

SUN LIFE MALAYSIA BRIGHTER WELLNESS E-FORUM GATHERS THOUGHT LEADERS TO EMPOWER MALAYSIANS TO LIVE BRIGHTER LIVES

*Key Perspectives on Financial, Physical, Mental and Spiritual Wellness to
Guide Malaysians Through Challenging Post MCO Period*

Kuala Lumpur, Malaysia – July 27, 2020 – Sun Life Malaysia Assurance Berhad and Sun Life Malaysia Takaful Berhad (collectively Sun Life Malaysia), a life insurance and Family Takaful provider respectively, drew over 240 participants to its first Brighter Wellness E-Forum titled “Holistic Wellness to a Brighter YOU” on 23 July 2020.

Hosted by popular host and actor, Nazrudin Rahman, the half-day E-Forum was organised with the aim to arm Malaysians with the knowledge to better protect themselves and their families in the wake of the COVID-19 pandemic. Held virtually, the session featured four esteemed experts in their respective fields on the holistic approach to living a brighter life with a secured well-being and peace of mind:

1. **Financial Wellness:** Raymond Lew, CEO and President/Country Head of Sun Life Malaysia;
2. **Physical Wellness:** Hairul Azreen, action star and Brand Ambassador for Sun Life Malaysia;
3. **Mental Wellness:** Dr Amer Siddiq Amer Nordin, Associate Professor of Psychological Medicine at University Malaya; and
4. **Spiritual Wellness:** Ustaz Halim Hafidz, Host of TV1’s Ustaz Biker programme

Speaking on the forum, Raymond said, “This year has been very challenging for everyone as the pandemic has completely changed the way Malaysians live and forced us to question many aspects of our daily lives. Besides the impact from the health and financial aspects, the pandemic has also caused elevated rates of stress or anxiety. In line with our business purpose of empowering people to achieve lifetime financial security and live healthier lives, this forum was our way to provide valueable insights on how to get through these turbulent times through a holistic approach financially, physically, mentally and spiritually.”

Touching on the topic of financial wellness, Raymond shared on the importance of financial discipline and adequate protection coverage as a safety net to mitigate financial risks through turbulent times and be better prepared for the future.

Besides the financial aspect, many Malaysians are also particularly worried about keeping their loved ones safe and sound while the threat of COVID-19 lingers around us. Hairul Azreen touched on the topic of physical wellness and shared his experience in maintaining his fitness during the Movement Control Order period and roping his family together in exercise sessions as a way to safeguard their overall health.

“As shown during this pandemic, we never know what to expect next but we must do everything we can to be prepared and protected. On the health front, this is in the form of staying active and fit by exercising and eating right. A strong physical well-being comes from having a good immune system and proper nutrition to help us fight off regular diseases and keeps our body going,” shared Hairul.

The sessions on mental wellness and spiritual wellness by Dr Amer Siddiq and Ustaz Halim respectively were well-received by the virtual audience as they provided important tips on prioritising mental health by practising good self care and on being spiritually strong with regular faith practice.

The Brighter Wellness E-Forum is the latest effort by Sun Life Malaysia in supporting Malaysians since the emergence of COVID-19 in the country. Previously, the Company actively provided financial support for impacted Clients with the offering of complimentary measures and extended medical coverage for hospitalisation and treatments. The measures were later ramped up with a RM1 million Sun Life Malaysia Relief Fund that offered extra financial benefits to Clients who contributed as frontliners, including a special double death benefit.

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Sun Life Malaysia (Sun Life Malaysia Assurance Berhad and Sun Life Malaysia Takaful Berhad) is a joint venture by Sun Life Assurance Company of Canada and Khazanah Nasional Berhad.

As a life insurance and Family Takaful provider, Sun Life Malaysia offers a comprehensive range of products and services to Malaysians across the country and is focused on helping Clients achieve lifetime financial security and live healthier lives. Sun Life Malaysia distributes its products through a range of distribution channels including bancassurance, direct marketing, telemarketing, agency, telco-assurance and government and corporate business.

Sun Life Assurance Company of Canada is a principal operating life insurance subsidiary of Sun Life Financial Inc., a leading international financial services organisation providing insurance, wealth and asset management solutions to individual and corporate Clients. Sun Life has operations in a number of markets worldwide, including Canada, the United States, the United Kingdom, Ireland, Hong Kong, the Philippines, Japan, Indonesia, India, China, Australia, Singapore, Vietnam, Malaysia and Bermuda. As of March 31, 2020, Sun Life had total assets under management (AUM) of \$1,023 billion. For more information, please visit www.sunlife.com.

Sun Life Financial Inc. trades on the Toronto (TSX), New York (NYSE) and Philippine (PSE) stock exchanges under the ticker symbol SLF.

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