

Media Alert

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Learn life hacks that can help you transform into a better you in 2023

Watch Manulife's binge-worthy YouTube series featuring insights from Kryz Uy and Slater Young, Luis Manzano, Victor Anastacio, and financial experts

Manila, Philippines – To inspire more Filipinos to take charge of their lives and make smarter financial decisions this 2023, Manulife produced a video series about health, finance, and navigating various life journeys. Headlined by notable content creators and financial experts, the *Every Day Better* series is now available for streaming on Manulife Philippines' YouTube channel.

"A lot of changes happened in 2022 and for many, it was a year of learning, adapting to, and eventually settling into our post-pandemic world. We hope our *Every Day Better* series can further motivate Filipinos to focus on their goals and be more empowered to achieve them," said Melissa Henson, Chief Marketing Officer of Manulife Philippines.

Celebrities and content creators Kryz Uy and Slater Young, Luis Manzano, and Victor Anastacio are among those featured in a [seven-part digital content series](#) streaming on Manulife Philippines' YouTube channel. In the series, Kryz and Slater share [money-saving hacks for parents and newlyweds](#). Meanwhile, Luis Manzano interviews financial experts to discuss the importance of [financial planning](#), the basics of [health insurance](#), and taking care of one's physical and economic well-being. Lastly, Victor Anastacio worked together with Manulife's financial advisors to [find out Filipinos' ultimate goals](#) and help achieve them.

Here's a complete list of Manulife's Every Day Better episodes, each of which can help with different needs and goals:

- **Mastering home hacks for newlyweds and couples**
 - [Kryz and Slater's Home Hacks and Tips](#): Civil engineer and entrepreneur Slater Young gives viewers general house maintenance tips that won't break the bank, while fashion vlogger Kryz Uy shares how new moms can take care of their families and pursue the things they love at the same time.
- **Making the most out of your paycheck: Channeling money management fears into growth and success**

- [How to save money this holiday season](#): “Don’t go broke by trying to look rich,” says Charm de Leon of *Ready to Adult PH* as she imparts 12 valuable hacks to manage expenses.
- [Money myths debunked](#): Manulife financial advisors debunk popular money myths.
- **Saving for rainy days: Protecting yourself from financial uncertainties regardless of earnings**
 - [Level up your insurance game with Luis Manzano](#): Luis Manzano huddles with content creators Thea Sy Bautista, Charm de Leon of *Ready to Adult PH*, and Kenneth Gutierrez as they share financial planning tips for different age groups.
 - [Secure your health protection featuring Luis Manzano](#): Former beauty queen turned pilot Chezka Carandang and celebrity content creator Richard Juan join Luis Manzano as they stress the importance of taking care of one’s health for a better financial future.
- **Finding “The One” in finance: Find out how you can find the right partner and plan for you based on your needs and goals**
 - [The Next Top Advisor](#): Looking for a partner to help you on your financial journey? Learn how to find the right financial advisor that can help you achieve your financial goals.
 - [Goal Maker Mission Unlocked](#): Victor Anastacio is out on a mission to find out the ultimate life goals of Filipinos, as well as practical solutions that can help them fulfill their aspirations.

To watch the full episodes, visit Manulife Philippines’ [official Youtube channel](#).

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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 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. At the end of 2021, we had more than 38,000 employees, over 119,000 agents, and thousands of distribution partners, serving over 33 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.



Media Contacts:

John Robert Sion

Manulife Philippines

john_robert_sion@manulife.com

Dessa Virtusio

Virtusio PR International, Inc.

(+632) 631-9479

dessa@virtusio.com