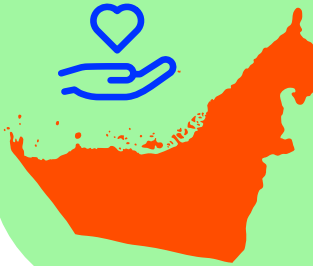


Cigna International Health Study United Arab Emirates



UAE reported a high vitality score of **72.5** on latest Cigna International Health Study; decline **4.6** points over 2023

10,000 respondents across **11** global markets participated in Cigna Healthcare's International Health Study



73% of full-time employees work from office; **23%** work in hybrid arrangements, and **4%** work remotely



Substantial drop in mental health, with scores decreasing **17 points** year-on-year



Financial wellbeing dropped **10 points to 32%**, due to rising living costs, personal financial concerns



43% of employees cite personal finance as main source of anxiety



Stress levels plunged but **disrupted sleep (39%)**, **lost interest in things (30%)** are leading impacts of stress