

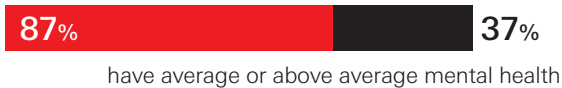
# The HSBC Life +Factor Study – Singapore

The HSBC Life +Factor Study involved a survey of 2,059 people in Singapore, to gain insights into the relationship between our physical fitness, mental health and financial fitness and to understand how these core dimensions of wellbeing are interlinked.

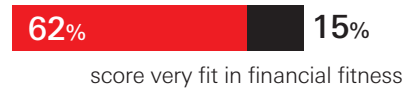


## Our physical, mental and financial wellbeing are interconnected

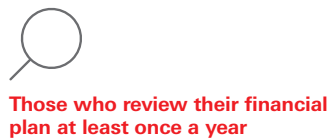
The fitter we are the better our mental health and financial fitness



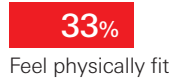
The better we feel the fitter we are physically and financially



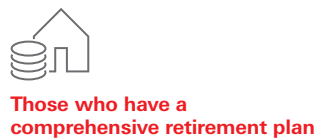
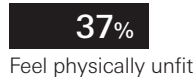
The better our long-term financial planning the better our mental and physical health



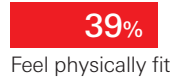
Have average or above average mental health



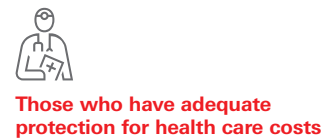
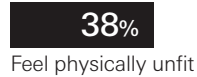
**Those who do not review their financial plan once a year**



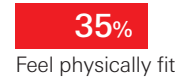
Have average or above average mental health



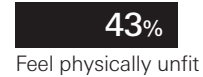
**Those who do not have a comprehensive retirement plan**



Have average or above average mental health

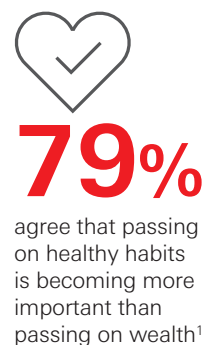


**Those who do not have adequate protection for health care costs**



## Health is wealth and the legacy of health and wealth

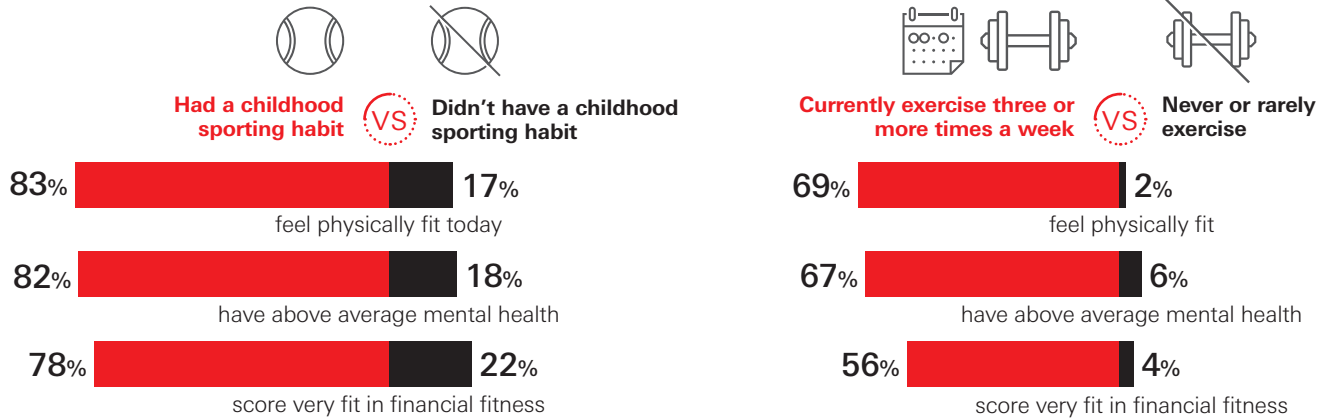
Wealth cannot be enjoyed without health and passing on healthy habits is becoming more important than a legacy of just wealth



<sup>1</sup> Respondents were asked to rate on a scale of 1-7 where 7 is completely agree and 1 is completely disagree. The figures represent the percentage of people who completely agreed, agreed and somewhat agreed.

