aia.com/en/healthy-living/aia-healthy-living-index.html>

The AIA Healthy Living Index surveyed 11,000 adults in 16 of our markets and was commissioned by AIA and conducted by IPSOS, a leading consumer research company.



(From left to right) Mr. Peter Crewe, Chief Executive Officer of AIA Hong Kong and Macau, Mr. Jacky Chan, Regional Chief Executive of AIA Group; and Mr. Stuart A. Spencer, Group Chief Marketing Officer reveal the key findings of The AIA Healthy Living Index Survey 2018.



Mr. Jeremy Pang, Chef and Founder of London-based School of Wok, demonstrated how to make a healthy dim sum – Cod, Kale & Pine Nut Fun Gor.

- End -

About the AIA Healthy Living Index

The 2018 AIA Healthy Living Index is the fourth Asia-Pacific wide survey on health and wellbeing AIA has conducted since 2011.

The survey findings highlight prevailing health trends and indicate areas in which individuals and communities can move towards sustaining more healthy lifestyles.

The Asia-Pacific region is experiencing rapid growth in demand for quality healthcare that outstrips the development of resources and infrastructure. This phenomenon is creating significant opportunities for innovative technology and healthcare funding solutions to improve the quality and availability of care across the region.

For the 2018 Index we carried out surveys among 11,000 adults in 16 of our markets — Australia, Cambodia, mainland China, Hong Kong, India, Indonesia, Korea, Macau, Malaysia, New Zealand, the Philippines, Singapore, Sri Lanka, Taiwan, Thailand and Vietnam.

In addition to producing the AIA Healthy Living Index itself, which measures consumers' satisfaction with their health and wellness behaviours, the 2018 Survey had several additional objectives. In each market, we wanted to find out:

- How the issue of financing healthy activities and medical treatment affects people's ability to live healthily;
- What motivates people to adopt healthy behaviours, what factors make it hard for them to sustain them, and how they can make sustainable changes to adopt a more healthy lifestyle;
- What role technology is playing in people' attempts to adopt healthier habits.

Learn more by following this link: <https://www.aia.com/en/healthy-living/aia-healthy-living-index.html>

About AIA

AIA Group Limited and its subsidiaries (collectively “AIA” or the “Group”) comprise the largest independent publicly listed pan-Asian life insurance group. It has a presence in 18 markets in Asia-Pacific – wholly-owned branches and subsidiaries in Hong Kong, Thailand, Singapore, Malaysia, China, Korea, the Philippines, Australia, Indonesia, Taiwan, Vietnam, New Zealand, Macau, Brunei, Cambodia, a 97 per cent subsidiary in Sri Lanka, a 49 per cent joint venture in India and a representative office in Myanmar.

The business that is now AIA was first established in Shanghai almost a century ago in 1919. It is a market leader in the Asia-Pacific region (ex-Japan) based on life insurance premiums and holds leading positions across the majority of its markets. It had total assets of US\$216 billion as of 30 November 2017.

AIA meets the long-term savings and protection needs of individuals by offering a range of products and services including life insurance, accident and health insurance and savings plans. The Group also provides employee benefits, credit life and pension services to corporate clients. Through an extensive network of agents, partners and employees across Asia-Pacific, AIA serves the holders of more than 30 million individual policies and over 16 million participating members of group insurance schemes.

AIA Group Limited is listed on the Main Board of The Stock Exchange of Hong Kong Limited under the stock code “1299” with American Depositary Receipts (Level 1) traded on the over-the-counter market (ticker symbol: “AAGIY”).

Contacts

AIA Group		AIA Hong Kong	
Allister Fowler	+852 2832 1978	Gloria Chiu	+852 2881 4092
Emerald Ng	+852 2832 4720	Esther Chan	+852 2100 1416