

Media Alert

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Manulife encourages Filipinos to take care of mental and physical well-being at “Health Matters” webinar

Dr. Vicki Belo, Julia Barretto and health industry leaders share insights on how to self-care and prioritize wellness

Manila — As more Filipinos become more conscious about their health and wellness because of COVID-19, global life insurer Manulife Philippines recently partnered with healthcare experts and health advocates in their latest webinar titled, “Health Matters: Caring for your mental and physical well-being.”

Dr. Vicki Belo, founder and medical director of Belo Medical Group; Dr. Ed Tolentino, Chairman of the Department of Psychiatry and Mental Health, Quirino Memorial Medical Center; Rose Montenegro, former President and CEO of Makati Medical Center, and celebrity fitness advocate Julia Barretto shared how taking care of your overall health and well-being can help you adapt to the changes brought by the pandemic, reduce stress during challenging times, and live every day better.

Actor and host Luis Manzano hosted the event.

“Filipinos love to help other people, making sure that their loved ones are protected no matter what happens to them. But if you give too much of yourself to others and have nothing left, you won’t be able to support them anymore,” shared Dr. Vicki Belo. “So, investing in yourself is a good way to show how you love and support the people you care about the most.”

Dr. Ed Tolentino discussed the importance of seeking and giving support when needed and how taking care of your mental health helps you envision a better future. “In as much as we need to cultivate relationships, it is important to be able to accept help and support when we do need it,” he said. “Part of that is supporting others when we have the means to do so. In the new normal, resilience is not the ability to bounce back, but rather bounce forward. We will not go back to the way things were. Everything is going to be different moving forward. In this marathon race, we will all cross that finish line with new thoughts, feelings, and approaches to the way we live our lives.”

As the extensive pressures and stressors of the limelight may impact the mental health of celebrities, actress and fitness advocate Julia Barretto shared the importance of mental wellness when coping with and managing malicious rumors, public scrutiny and social media bashing that may come with a career in showbiz. “Surround yourself with people who motivate you to become



better. In my case, it's my family. No matter the challenges I face in life - may it be my career, personal goals, or financial goals - I always compartmentalize things so I won't get overwhelmed. Learn to focus on things that matter to you."

Lastly, Rose Montenegro talked about the value of healthy living and how prevention is always better than cure. "Health matters, and health costs. If you want to have the best medical treatment, you have to understand how much it entails to achieve it. So, don't be afraid to know upfront costs on things that will help your health and well-being, so you are better prepared mentally, physically, and financially."

Health Matters is the latest in Manulife's series of wellness webinars, which are all available for viewing on Manulife's Facebook page (www.facebook.com/ManulifePH) and website (www.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 www.manulife.com.ph and following them on Facebook (www.facebook.com/ManulifePH), Twitter (@ManulifePH), and Instagram (@manulifeph).

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 operate as Manulife across our offices in Canada, Asia, and Europe, and primarily as John Hancock in the United States. We provide financial advice, insurance, and our global wealth and asset management segment, Manulife Investment Management, serves individuals, institutions and retirement plan members worldwide. At the end of 2020, we had more than 37,000 employees, over 118,000 agents, and thousands of distribution partners, serving over 30 million customers. As of March 31, 2021, we had CAD\$1.3 trillion (US\$1.0 trillion) in assets under management and administration, and in the previous 12 months we made \$31.3 billion in payments to our customers. Our principal operations are in Asia, 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.



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