

Press Release

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Filipino Women Prioritize Healthier Years and Financial Independence, Manulife Study Finds

- *#FYP: Future-proofing Young Pinoys study also shows women report significantly higher stress and wider work-life imbalance gap than men*
- *Manulife's health and protection solutions aim to help Filipino women safeguard their health and longevity, income, and long-term financial goals*

MANILA, Philippines — Data from Manulife's [#FYP: Future-proofing Young Pinoys study](#) shows that 60% of young Filipino women prioritize their healthspan—the years spent in good health—compared to 46% of male respondents. Women also place greater importance on financial independence than men (60% vs. 44%), underscoring that Filipinas want a future on their own terms.

Yet the path toward that future is not without its pressures. The same study finds that 73% of female respondents report high stress levels, compared to 55% of their male counterparts. The work-life balance gap offers a telling glimpse of why stress levels are notably wider among women (22%) compared to men (15%), reflecting the competing demands many Filipinas navigate across their professional, personal, and caregiving roles.

For many women, this pressure shows up as sustained stress that affects everyday well-being. One in five experiences shortfalls in sleep, while 15% struggle to maintain a balanced diet, foundational habits that directly influence health, energy, and resilience.

It is worth noting that awareness isn't the issue. Most survey respondents report strong knowledge of health and wellness—yet 76% of millennial women say stress prevents them from pursuing their desired level of well-being, highlighting a persistent gap between knowledge and action.

“The data is clear: many women are feeling the physical and mental strain of trying to manage everything at once. With careers, caregiving, and financial pressures converging, Manulife is focused on giving Filipino women practical options to protect their health today while building financial confidence for tomorrow,” said **Grace Mallabo, Chief Health and Products Officer, Manulife Philippines**.



Turning insights into action: Solutions that help Filipinas protect their health today and build financial confidence for tomorrow

Through its suite of health and protection solutions, including the [Manulife HealthFlex](#) critical illness plan, which offers coverage for over 100 critical illnesses from early diagnosis to recovery, and provides additional benefits for gender-specific cancers, including breast, cervical, ovarian, and uterine cancer for women, among many others. [Manulife Medical Secure](#), meanwhile, provides up to PHP5 million in medical coverage with cashless access to over 1,700 hospitals and clinics nationwide; and [Manulife GoalReady](#), which supports long-term financial goals with protection and investment features, Manulife helps women safeguard their financial independence, no matter what stage or season of life they're in.

As part of its global commitment to championing longevity, Manulife runs programs such as [ManulifeMOVE](#), a holistic health platform designed to encourage healthier habits through everyday movement and proactive lifestyle choices. Manulife Philippines and Manulife China Bank Life also recently entered into [a partnership with AHealth](#) that aims to educate Filipinos on cancer prevention and help improve access to comprehensive cancer care.

“Closing the work-life balance gap starts with tools that enable women to protect what matters most: health, income, and time,” Mallabo added. “With the right coverage and guidance, women can move through every stage of life with confidence, whether they're building careers, caring for family, or planning for the future. That's how we champion longevity—not just living longer, but living better—by making financial wellness practical, personal, and empowering for every Filipina.”

As Women's Month calls attention to the resilience and contributions of Filipino women, Manulife Philippines encourages women to prioritize their own health and financial security now and for the long term.

This initiative builds on Manulife's [refreshed strategy](#), advancing its strategic priority of empowering customers' health, wealth, and longevity and aligns to the recently launched [Manulife Longevity Institute](#), a global platform to drive action that helps people live longer, healthier, and more financially secure lives by 2030.

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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), Instagram (@manulifePH), and LinkedIn (Manulife Philippines).

About Manulife

Manulife Financial Corporation is a leading international financial services provider, headquartered in Toronto, Canada. Anchored in our ambition to be the number one choice for customers, we operate as Manulife across Canada and Asia, and primarily as John Hancock in the United States, providing financial advice, insurance and health solutions for individuals, groups and businesses. Through Manulife Wealth & Asset Management, we offer global investment solutions, financial advice, and retirement plan services to individuals, institutions, and retirement plan members worldwide. At the end of 2025, we had more than 37,000 employees, over 106,000 agents, and thousands of distribution partners, serving over 37 million customers with operations across 25 markets globally. We trade as 'MFC' on the Toronto, New York, and Philippine stock exchanges, and under '945' on the Hong Kong stock exchange. Not all offerings are available in all jurisdictions. For additional information, please visit manulife.com.

**About Manulife Longevity Institute**

The Manulife Longevity Institute is a global research, thought leadership, advocacy, and community investment platform to drive action that can help people live longer, healthier, and more financially secure lives. Underpinned by a \$350 million signature commitment, its focus is on helping people extend their healthy years, promoting greater financial resilience for all. As a global insurer, retirement plan provider, and asset manager, Manulife is uniquely placed to help lead this change. The Institute's work will support Manulife's Impact Agenda strategy by investing in organizations that are growing the longevity economy, convening research collaborations with leading academic institutions and think tanks, and producing thought leadership to advance awareness and action on the issues impacting populations as they age. The Institute will be known as the John Hancock Longevity Institute in the United States. The actions of the Institute will be guided by a Steering Committee of members of Manulife's Executive and Global Leadership Teams and in partnership with a robust ecosystem of partners and experts who champion longevity across Canada, Asia, and the US. Canada, Asia, and the US. For more information, please visit manulife.com/longevity.

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