

Press Release

FOR IMMEDIATE RELEASE
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Manulife Philippines Advances Health and Longevity with Inaugural "Time to MOVE" Symposium

- *Filipinos are reshaping longevity by focusing on quality of life, with younger generations prioritizing wellness, purpose, and financial independence over simply living longer.*
- *Launch of ManulifeMOVE, the insurer's holistic health program, brought together the relevant proposition, services, products and partners to improve customer's well-being at every stage.*
- *The symposium united experts across health and wellness, financial services, investment management, and lifestyle to explore holistic solutions that empower individuals to live better at every stage of life.*

MANILA, Philippines – Manulife Philippines today hosted its inaugural "Time to MOVE – Manulife Longevity Symposium" at Grand Hyatt Manila, bringing together over 500 healthcare experts, industry thought leaders, financial advisors, customers, colleagues, and partners to address one of the nation's most pressing challenges: how to live not just longer, but better.

This milestone reflects Manulife's deepening commitment to advancing the longevity movement in the country, building on similar initiatives across Asia. The symposium served as a platform to share insights, foster collaboration, and inspire action toward healthier, more purposeful living. The event also marked the launch of Manulife MOVE, a holistic health program designed to encourage healthier habits through everyday movement and proactive lifestyle choices.

Central to the symposium were key findings from the [Manulife Asia Care Survey 2025](#), which explored Filipinos' perspectives, readiness, and concerns about aging and longevity. The survey revealed a shift in mindset: Filipinos are increasingly focused on the quality of life they want to experience as they age, rather than simply extending their lifespan.

Manulife Philippines also launched the "[#FYP: Future-proofing Young Pinoys - Examining Longevity Perspectives, Sentiments, and Aspirations of Millennials and Gen Zs](#)," study, the findings of which highlight how younger generations of Filipinos are prioritizing purpose and financial independence rather than living a longer life.

"As Filipinos redefine what it means to live longer and better, we at Manulife are committed to helping them achieve this vision with trusted guidance and financial tools to help them make informed decisions about their future," said **Rahul Hora, President and Chief Executive Officer, Manulife Philippines**. "This Longevity Symposium underscores our dedication to equipping Filipinos with relevant expert insights, comprehensive solutions and financial strategies that empower them to gain confidence and enjoy a healthier, more rewarding life as they grow older."



Bridging health, finance, and purpose: Cross-sector collaboration in action

The symposium featured keynote sessions, interactive showcases, and expert panels exploring how individuals, industries, and communities can work together to extend health span, strengthen financial readiness, and enhance quality of life across all life stages.

Key symposium highlights included:

Preventive Health Innovation: Leading experts **Dr. Jeremy Lim** (CEO & Co-founder, AMILI), **Dr. Natha Kumar** (Head of Medical Affairs, Guardant Health), and **Dr. Beverly Ho** (Chief Health Officer, Ayala Health) showcased cutting-edge health solutions, including methods for prevention, diagnosis, monitoring, and management of pressing health challenges.

Future of Retirement: In line with Manulife's mission of delivering exceptional financial solutions and services, **Aira Gaspar** (President and Chief Executive Officer, Manulife Investments Philippines) and **Elvin Tharm** (Head of Retirement, Manulife Asia) gave a fast-paced presentation focused on busting the most common myths about retirement readiness.

Living Better for Longer: Manulife Global Head of Sustainability and Climate Performance Management and Managing Director, Head of ESG – General Account Ariel Kangasniemi joined Manulife Philippines brand ambassador **Erwan Heussaff** in exploring how sustainability, equity, and health intersect to support longer, better lives. They highlighted Manulife's nature-based investments—from forest restoration to carbon sequestration—as key drivers of climate resilience and community longevity.

"Our choices now impact our future. It does not take extreme efforts, sometimes, even the smallest steps such as choosing to eat healthy, getting enough sleep, learning from expert advice, when done consistently, help us to achieve our desired future," shared Kangasniemi during the panel discussion.

