

Living Longer. Healthier. *Better.*[®]

Q2 2026

Welcome back to **Living Longer. Healthier. *Better.*** — your quarterly look at the ideas, innovations, and partnerships shaping the future of longevity.

The next evolution in longevity preparation

We've partnered with the MIT AgeLab to launch our Longevity Preparedness Tool, a first-of-its-kind personalized assessment designed to help individuals better understand how prepared they are to thrive as they age.



[> Discover your score](#)



Strengthening our commitment to cardiac health

Heart health is a critical pillar of longevity, and we're expanding our efforts to support it through the John Hancock Vitality Program. A new partnership with GoRescue gives eligible members access to exclusive discounts on automated external defibrillators (AED), helping promote preparedness during cardiac emergencies. Combined with expanded discounts on Garmin blood pressure monitors and expert cardiac insights on the [latest episode of Longer. Healthier. *Better.*](#) podcast, this partnership reinforces our commitment to empowering customers with meaningful tools to protect and improve heart health.

[> Explore our GoRescue partnership](#)

> Explore Protection VUL 26



Longer. Healthier. *Better*. Symposium: Advancing the future of Longevity

In April, we convened with experts across healthcare, science, technology, academia and beyond at our third Longer. Healthier. *Better*. symposium in Boston. Over two days, we explored breakthroughs in early disease detection, AI-driven medicine, nutrition, and heart health. This work reflects our broader commitment to translating longevity science into actionable strategies.

> [Learn more about our commitment to longevity](#)

This quarter's top stories

From groundbreaking research to innovative applications, these stories expand on the latest advancements shaping our field.

- [Lifespans are increasing – but are we ready to live longer?:](#) Lindsay explored this question recently in an op-ed for Insurance Innovation Reporter. We're facing a new longevity reality in America: people are living longer, yet the gap between healthspan and lifespan continues to widen.
- [Multi-Cancer Early Detection Goes Global and Gets Personal:](#) Multi-cancer early detection tests are expanding globally and becoming more personalized, using blood based biomarkers and AI to identify cancers earlier and tailor screening to individual risk profiles.
- [Expert Review Reinforces Lifestyle-Based Approaches as Foundation of Sleep Health:](#) A recent expert review published in the American Journal of Lifestyle Medicine synthesizes evidence showing that circadian alignment,

light exposure, physical activity, weight management and behavior change are central to improving sleep quality and reducing risk for chronic conditions.

- [New Report Identifies Fructose as a Key Driver of Metabolic Disease](#): A new report highlights fructose as a distinct metabolic driver linked to obesity, insulin resistance and metabolic syndrome. Researchers found that fructose bypasses key energy-regulation pathways, promoting fat production and cellular stress, with effects driven primarily by added sugars, not whole fruits.

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The Longevity Preparedness Index was conducted online and by phone interview in English, sourced through the NORC AmeriSpeak Panel. The sample was a US representative sample comprised of 1,307 Americans, aged 18 and up, with specific oversamples of Non-Hispanic Black panelists, Hispanic panelists, and Non-Hispanic Asian American and Pacific Islander panelists to ensure adequate sample size for sub-group analysis. During analysis, survey responses were weighted to represent the US population. Survey data were collected from May 14th, 2025, to June 5th, 2025, with a median survey length of approximately 25 minutes per respondent.

LPI scores can range from 0 (not at all prepared for longevity) to 100 (completely prepared for longevity). The overall LPI is composed of 8 domains. Domain scores are each calculated independently and can range from 0 to 100. All eight domain scores were averaged to calculate the overall LPI score. Eight to 26 unique survey items are used to represent preparedness for each domain. Each domain captures positive behaviors toward longevity preparedness and awareness of the importance of a domain. Missing data were handled by imputation based on modal scores by age, gender, and income. Based on respondents aged 65-85, survey items were weighted to indicate their contribution to preparedness within a domain. Items with low weights were removed from score calculation. Behavioral scores (weight 75%) and awareness responses (weight 25%) were combined to create a domain score that can range from 0 to 100.

The Longevity Preparedness Index was developed in collaboration with MIT AgeLab and funded by John Hancock. John Hancock provided financial support for the research but did not influence the findings, methodology, or conclusions.

Manulife John Hancock is not affiliated with the Massachusetts Institute of Technology (MIT) AgeLab, and neither is responsible for the liabilities of the other.

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Vitality is the provider of the John Hancock Vitality Program in connection with policies issued by John Hancock. John Hancock Vitality Program rewards and discounts are available only to the person insured under the eligible life insurance policy, may vary based on the type of insurance policy purchased and the state where the policy was issued, are subject to change and are not guaranteed to remain the same for the life of the policy.

Discounted access to the AED products and services offered by GoRescue are only available to registered John Hancock Vitality members who have completed the Vitality Health Review (VHR) for the current program year. The offer of discounted access to the AEDs provided by GoRescue is subject to change and is not currently available in all states. John Hancock is not an affiliate of GoRescue. The AED products and services are provided by GoRescue directly to the John Hancock Vitality member. John Hancock does not provide medical advice, is not involved in the products or services provided by GoRescue and is not responsible for the accuracy or performance of such products or services.

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Guaranteed product features are dependent upon minimum premium requirements and the claims-paying ability of the issuer.

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