

1 in 3 Malaysians at Risk of Diabetes: Sun Life Malaysia Ramp Up Free Nationwide Blood Glucose Screenings with Healthcare Partners

Sun Life Malaysia Join Forces with BookDoc, Health Lane Family Pharmacy, Roche Diagnostics Malaysia, and MOG Eyewear Malaysia to Promote Early Diabetes Prevention

Kuala Lumpur, 27 August 2025 – In a continued commitment to tackling Malaysia's diabetes crisis, Sun Life Malaysia, a life insurance and takaful company, has launched its sixth annual nationwide **Blood Glucose Screening Programme**, reinforcing its dedication to early diabetes detection, education, and prevention. This year's initiative brings together a powerful coalition of healthcare and wellness leaders - BookDoc, Health Lane Family Pharmacy, Roche Diagnostics Malaysia, and MOG Eyewear Malaysia – to expand active diabetes screening to over 228 locations nationwide, starting now until October 2025.

Data from the 2024 programme, which screened 5,190 individuals, revealed that nearly one-third had elevated blood glucose levels. This included 16% in the pre-diabetic range and 14% in the diabetic range.

These findings also highlight a particularly urgent concern among the youth. Notably, 25% of those affected were aged 18 - 40, with a shocking 84% of young adults aged 18–29 unaware of their risk. Alarming, 15% of individuals aged 18 - 20 already fall within pre-diabetic or diabetic ranges, underscoring the critical need for youth-focused health education.

Ho Teck Seng, President and Country Head of Sun Life Malaysia, shared, "Diabetes is rising at an alarming rate, especially among younger populations. We are proud to collaborate with our partners to empower Malaysians with the tools and knowledge to take control of their health. This programme is a direct way we create an impact by helping more Malaysians understand and mitigate the risks of developing diabetes, preventing it from onset, thereby reducing the strain on our healthcare system and promoting a healthier nation."

Since its inception in 2019, the programme has screened over 35,000 Malaysians, becoming a cornerstone of Sun Life Malaysia's diabetes prevention efforts.

Health Lane Family Pharmacy continues its long-standing support by offering free health services and consultations. Yuen Lai Yan, Health Lane's Head of Marketing, said, "We are committed to empowering our community with the knowledge and tools for early diabetes detection and effective care. With 228 outlets nationwide participating in this campaign, we make health assessment, educational initiatives, and personalised advice accessible to all, raising awareness and inspiring proactive steps toward better health. Because at Health Lane, Great Health Begins Here."

Roche Diagnostics Malaysia aims to help make early detection and management of diabetes more accessible. As part of this effort, participants who purchase the Accu-Chek® Guide Me Kit at Health Lane Pharmacy during this campaign period will receive a RM10 discount. Hoi Soon Chor, Head of Integrated Solutions of Roche Diagnostics Malaysia, said, "Roche has long been dedicated to helping

people with diabetes live lives to the fullest. We understand the daily challenges of managing this condition, which is why we offer a wide range of solutions – from easy-to-use blood glucose monitoring systems to digital tools – designed to help people worry less about their diabetes routine. Our goal is to empower individuals to take control of their health so they can focus on what truly matters. Together with our partners, we are committed to making a real difference in the lives of people with diabetes in Malaysia.”

MOG Eyewear Malaysia addresses diabetes-related vision risks by offering free eye health assessments at 42 outlets, including its signature 6-in-1 Vision Experience (valued at RM350). Cammi Ng, Head of Brand & Digital Development of MOG, commented, “Vision loss is a preventable complication of diabetes. Through this initiative, we’re offering not just eye care but peace of mind.”

BookDoc enhances the programme by providing a three-month digital health coaching programme (worth RM150) for individuals who complete the blood glucose test. This transformative tool combines digital accessibility with personalised support, including access to qualified dietitians and a step-tracking reward system to encourage healthier habits. Features like traffic light food ratings and step-tracking rewards have made diabetes management more engaging and sustainable.

Last year, 530 participants completed the health coaching, and the results were encouraging with 50% of participants experienced improved blood glucose levels, and 80% of overweight individuals successfully reduced their weight.

Reuben Poh, Chief Executive Officer of BookDoc, said, “We are proud to once again partner with Sun Life Malaysia in this impactful initiative to combat diabetes through greater accessibility to diabetes awareness and education. At BookDoc, we are driven by the mission to leverage technology and innovation to improve health outcomes. Our three-month digital health coaching programme provides personalised support from qualified dietitians to empowers individuals to build sustainable lifestyle habits.”

To learn more about Sun Life Malaysia’s Blood Glucose Screening Programme and how to participate, visit <https://slmscreening.bookdoc.com>

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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 and bancatakaful, agency force, direct marketing and telemarketing, corporate and government business and e-distribution.

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

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