Generational insights meet actionable solutions: From research to real change

A key highlight of the symposium was the launch of ManulifeMOVE, a holistic health program bringing together the right proposition, products, platforms, and partners to improve customer's well-being at every stage.

- **Health Empowerment** – With relevant insights, ManulifeMOVE aims to empower customers with the knowledge to understand the importance of preventive care and integrate these into my everyday life for improved overall wellness.
- **Partnership-driven Health Proposition** – Linking up with industry partners, ManulifeMOVE will give customers access to discounted and exclusive offers on preventive services, quick diagnosis, effective treatments, and comprehensive support for recovery and ongoing health management.
- **Digital Health Experience** – The MOVE section in the Manulife app will be a consolidated entry point for health solutions and journeys.
- **Health Solutions** – Manulife's comprehensive suite of health plans offers critical illness and life coverage from early diagnosis to recovery, supplementing Filipinos' state-provided health insurance.

The launch was marked with interactive breakout sessions designed to translate insights into action. Participants engaged in four themed experiences—**Live, Flex, Breathe, and Think**—



each offering practical guidance on nutrition, fitness, mental well-being, and brain health. These sessions highlighted sustainable eating practices, physical exercises that help people stay strong as they age, stress management, and cognitive health tips, providing attendees with actionable advice that they could immediately incorporate into their daily routines.

For Manulife brand ambassador **Anne Curtis**, the message resonates personally: "While many Filipinos are aware of the importance of good health, there remains a gap between awareness and action. As a mom, I've realized how important it is to stay strong and healthy for myself and my family. Manulife's Time to MOVE is such a meaningful reminder that caring for our bodies and minds is an investment in a longer, better future."

Shaping better tomorrows: Strategic partnerships for national longevity

The symposium also served as a springboard for broader conversations about the role of private-public partnerships in shaping a healthier future for Filipinos. Discussions emphasized how strategic investments and institutional support can significantly contribute to helping individuals and communities prepare for the realities of longer lifespans.

"Filipinos are beginning to view their future through a new lens, with our survey revealing a rising emphasis on living well—prioritizing independence, financial stability, and overall quality of life," Hora added. "There's a clear opportunity to bridge the gap between aspiration and action through practical, preventive solutions that empower our *kababayans* to maintain their well-being and enjoy a more fulfilling future. At Manulife, we're committed to turning these insights into action by offering solutions that support Filipinos in planning confidently, living meaningfully, and securing the future they envision."

Manulife's "Time to MOVE" symposium marks a pivotal moment in the company's efforts to champion healthier and more confident living in an aging Philippines. By bringing together diverse voices and actionable insights, Manulife Philippines reinforces its commitment to supporting Filipinos at every stage of life and encouraging them to live longer and better, with health, purpose, and financial security at the core.

To know more about ManulifeMOVE, visit manulife.com.ph.

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About Manulife Philippines

The Manufacturers Life Insurance Company opened its doors for business in the Philippines in 1907. Since then, Manulife's Philippine Branch and later The Manufacturers Life Insurance Co. (Phils.), Inc. (Manulife Philippines) has grown to become one of the country's leading life insurance companies. Manulife Philippines is a wholly owned domestic subsidiary of Manulife Financial Corporation, among the world's largest life insurance companies by market capitalization. Learn more about Manulife Philippines by visiting their website manulife.com.ph and following them on Facebook (facebook.com/ManulifePH), Twitter (@ManulifePH), and Instagram (@manulifePH).

About Manulife

Manulife Financial Corporation is a leading international financial services provider, helping our customers make their decisions easier and lives better. With our global headquarters in Toronto, Canada, we operate as Manulife across Canada, Asia, and Europe, and primarily as John Hancock in the United States, providing financial advice and insurance for individuals, groups and businesses. Through Manulife Wealth & Asset Management, we offer global investment, financial advice, and retirement plan services to individuals, institutions, and retirement plan members worldwide. At the end of 2024, we had more than 37,000 employees, over 109,000 agents, and thousands of distribution partners, serving over 36 million customers. We trade as 'MFC' on the Toronto, New York, and the Philippine stock exchanges, and under '945' in Hong Kong.

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

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