

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

Q3 2026

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

As people are living longer than ever before, the conversation is shifting from simply preparing for the future to making the most of it. Longevity creates an opportunity to help clients think more holistically about their financial well-being, health, and everyday habits, and how the choices they make today can shape the years ahead.

At John Hancock, we're committed to helping support those conversations. Through insights, tools, and resources focused on living longer, healthier, better lives, we aim to empower clients to take meaningful steps toward a healthier future while building confidence in their financial journey. Whether discussing healthy habits, understanding potential health risks, or planning long-term goals, these resources can help spark valuable conversations that connect health and wealth in a more meaningful way.

Protect what matters most

September is Life Insurance Awareness Month, an opportunity to help clients better understand the role life insurance can play in protecting their families and financial futures. This month, explore tools and resources that can support meaningful coverage conversations and help clients plan confidently for the years ahead.

[!\[\]\(17413706fd4997a1a4bdf85c6864eee1_img.jpg\) Explore tools and resources](#)



Introducing Protection SIUL 26

Built on our leadership in the survivorship market, Protection SIUL 26 is a next-generation solution designed to help you deliver greater value in estate and legacy planning conversations. With competitive pricing, extended guarantees, and enhanced indexed growth potential, it offers a powerful combination of protection, flexibility, and long-term planning support, helping clients protect what matters most while preparing for the future.



Discover insights from the 2026 Longer. Healthier. *Better.* symposium

Tune into our latest podcast episodes featuring experts from our Longer. Healthier. *Better.* symposium, including Dr. Ian Smith and Dr. Giles Yeo on [appetite and nutrition](#), Dr. John Osborne on [cardiovascular disease prevention](#), and Tom Hale, CEO of Oura, on the [latest trends in wearable technology](#).



Savings for your clients on Oura Ring 5

Eligible John Hancock Vitality PLUS members can get 15% off Oura Ring 5. Oura's newest smart ring provides personalized insights into sleep, activity, recovery, stress, and overall well-being. Plus, members can connect Oura Ring to the John Hancock Vitality app to earn Vitality Points for eligible activity supporting them on their journey toward a longer, healthier, better life.



Resources to support your longevity conversations with clients



[Watch the Longer. Healthier. Better. docuseries](#)

Use the insights to spark conversations about lifestyle factors that can influence both quality of life and long-term financial planning.



[The Longevity Preparedness Index](#)

Help clients receive a personalized longevity readiness score and uncover opportunities to better prepare for longer lives.



[Listen to the Longer. Healthier. Better. podcast](#)

Share thought-provoking conversations with researchers, innovators, and industry leaders that can help clients better understand the opportunities that come with longevity.



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This Oura Ring offer cannot be combined with other offers from Oura. The Oura Ring is not a medical device and is not intended to diagnose, treat, cure, monitor, or prevent medical conditions or illnesses. Please do not make any changes to your medication, daily routines, nutrition, sleep schedule, or workouts without first consulting your doctor or another medical professional.

Vitality members can earn Vitality Points for Meditation and Healthy Sleep with the Oura Ring. iOS users can also earn Vitality Points for workouts through heart rate, steps and Active Calories. To earn Vitality Points with an Oura Ring, an Oura Membership monthly subscription is required for an additional fee. The Oura Ring discount through the John Hancock Vitality Program is not currently available in Guam and Puerto Rico.[LL6.1]

SIUL is not available in New York.

Insurance policies and/or associated riders and features may not be available in all states.

Vitality is the provider of the John Hancock Vitality Program in connection with policies issued by John Hancock.

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