

BE A HERO

PROTECT YOURSELF

SAVE A LIFE
TODAY, YOURS.

 MetLife

TAKE ACTION AND BE A HERO

November is a month dedicated to raising awareness for men's health, it is all about making sure that men are winning the battle for their health and improving their life span.

As men, we're programmed to be brave and strong protectors for the ones we love, often putting our own health last. It's time to take proactive action to beat prostate and testicular cancer to fight for a better future, together.


It only takes a few minutes to be a hero, save your life and protect yourself today.

PREVENTATIVE CARE SAVES LIVES

Whilst nothing can substitute a healthy lifestyle and preventative care, we're here to help men protect themselves with the best of healthcare solutions, in the event that a critical illness does occur.



1 IN 9 MEN¹ WILL BE DIAGNOSED WITH PROSTATE CANCER IN THEIR LIFETIME.



The good news is, if cancer is found in the earliest stages, the treatment options increase, and the survival rate is nearly

99%²

In cases of late detection, cancer survival rates drop to a **worryingly low 30%**³.

There are other simple rules you can follow that can help reduce your risk of prostate cancer⁴, such as:

- **Limit high fat foods and eat more vegetables**
- **Reduce food with high calcium levels**
- **Maintain regular exercise and a healthy weight**

PROTECT WHAT MATTERS

WE OFFER MULTIPLE PLANS TO PROTECT YOU AND YOUR FAMILY IN THE EVENT OF A CANCER OR CRITICAL ILLNESS DIAGNOSIS

You work hard to build your future and make sure you're providing for your family. Don't wait for something to go wrong, take proactive action and protect your life, and your family's future.

Medical insurance may not be enough

There are many indirect treatment costs that come with a critical illness such as cancer which may not be covered by medical insurance, including:



Unpaid extended sick leave



Out of network specialists



Medical co-pays and deductibles



Repatriation or treatment abroad



In the event of a critical illness, it's important you're protected so your family's future is also secure. Many people have to rely on other sources of income such as:

- **Moving back to their home country**
- **Selling their personal belongings, such as a car**
- **Selling their house**
- **Using savings or borrowing money from family**

BEAT IT! DON'T IGNORE IT

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EASY STEPS TO PROTECT YOUR FUTURE AND YOUR LOVED ONES

STEP

1

Discover the policy that's right for you

STEP

2

Talk to MetLife or your chosen bank Relationship Manager

STEP

3

Purchase your plan

STEP

4

Maintain your plan* and regular health checks

We offer multiple plans to protect you in the event of a cancer or critical illness diagnosis:

- Critical Illness or Critical Care
- CritiCare
- Health Cover Abroad



Contact your bank's Relationship Manager to learn more about our broad range of **critical illness solutions and life insurance policies.**



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**SECONDS
CAN SAVE
YOUR LIFE**

Proactive care is the key to beating cancer. Simply talk to your doctor to discuss your risk of developing prostate or testicular cancer and the best ways to prevent them. Your doctor is likely to ask for a blood sample or an examination to check for any potential problems or risks. The testing is quick, simple and most importantly, lifesaving. Talk to your doctor and save yourself—it's easier than you think. Testicular cancer can also be managed by simple self-checks at home that should be maintained monthly.

