

# News Release

For immediate release  
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## Manulife Malaysia helps Malaysians stay active with Virtual Run & Ride 2021

**KUALA LUMPUR** – Together with leading health, wellness and tech brands, including Garmin Malaysia, Manulife Malaysia has helped the country’s citizens stay fit and active, with its first **Virtual Run & Ride 2021**. Held between 1 July and 7 September 2021 with run categories of 6 or 12 km, and ride categories of 40 or 60 km, the event received over 700 registrations.

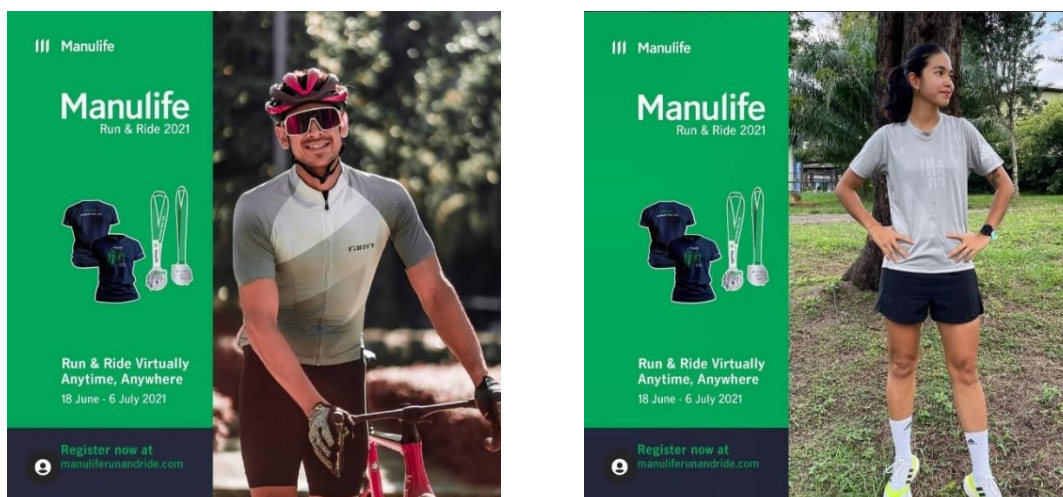
COVID-19 has prompted healthier lifestyle habits across Asia. According to the [“Manulife Asia Care Survey”](#) that polled about 4,000 people across eight markets in Asia, including around 450 Malaysians, 98% of the Malaysia respondents said that they had taken action to help them manage COVID-19, with more than half (57%) of them saying this included doing more regular exercise.

“While the pandemic has challenged all of us, we are seeing Malaysians taking more control of their health and finances, through staying fit and seeking out financial advice,” said Group Chief Executive Officer of Manulife Malaysia, Vibha Coburn. “In keeping with our commitment to drive both better financial and health outcomes for our customers, our first virtual run and ride event in Malaysia bore fruit.”

“As a life insurance company, with an ambition to be the most digital, customer-centric company in our industry, we are here for our customers in Malaysia to support them on their health journeys and to help them become better financially prepared for the future,” added Coburn.

Joining the Manulife Malaysia Virtual Run & Ride 2021 was simple and easy via online registration. Participants chose to run and/or ride anywhere at any time, track their distance, and submit their completed race forms. Finishers were given a medal, a dri-FIT t-shirt, and goodies from health, wellness and tech brand partners, including Celebrity Fitness, Garmin Malaysia, Salonpas, Spoon Health and N8 Sports Nutrition.

During the race period, Garmin Malaysia organised a virtual full-body cardio session that was hosted on Manulife Malaysia’s Instagram LIVE page on 31 July 2021. There was also a Garmin Forerunner 45 watch won through the Manulife Run & Ride 2021’s AR filter social media contest.



*Caption: Manulife Malaysia organised Virtual Run & Ride 2021 to encourage Malaysians to stay safe and get active during the pandemic.*



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### **About Manulife Malaysia**

Manulife Holdings Berhad is part of Canada-based Manulife Financial Corporation. Through its subsidiary companies, Manulife Malaysia offers an innovative range of financial protection, health and wealth management products and services to meet different customer needs. Manulife Malaysia currently serves the needs of over 280,000 policyholders and wealth management customers. Manulife Holdings Berhad has been listed on the Main Board of Bursa Malaysia since 1984. As at 30 June 2021, its assets under management were over RM13 billion. To learn more about Manulife Malaysia, visit: [www.manulife.com.my](http://www.manulife.com.my).

### **About Manulife**

Manulife Financial Corporation is a leading international financial services provider that helps people make their decisions easier and lives better. With our global headquarters in Toronto, Canada, we operate as Manulife across our offices in Canada, Asia, and Europe, and primarily as John Hancock in the United States. We provide financial advice, insurance, and our global wealth and asset management segment, Manulife Investment Management, serves individuals, institutions and retirement plan members worldwide. At the end of 2020, we had more than 37,000 employees, over 118,000 agents, and thousands of distribution partners, serving over 30 million customers. As of June 30, 2021, we had CAD\$1.3 trillion (US\$1.1 trillion) in assets under management and administration, and in the previous 12 months we made \$31.3 billion in payments to our customers. Our principal operations are in Asia, Canada and the United States where we have served customers for more than 155 years. We trade as 'MFC' on the Toronto, New York, and the Philippine stock exchanges and under '945' in Hong Kong.

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