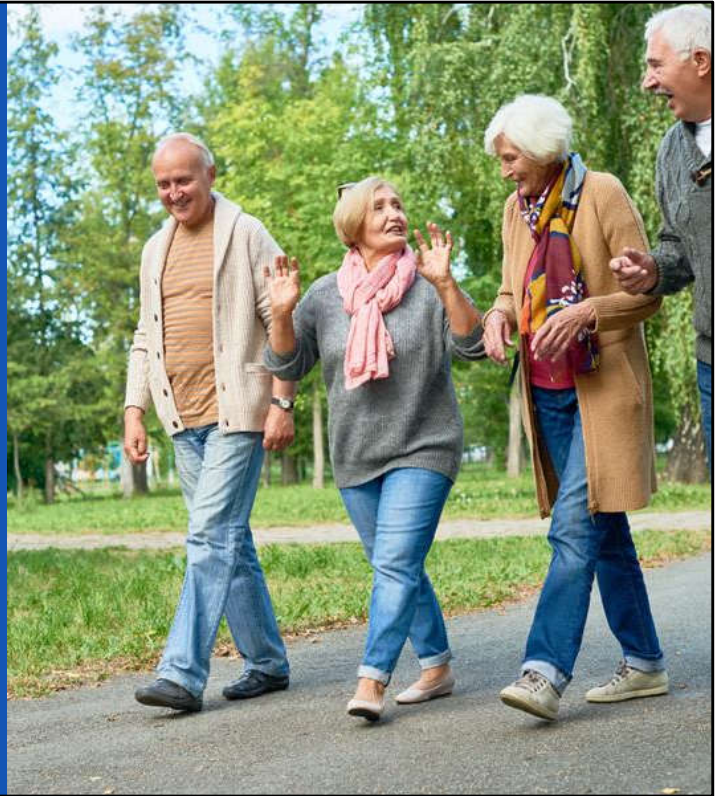


# Metabolic health is key for living longer, healthier lives

Dr John Schoonbee  
Global Chief Medical Officer



# Who are we?

- one of the world's leading providers of reinsurance, insurance and other forms of insurance-based risk transfer
- over 14'000 employees and operate in around 80 offices globally
- Established 1863 (159 years old)
- USD 47.9bn gross premiums written in 2022

slide 2 - Swiss Re 1min

- Swiss Re is one of the world's leading life and health reinsurers
- Our role in society

one of the world's leading providers of reinsurance, insurance and other forms of insurance-based risk transfer

over 14'000 employees and operate through a network of around 80 offices globally.

Established 159 years (160 in December)

47.9bn gross premiums written in 2022

Swiss Re's vision:

# We make the world more resilient

- 212 million L&H policies reinsured (2022)
- USD 2bn COVID-19-related claims paid in 2021
- USD 12.6bn L&H claims paid out in 12 months to June 2023

slide 3 – SR vision 1min

- Our vision
- Some stats
- proud to do this for society and individuals

# Sustainability



Decrease the protection gap, expand coverage

- affordable
- accessible
- available

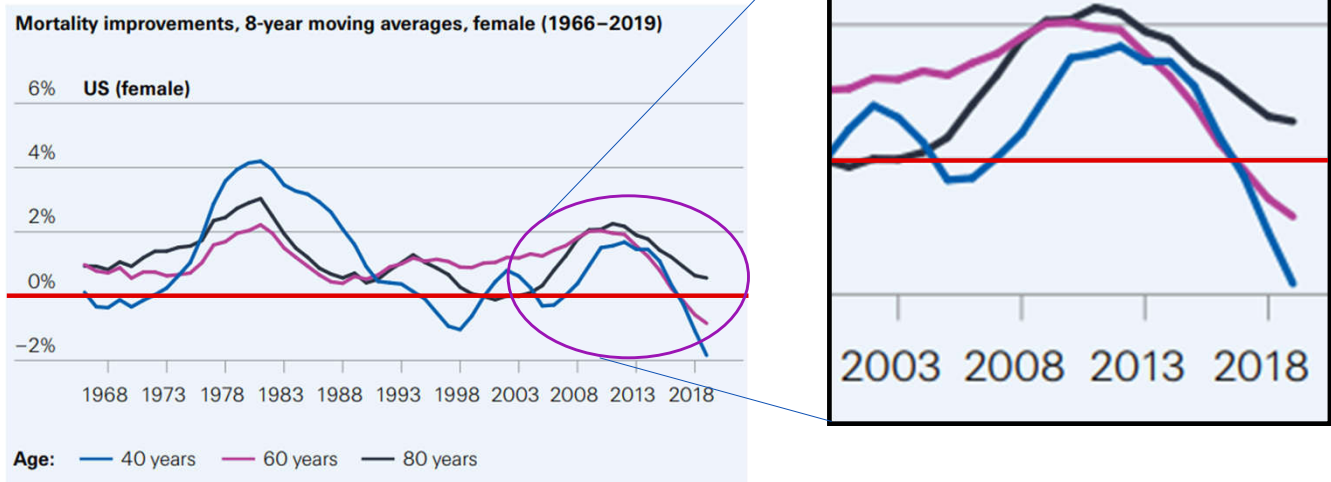


slide 4 - sustainability (1min)

