

News Release

For Immediate Release
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Manulife Indonesia launches Healthy Friday program to empower employee health and wellbeing

JAKARTA - Manulife Indonesia today announced the launch of the Healthy Friday employee program to raise awareness about the importance of physical and mental wellbeing while helping colleagues to adopt healthier lifestyle habits.

According to the latest Manulife Asia Care Survey, nearly two-thirds (62%) of Indonesians surveyed said they had experienced mental health issues during the pandemic, with symptoms such as fatigue (32%), anxiety (31%), and difficulty in concentrating (28%). The survey also found that Indonesians are exercising more frequently, with a majority seeing the benefits of regular exercise as a means to boost immunity and improve their overall mental wellbeing.

As part of Manulife Indonesia's Healthy Friday program, regular Health Talks are held, featuring experts from different fields, including mental health, to help support learning among employees.

The Healthy Friday program is also part of Manulife Indonesia's effort to improve employee engagement and quality of life. Colleagues anywhere in Indonesia can participate in person or virtually in the morning of the last Friday of every month.

"Since the start of the pandemic, when we implemented our work-from-home policy, there has been less room to stay physically active, especially for our employees. Their health is our priority. For that reason, we have organized the Healthy Friday program, a collaboration between HR, Internal Communications, and other teams that is designed to empower sustained health and wellbeing," said Lina Bong, GM Indemnity Health, Manulife Indonesia. "The program takes place in the morning before employees start their day. It serves also as a mood and productivity booster because it helps employees to focus better."

Healthy Friday promotes healthy lifestyle awareness and enables employees to bring their best selves to work. Manulife endeavours to make health and fitness a priority by focusing on sustainable health and well-being.

Manulife Indonesia is supported by over 1,100 employees in more than 30 marketing offices throughout the country.



About Manulife Indonesia

Established in 1985, PT Asuransi Jiwa Manulife Indonesia (Manulife Indonesia) is part of Manulife Financial Corporation Group, a Canadian financial services group that operates in Asia, Canada and the United States. Manulife Indonesia offers a wide range of financial services, including life insurance, accident and health insurance, investment, and pension plans to individual customers and group clients in Indonesia. Through a network of almost 11,000 employees and professional sales forces spread across 25 sales offices, Manulife Indonesia serves around 2 million customers in Indonesia.

PT Asuransi Jiwa Manulife Indonesia is registered and supervised by the Otoritas Jasa Keuangan (OJK). To learn more about Manulife Indonesia, follow us on Facebook, Twitter, Instagram, YouTube, or visit www.manulife.co.id.

About Manulife

Manulife Financial Corporation is a leading international financial services provider that helps people make their decisions easier and lives better. With our global headquarters in Toronto, Canada, we provide financial advice and insurance, operating as Manulife across Canada, Asia, and Europe, and primarily as John Hancock in the United States. Through Manulife Investment Management, the global brand for our global wealth and asset management segment, we serve individuals, institutions, and retirement plan members worldwide. Our principal operations are in Asia and Canada, and the United States, where we have served customers for more than 155 years. We trade as 'MFC' on the Toronto, New York, and the Philippine stock exchanges and under '945' in Hong Kong. In the previous 12 months, we made CAD\$31.8 billion in payments to our customers.

Not all offerings are available in all jurisdictions. For additional information, please visit manulife.com.

Media contact

Ruthania Martinelly
Tel: (+6221) 2555 7788 ext. 641907
Ruthania_Martinelly@manulife.com