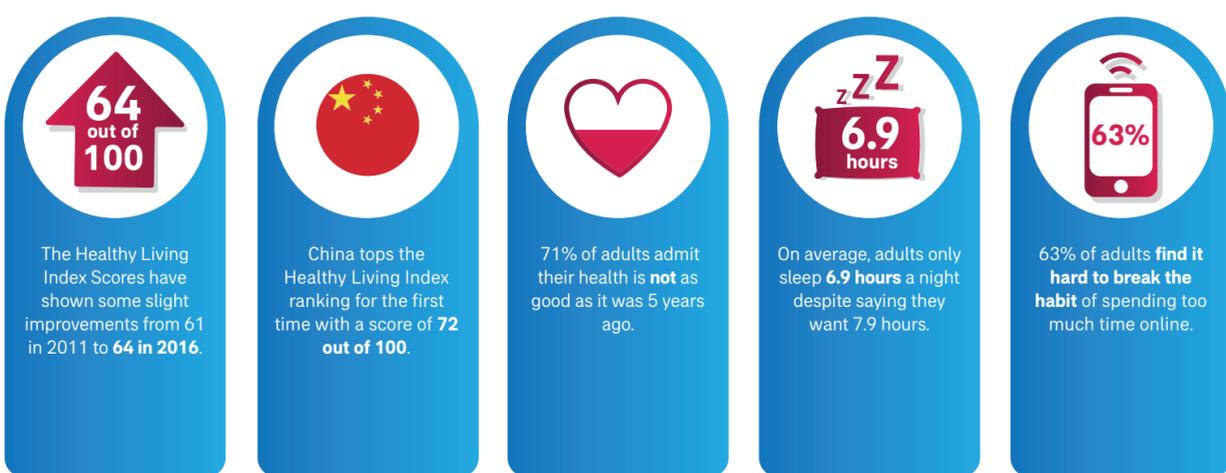


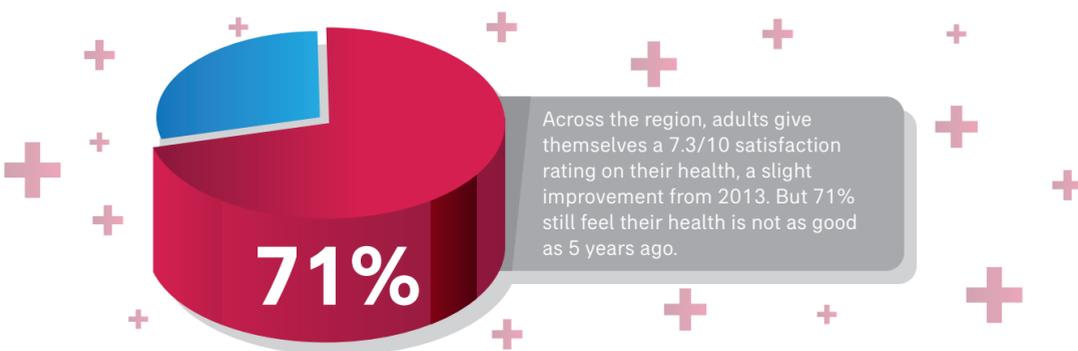
# KEY REGIONAL FINDINGS

**AIA Healthy Living Index** measures consumers' satisfaction with their health and wellness behaviours. We surveyed a total of **10,316 adults** across **15 markets in Asia Pacific**.

## Key highlights



## 1 Poorer health across the region

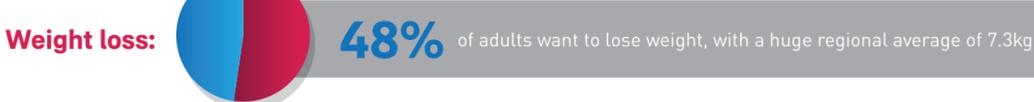


## 2 High awareness of the need for behaviour change

### Health awareness:

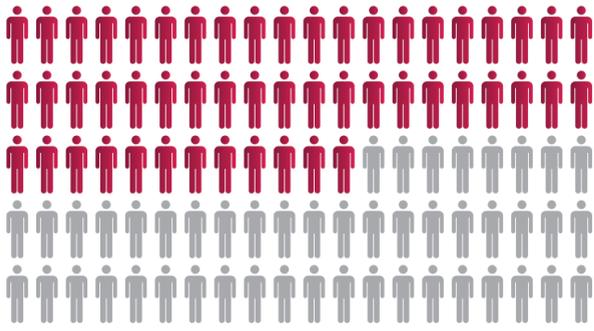


### Main health concerns:



## 3 Despite high awareness, people are not taking enough actions to help themselves

Only 52% of adults in the region had a medical check in the last 12 months



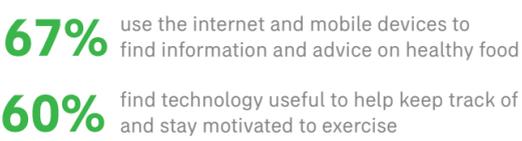
**Hong Kong** and **India** have the lowest number of medical check-ups at **29%**, way behind **China** who lead the way with **71%**.

Knowledge about eating healthily is still fairly basic:

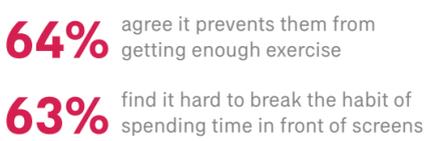


## 4 Technology is making an impact on healthy living

### For the good:



### For the bad:

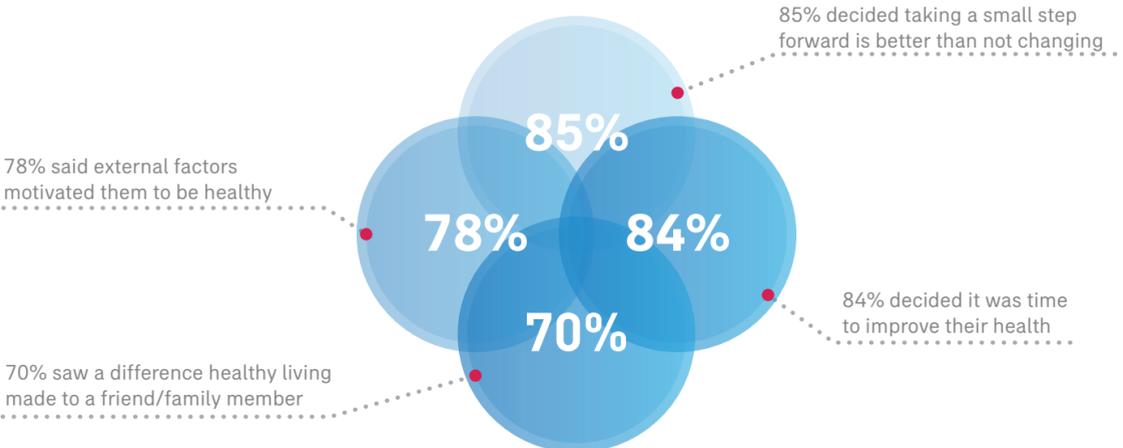


**3 hours**

the average number of hours adults in Asia spend online for **non-work purposes**

## 5 A change in behaviour is emerging

The desire to make a change is likely to be self-driven



## 5 key drivers of healthy living



Getting sufficient sleep



Exercising regularly



Eating healthily



Maintaining a positive mindset



Knowing how to reduce stress