- beyond just paying out claims, we have a strong focus on sustainability in L&H
- means expanding coverage to those without cover (protection gap etc)
- and expanding coverage to those that have conditions that might put them at high risk



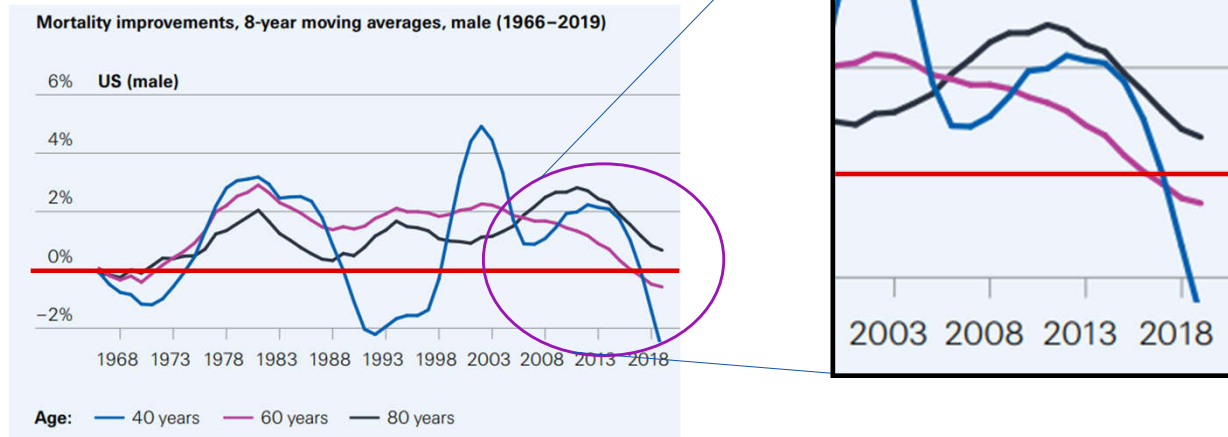
## US mortality improvement trends – females



slide 5, 6 mortality improvement deterioration 1min

- Mortality improvement – **needs some educating the audience....**Briefly Explain long term pricing, and long term guarantees
- We price so keenly we do not assume the future mortality will be same as the past, we assume it will improve, so we price in a “mortality improvement assumption”.
- And we need to monitor these very carefully.
- So on the slide we can see..... : a clear deterioration in this trend. Graph you can see US reducing for all ages

## US mortality improvement trends – males

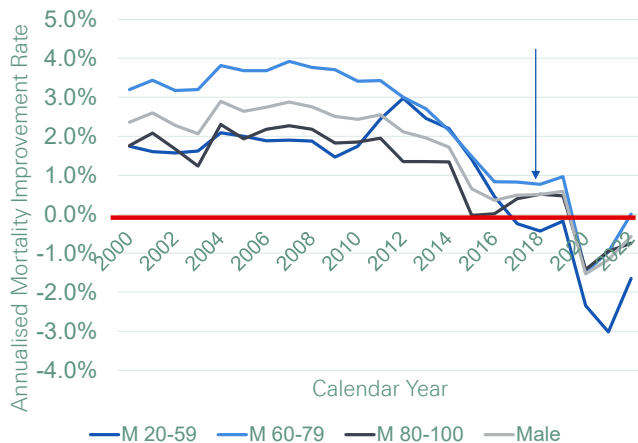


slide 5, 6 mortality improvement deterioration 1min

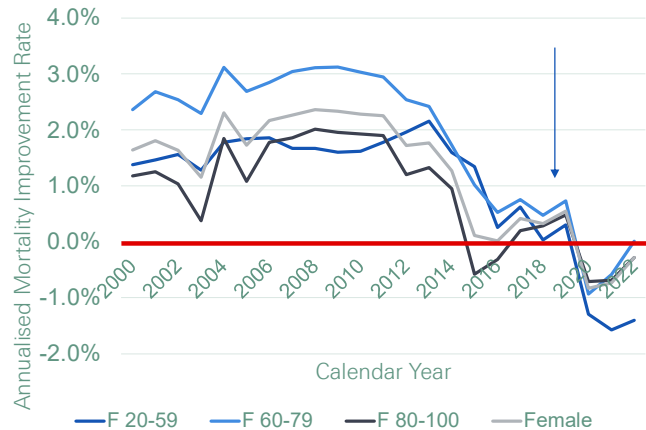
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## UK mortality improvements slowdown

