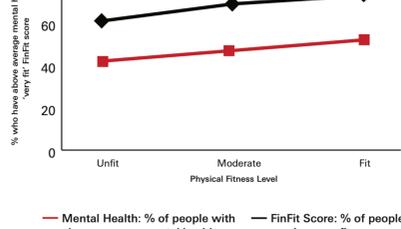
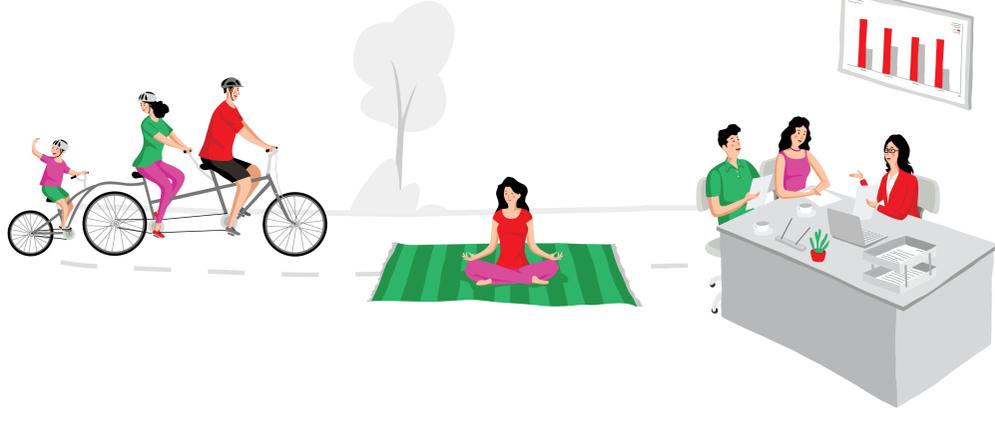


Better health, better wealth: Findings from HSBC Life +Factor Study

Physical, mental and financial wellbeing are interconnected

There is a strong correlation between physical fitness, mental health and financial wellness. Boosting one factor may lead to far-reaching improvements across the others¹.



Mental Health: % of people with above average mental health
Mental health improves as physical fitness improves

FinFit Score: % of people scoring very fit
Financial fitness improves as physical fitness improves



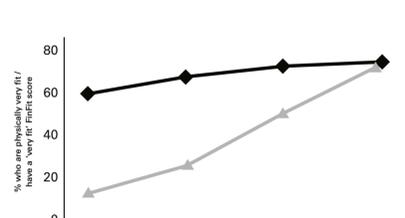
Physical fitness

Those who are physically fit are more likely to have above-average mental health and better financial fitness.



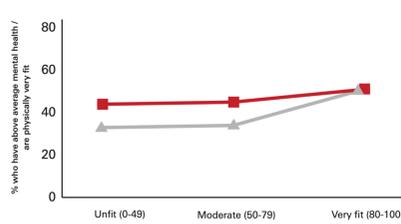
Mental Health

As mental health improves, so does the percentage of people who are physically fit and financially very fit.



FinFit Score: % of people scoring very fit
Financial fitness improves as mental health improves

Physical Fitness: % of people who feel they are fit
Physical fitness improves as mental health improves



Mental Health: % of people with above average mental health
Mental health improves as financial fitness improves

Physical Fitness: % of people who feel they are fit
Physical fitness improves as financial fitness improves



Financial fitness

Respondents with better financial fitness have better physical fitness and mental health.

Health is wealth

When it comes to wellbeing, health and wealth go hand in hand. Most survey respondents believe that wealth cannot be enjoyed without being physically and mentally healthy.



84%
Believe they need to be physically healthy to enjoy their wealth.



82%
Believe they need to be mentally healthy to enjoy their wealth.



80%
Believe their physical health and financial position are equally important.



74%
See their money as a means to attaining better physical health².



73%
Report that feeling included and accepted is a key driver of their overall wellness.

Financial planning drives wellbeing



Those who review their financial plan at least once a year

73%
Have an average or above average mental health

46%
Feel physically fit



Those who have utilised financial products to increase the value of assets in the past six months

71%
Have average or above average mental health

48%
Feel physically fit



Those who have adequate protection for health care costs

74%
Have average or above average mental health

47%
Feel physically fit



Those who have a comprehensive retirement plan

77%
Have average or above average mental health

51%
Feel physically fit



Those who ask financial advisers, insurance brokers and bank staff for professional advice whenever necessary

74%
Have average or above average mental health

50%
Feel physically fit



Reference sources
1 The strong correlation between physical fitness, mental health and financial fitness was proven through a Pearson's correlation test at 95% confidence level.
2 Full statement: My money acts as a means to having better physical health e.g. gym membership, buying good quality food.

Important information
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