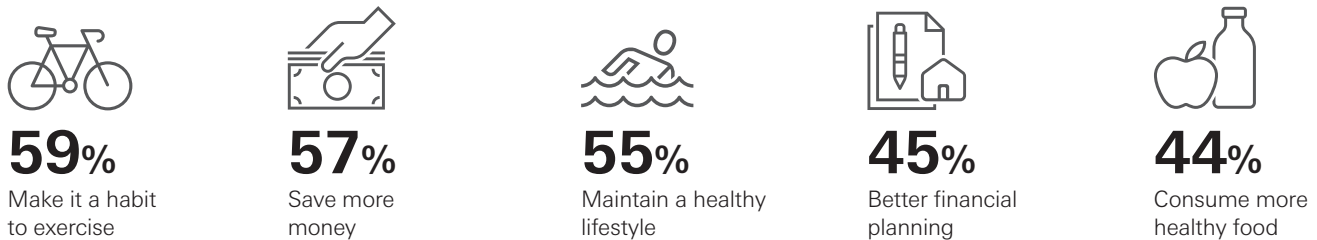
# Healthy habits start young and make a big difference to our wellbeing

Healthy habits started at a young age can lead to better wellbeing (but it's never too late to start!)



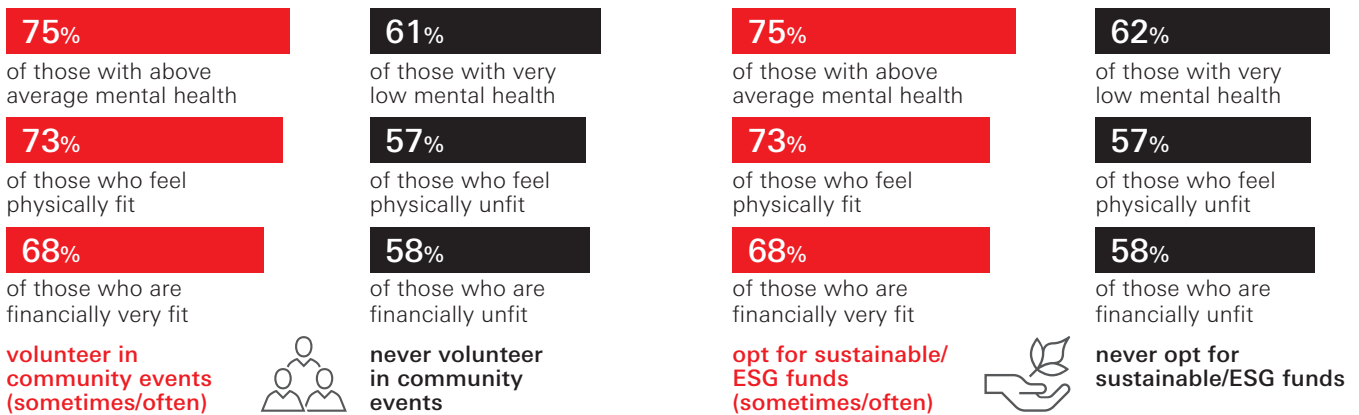
## Exercise. Live healthily. Save more.

The advice we would give to our 15-year younger self



## The societal +Factor

Wellbeing doesn't merely benefit the individual, it can also help to contribute to society



### Reference sources

In March and April 2021, a 20-minute online survey was conducted amongst a total of 10,659 people aged 18 to 80 across four global markets: Hong Kong (n=2,016), mainland China (n=3,560), Singapore (n=2,059) and the UK (n=3,024). The study sought to assess how physical health, mental wellbeing and financial fitness are interconnected to achieve holistic wellbeing in the context of the COVID-19 pandemic and to assess the drivers of employee wellbeing.

Pearson's correlation coefficient was used to study the interconnected relationship between the various aspects of overall wellbeing – physical, mental and financial. A series of scales were employed to study responses to each individual variable. The Likert scale of 1-10 where 1 is 'Not Fit' and 10 is 'Extremely Fit' allowed respondents to self-report their physical fitness as Unfit (1 to 5), Moderate (6 to 7) and Fit (8 to 10).

Mental wellbeing was tracked using the Warwick-Edinburgh Mental Wellbeing Scale® ("WEMWBS"), respondents were given a mental health score ('very low', 'below average', 'average', 'above average'). WEMWBS was developed by the Universities of Warwick, Edinburgh and Leeds in conjunction with NHS Health Scotland. ©University of Warwick, 2006, all rights reserved.

Financial fitness was measured using the FinFit methodology previously developed by The Hongkong & Shanghai Banking Corporation Limited <https://www.hsbc.com.hk/finfit/> through which respondents are evaluated on 15 questions across 4 areas including financial habits, financial knowledge, financial planning, financial security.

The research was conducted by Engine Group. Figures have been rounded to the nearest whole number.

### Disclaimer

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