5-year Average Annualised Mortality Improvement Rate for England & Wales Males



5-year Average Annualised Mortality Improvement Rate for England & Wales Females



slide 5, 6 mortality improvement deterioration 1min

- Mortality improvement – **needs some educating the audience....**Briefly Explain long term pricing, and long term guarantees
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- And we need to monitor these very carefully.
- So on the slide we can see..... : a clear deterioration in this trend. for the UK. slowdown before 2020 (COVID)



“Research is now beginning to identify insulin resistance as a significant **root cause** of (increased) mortality”

## The future of life expectancy

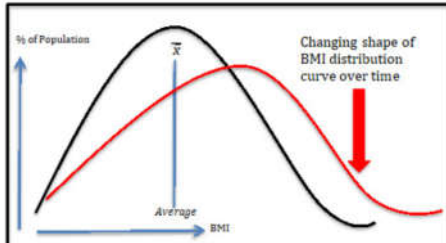
Forecasting long-term mortality improvement trends for insurance

slide 7,8 – (1 min) **SRI mort improvement publication looking at “The future of life expectancy”**

- **considered many things, multifactorial, but metabolic ill-health and insulin resistance is clearly a key driver of some of the reversal of the trends.**

## The future of life expectancy

Forecasting long-term mortality improvement trends for insurance



- almost ~70% of US adults classed as obese or overweight compared with ~12% in 1975

- prevalence of diabetes in the US has risen from <1% in 1950 to over 11.3% today

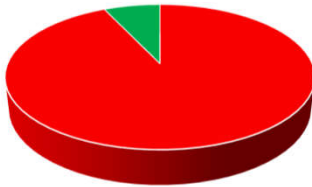
*“Further (CVD) improvement will rely on societal, policy and behavioural changes such as **addressing diabetes and obesity via better nutrition**”*

slide 7,8 – (1 min) SRI mort improvement publication looking at “The future of life expectancy”

- considered many things, multifactorial, but metabolic ill-health is clearly a key driver of some of the reversal of the trends.
- appalling trends noted in both obesity and diabetes over last 50-70 years.
- its not just US
- while only 7% of us adults are metabolically healthy, in Chinese adults that number is only 14%. It’s a global problem.
- changing lifestyle, nutrition particularly can have a substantial positive impact on reversing the obesity and diabetes trends.

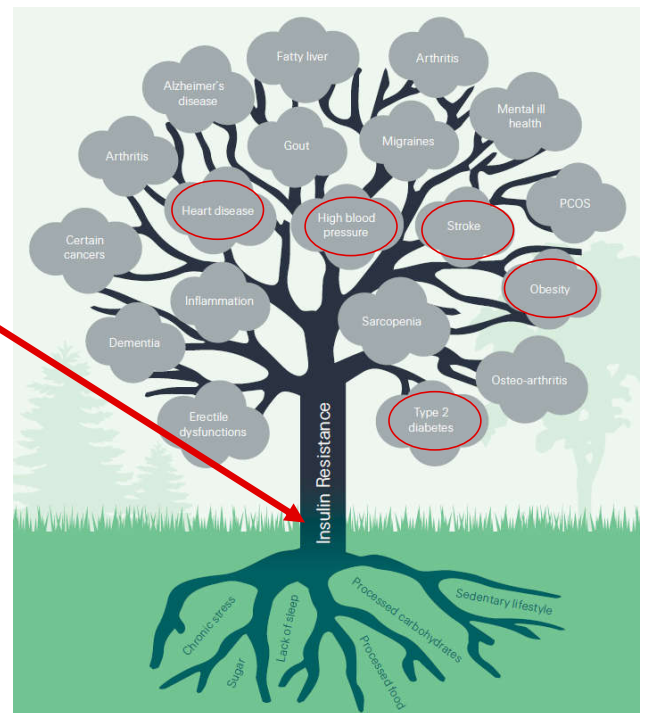
## The growing NCD epidemic

- Obesity is but *just one expression* of **insulin resistance**
- 93% of US adults are NOT metabolically healthy



- Metabolic health is about MUCH MORE than diabetes and CV disease

[Metabolic Health: Tackling wellbeing from the inside out | Swiss Re](#)



John Schoonbee | January 2024

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So what is Swiss Re planning to do?





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