

CIGNA 360° WELL-BEING SCORE 2014

HONG KONG

01

THE 'FACES OF WELL-BEING' IN ASIA



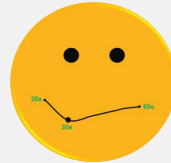
HONG KONG
Double-dips in 40's and 60's



CHINA
The Worry-free 20's and Happy 60's



THAILAND
'Land of Smiles' and the Happy 60's



SOUTH KOREA
The Struggling 30's

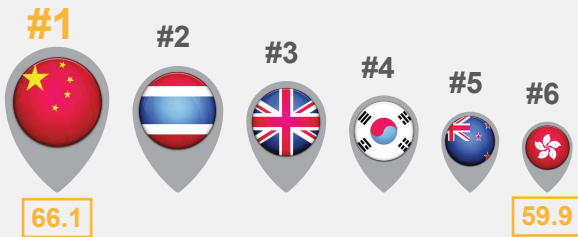


NEW ZEALAND
40's Angst

02

CIGNA 360° WELL-BEING SCORE RANKING

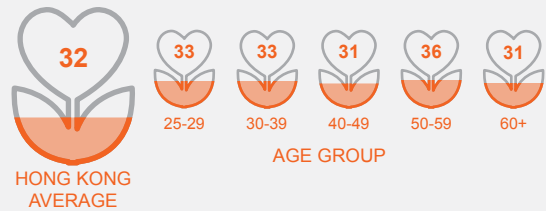
China ranks first in the 360° Well-being Score with Hong Kong placing last.



03

SELF-ASSESSMENT OF HEALTH AND WELL-BEING

Less than a third of Hong Kongers are optimistic regarding their health and well-being.

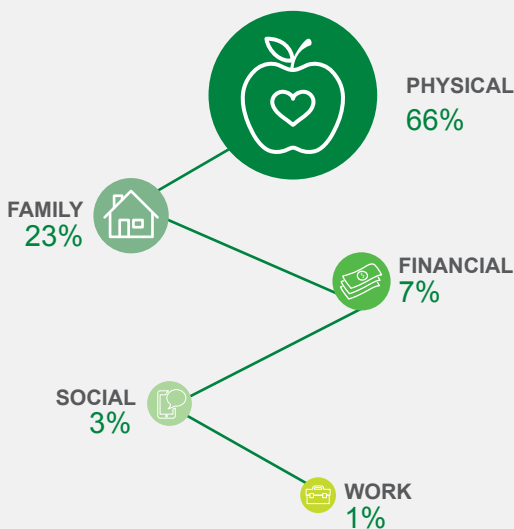


Excellent / Very Good

04

IMPORTANCE

Importance of physical health and well-being is placed much higher than other categories.



05

FINANCIAL HEALTH PERFORMANCE

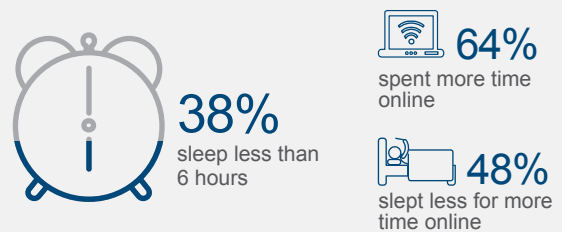
Hong Kongers are financially stressed with only:



06

INSUFFICIENT SLEEP

Close to 40% sleep six hours or less, sacrificing sleep time for more time online.



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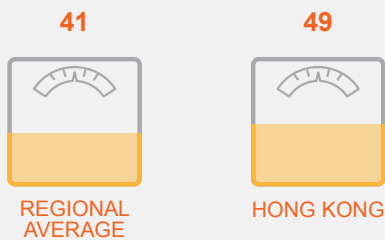
HONG KONG


In fact, Hong Kongers are doing far better than they think.

WEIGHT

In terms of weight, Hong Kong is better than the regional average.

07

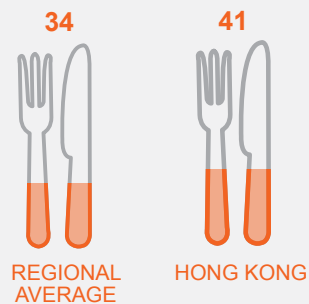



 Normal weight

DIETARY HABITS

More Hong Kongers only eat at regular meal times, far better than the regional average.

08

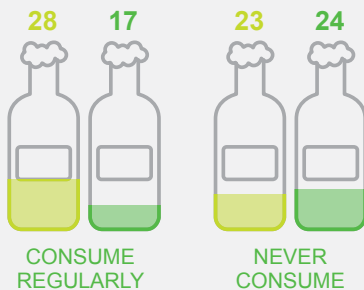


 Eat only at meal times

ALCOHOL CONSUMPTION

Fewer Hong Kongers consume alcohol on a regular basis and almost a quarter say they never drink.

09

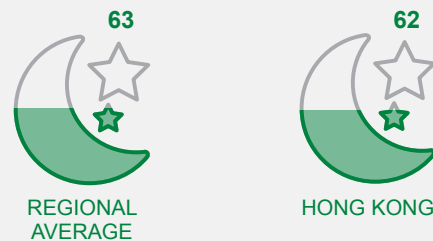



 Regional Average  Hong Kong

SUFFICIENCY OF SLEEP

Although Hong Kongers lack sleep, they are on par with regional average.

10



 7 hours or more

ABOUT 360° WELL-BEING SCORE

The Cigna 360° Well-being Score is an annual initiative that monitors people's perceptions towards overall 'well-being' across five major dimensions – Physical, Social, Family, Financial and Workplace.

FACT SHEET

- Countries included in 2014 Survey: China, Hong Kong, New Zealand, South Korea, Thailand and United Kingdom
- Random Sample: 1000 people per country
- Survey collected online from September to October 2014
- Conducted as an independent study by Ipsos