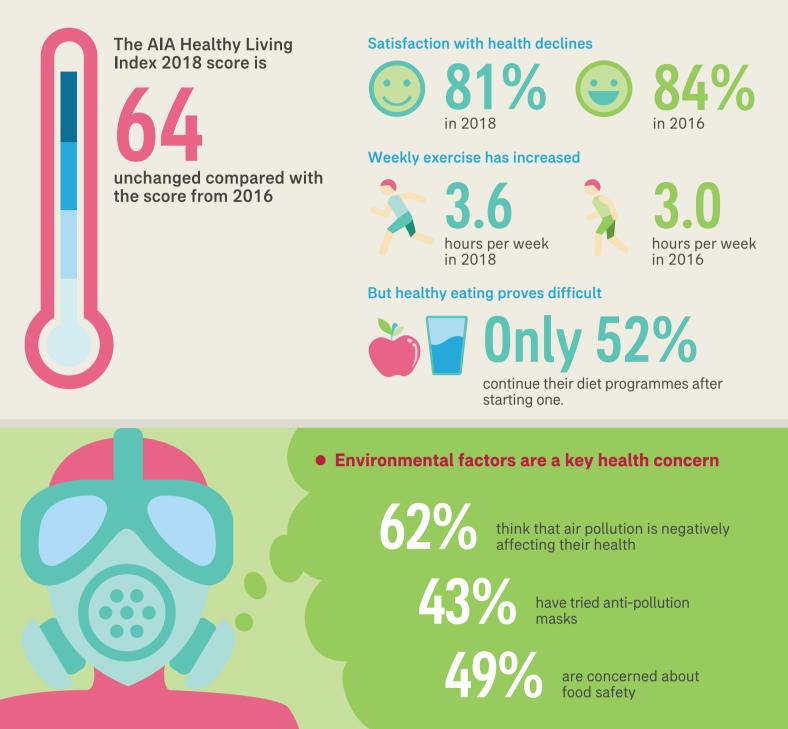
The AIA **Healthy Living Index 2018**



Key Regional Findings

AIA has been asking about people's attitudes to health since 2011 and this year surveyed 11,000 people in Australia, Cambodia, mainland China, Hong Kong, India, Indonesia, Korea, Macau, Malaysia, New Zealand, the Philippines, Singapore, Sri Lanka, Taiwan, Thailand and Vietnam.

People are less satisfied with their health, but they are adopting more healthy behaviours



Activity trackers can help people be healthy

"Activity trackers are easy to use"



"Activity trackers motivate



me to make positive changes to my behaviour"

• The cost of maintaining health is also a concern



are concerned about the potential costs of critical illnesses



estimate that the cost of cancer treatment would cause serious financial implications for them

People identified a financial shortfall of



in their ability to pay direct cancer treatment costs

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