

# Cigna Healthcare International Health 2024 Study



## Well-being Insights

Singapore

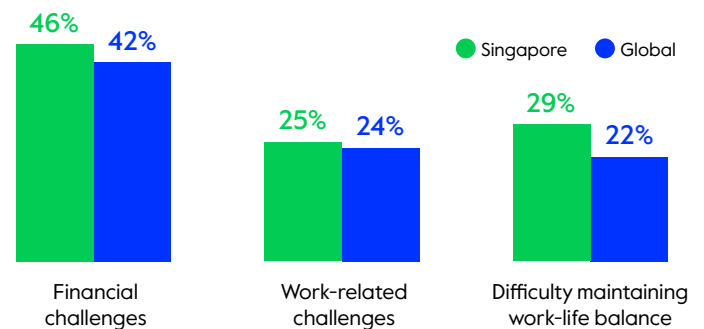
The Cigna Healthcare International Health 2024 study reveals that the Globally Mobile population—those living and working overseas away from their home country—remains happier and healthier when their well-being is supported by their employer. This unique cohort of individuals living and working overseas is a valuable source of talent, skills, and experience, with a distinctive set of characteristics. Our study revealed the following notable findings about the globally mobile:

### Overall well-being



On average globally, the globally mobile report stronger well-being than in previous years, showing an increase of **4 percentage points**. In Singapore, the well-being of the globally mobile is significantly lower than the global average, though it has improved slightly compared to last year.

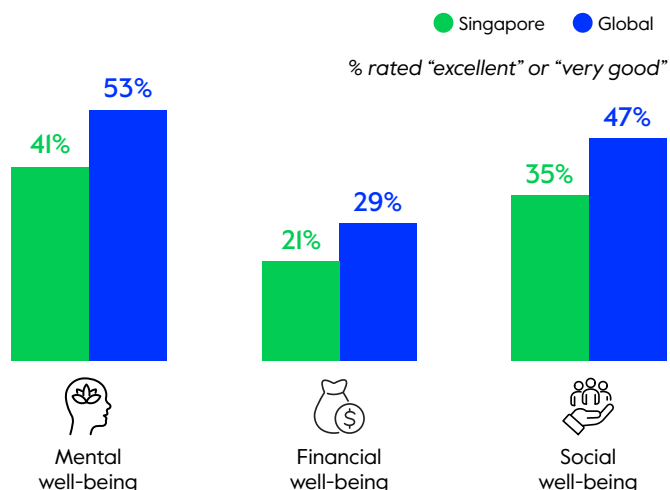
### Top challenges faced by the globally mobile



Across all markets surveyed, the top three challenges globally mobile individuals face are related to finances, work, and difficulty maintaining work-life balance. In Singapore, these struggles are even more pronounced, with challenges around maintaining work-life balance being greater than all other markets surveyed.

### Aspects of well-being

Despite an overall improvement in well-being, globally mobile individuals in Singapore lag behind their peers in other markets in key areas such as mental, financial, and social well-being.



### Likelihood of staying globally mobile

In Singapore, globally mobile individuals are more likely to continue living and working overseas in the coming months, while a significant portion of the global population remains uncertain about their future plans.

