

Tokio Marine  
Life Insurance Malaysia Bhd.

---

[tokiomarine.com](http://tokiomarine.com)  
Life & Health | Property & Casualty



**TOKIO MARINE**  
INSURANCE GROUP

# HOKENBITO

*cares for you*



# What is "Hokenbito"

"Hoken" means insurance

"Bito" means professional person

A person engaged in the insurance business with:

- high professionalism; and
- sense of mission to protect customers  
by all means



## Why "Hokenbito"

Tokio Marine Life Advisors do more for customers such as promoting healthy lifestyle, advocating disease prevention & early detection.

(There is a famous saying "Prevention is better than cure")



# Top 10 Global Causes of Deaths

World Health Organization (WHO) in its latest update, says more than 50% of adult population (about 1.4 billion people) does not exercise sufficiently. They face increased health risks like cardiovascular disease, diabetes and cancer.

- 1 Ischaemic heart disease
- 2 Stroke
- 3 Chronic obstructive pulmonary disease
- 4 Lower respiratory infections
- 5 Alzheimer disease and other dementias
- 6 Trachea, bronchus, lung cancers
- 7 Diabetes mellitus
- 8 Road injury
- 9 Diarrhoeal diseases
- 10 Tuberculosis

over  
**9 millions**  
deaths globally



# Coronary Heart Disease

represents

**22%** of total deaths in Malaysia.

Death rate **137** / 100,000 people

World Rank **63**

Quit bad habits like smoking  
and drinking excessive alcohol.



Source: World Health Organisation data 2017

## High Cost of Obesity

The obesity epidemic in Malaysia comes with a large price to pay.

Malaysians most obese in Southeast Asia at

**38.5%**

Overweight at

**13.3%**

**Weigh yourself regularly.**





**1/3**

Malaysian adults had ever exercised.

Only **14%**  
exercised adequately.

**Exercise regularly  
for a strong heart.**



**1-in-3** adults have hypertension (high blood pressure)  
Main cause of heart attack, stroke,  
heart failure and kidney disease.

**48%** have high blood cholesterol.

**Practise regular  
check-up twice a year.**

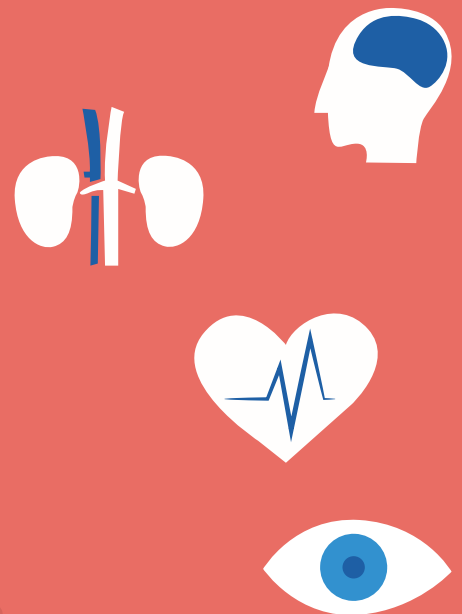


Malaysia has the **highest rate of diabetes** in Asia.

**2.5 million** adults aged 18 above  
have diabetes.

**Type 2 diabetes** cause heart attack, stroke,  
kidney failure and blindness.

**Cut down on consumption  
of sugar.**



Source: 10th Diabetes Complications  
Conference and Grand Rounds (DCOM 2018)

**25%**  
adolescents ate  
**excessive** poultry,  
meat & eggs daily



**67%**  
adolescents ate  
**inadequate**  
fruits daily

**92%**  
adolescents ate  
**inadequate**  
vegetables daily

**Plan your dietary patterns and stop  
taking heavy meals after dinner.**



# 1 in 20 women in Malaysia will develop breast cancer in their lifetime.

This risk varies by the main ethnic groups.

**1 in 16  
for chinese**

**1 in 16  
for Indians**

**1 in 28  
for Malays**

Studies show that Malay women tend to present themselves for medical attention at later stages, meaning a poorer survival rate.

**Awareness of screening and detection is necessary.**

# Health Tips

## Benefits of Yoga



Reduces pain and enhances the body's immune system



Reduces feelings of depression, anxiety, anger and confusion



Increases blood flow and slows the heart rate



Provides a sense of calm, peace and balance



Reduces stress



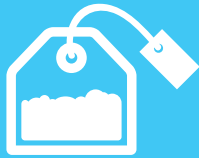
Helps control thoughts



Increases energy

# Health Tips

## Foods That Melt Flab Away



### Green Tea

caffeine - raises heart rate & compels your system to burn calories faster



### Cinnamon

helps blood sugar get into cells to be used for energy, so less is stored as fat.



### Low-Fat Yogurt

probiotics - reduce the amount of fat your body absorbs



### Chicken & Fish

keep your metabolism revving away long after you finish eating your meal.



SOURCES: DAWN JACKSON BLATNER, RD, AUTHOR OF THE FLEXITARIAN DIET; JEANNIE GAZZANIGAMOLOO, PHD, RD, SPOKESPERSON FOR THE AMERICAN DIETETIC ASSOCIATION; SUSAN ROBERTS, PHD, PROFESSOR OF NUTRITION AND PSYCHIATRY AT TUFTS UNIVERSITY AND AUTHOR OF THE INSTINCT DIET

Tokio Marine Life Insurance Malaysia Bhd (457556-X)  
Ground Floor, Menara Tokio Marine Life  
189 Jalan Tun Razak  
50400 Kuala Lumpur

