

GET READY FOR 100

The average life expectancy in Singapore was 83.1 in 2017¹ and increasing. Longevity is rising but many are unprepared to live to 100 years of age. In our Ready for 100 survey, 1 in 2 participants said they are not prepared healthwise².

STAY IN SHAPE

Singapore's residents intend to live healthy but fall short in reality².

5 out of 10 say they maintain healthy physical activity.



But **only 2** exercise 5 or more days a week.



2 out of 3 say they try to eat healthy.



But...

95%

eat processed white rice, noodles and bread daily

74%

eat sugar and sweets daily

STAY PROTECTED



Exercising and eating well can help us to live well for longer. On top of that, it's important to prepare for life's uncertainties with adequate health insurance coverage.

PRUshield offers protection against unexpected medical expenses. Complement your main plan with a supplementary plan to enjoy up to 95% coverage on your medical bills and the following benefits:



Riders offer access to any specialist
No panel restriction with choice of hospital and doctor³



Pay 3 out of 4 in-patient hospitalisation claims within 1 day⁴



PRUwell Reward⁵ for staying healthy
Claim less, pay lower premiums

1 Source: <https://www.singstat.gov.sg/find-data/search-by-theme/population/death-and-life-expectancy/latest-data>
2 Source: <http://readyfor100.economist.com/>
3 Subject to policy terms and conditions
4 Source: <https://www.moh.gov.sg/medishield-life/about-integrated-shield-plans/comparison-of-integrated-shield-plans>
5 With PRUextra Premier and PRUextra Premier Copay only

- Note:
- Premiums are not guaranteed and may be adjusted based on future claims experience.
 - This is for reference only and is not a contract of insurance. Please refer to the exact terms and conditions, specific details and exclusions applicable to the insurance products in the policy documents.
 - Buying health insurance products that are not suitable for you may impact your ability to finance your future healthcare needs.
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