



# Malaysians take control of finances amid COVID-19 worries

## The current situation in Malaysia

### Changing habits in physical health



**30%** have exercised more since the start of the pandemic



**46%** of respondents in Malaysia prefer outdoor exercise



**82%** respondents in Malaysia prefer working out alone

### Rising awareness of mental health



**69%** Malaysians experienced mental health issues in the past 6 months



Depression is the **4th** leading health concern after heart disease, cancer and stroke



**67%** see regular exercise as a means to improve their mental health

### Increasing financial health challenges



**70%** Malaysians have savings that can only support them for a year or less



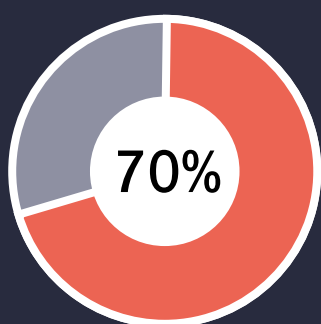
**46%** of respondents in Malaysia saw a decline in their monthly income



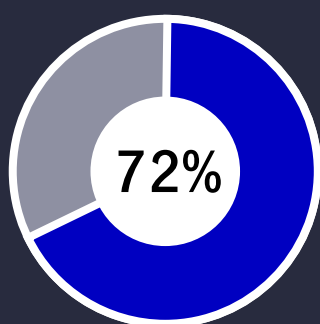
**67%** said the main barriers to purchasing insurance is affordability

## Malaysia's outlook on building resilience and security

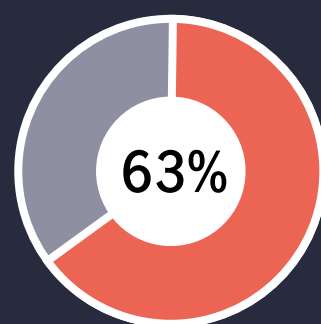
### The appetite for insurance remains high



plan to buy new and additional insurance in the next 12 months



find retirement planning important since COVID-19 started



want to purchase simple insurance products online

### Top insurance products that people in Malaysia are looking to buy:

**24%**  
Life

**25%**  
Critical illness

**26%**  
Hospitalisation

**23%**  
Health

In November 2021, Manulife conducted the Asia Care Survey in eight markets – Mainland China, Hong Kong, Indonesia, Japan, Malaysia, Philippines, Singapore, and Vietnam. A total of 8,276 people, aged 25 to 60 years old, was surveyed. In Malaysia, 1,000 people were surveyed. They included insurance owners and those who did not own insurance but intend to buy it.