

Longevity Preparedness Index

How prepared are US adults for living longer, healthier, *better* lives?

By translating insights into action, we aim to redefine what it means to live a longer, healthier, *better* life.

To learn more, please visit our website at JohnHancock.com/PrepareForBetter.

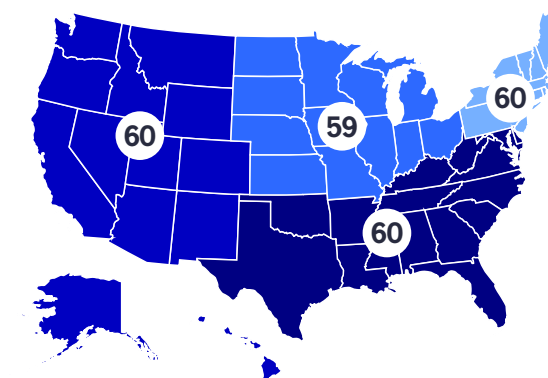
Changing the conversation: A fresh look at longevity preparedness

This first-of-its-kind Longevity Preparedness Index introduces a new way to talk about how to thrive in all of life's stages — and sets new benchmarks for how to measure longevity preparedness. Developed in collaboration with the MIT AgeLab, the Index serves as a roadmap across eight critical domains. The results? **US adults, on average, scored a 60 out of 100 across all domains, meaning most are underprepared and falling short in areas like care, home, and health.** Some, however, are showing stronger preparedness in care, social connection, and life transitions.



“The results of the Index tell us there is much more we can and **should** be doing to help Americans prepare for and fully maximize what we believe can be a longer, healthier, *better* life.”

– Brooks Tingle, President & CEO, John Hancock



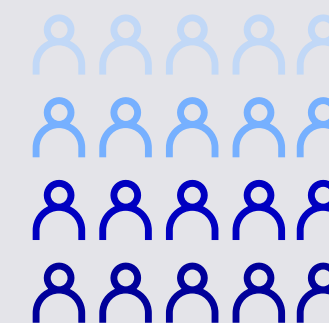
No place like *home*

While region is not associated with overall LPI performance, it does play a role. US adults living in the Midwest scored the lowest with an average of 59. US adults living in the West, South, and Northeast all scored an average of 60. US adults also fall short in home preparedness with a score of 56, meaning **most homes are not built for aging in place.**



Women outpace men in *most* domains

We see similar overall preparedness between men and women, but domain scores varied. For instance, men outscored women in the finance domain, whereas women are leading the way in social connection, life transitions, daily activities, and care.



By 2050, it is estimated that the population of people over 60 will double, and today the fastest-growing age cohort is people over 85.*

The LPI scores point toward the opportunities people have to achieve their best and healthiest lives in older age while highlighting the progress many are already making in their longevity preparedness. Taking some small but intentional steps can help lead to a better future and make a big impact on how we spend our later years.