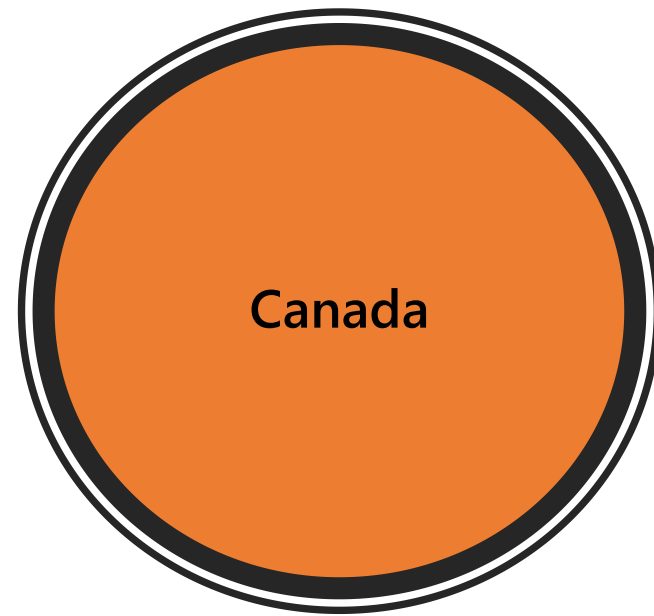


# International Workforce Well-being Survey 2019 Country Data

Canada • Hong Kong • India • Indonesia • Mexico • Singapore • Spain • Thailand • UAE • UK

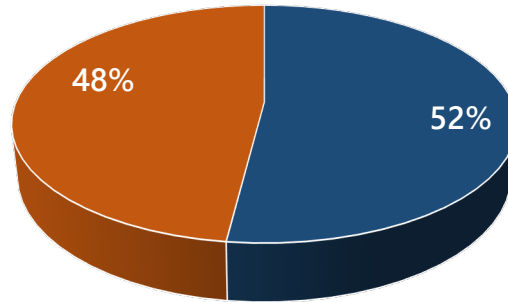




Canada

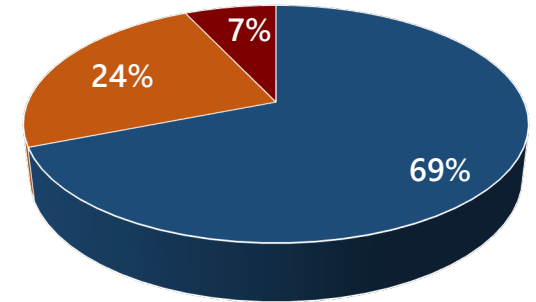
## Key Profiling Characteristics Health & Insurance

Health Insurance Holding



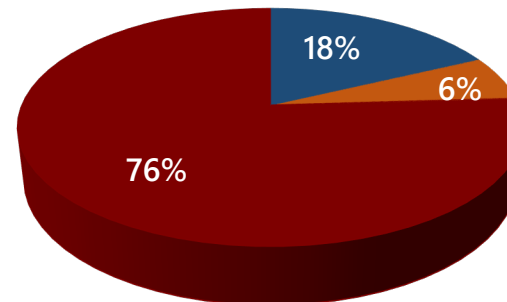
■ Yes ■ No

Type of Health Insurance



■ Group ■ Individual ■ Both

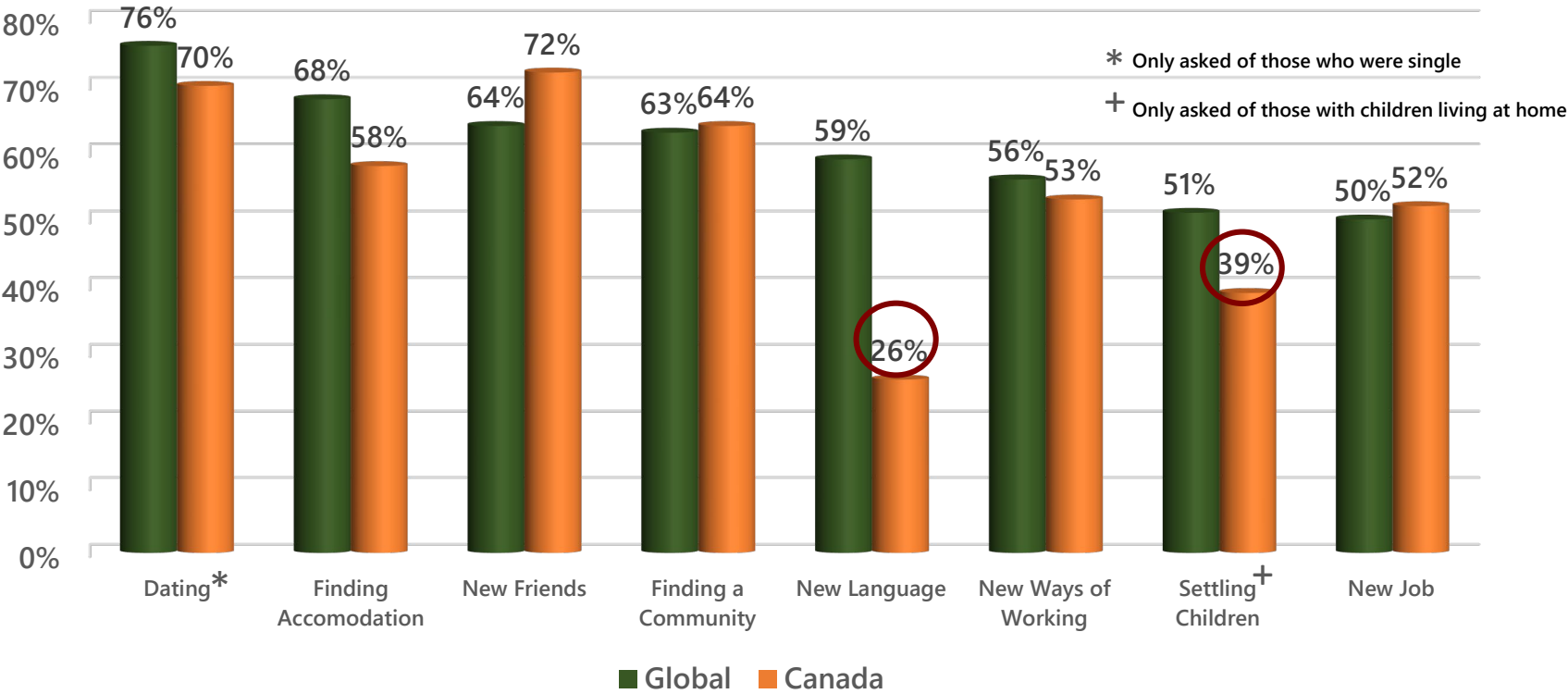
Travelled for Treatment Whilst Away?



■ Yes, back home ■ Yes, to another country ■ No

Most Challenging Aspects

Percentage Finding Each Aspect Challenging (Quite or Very)

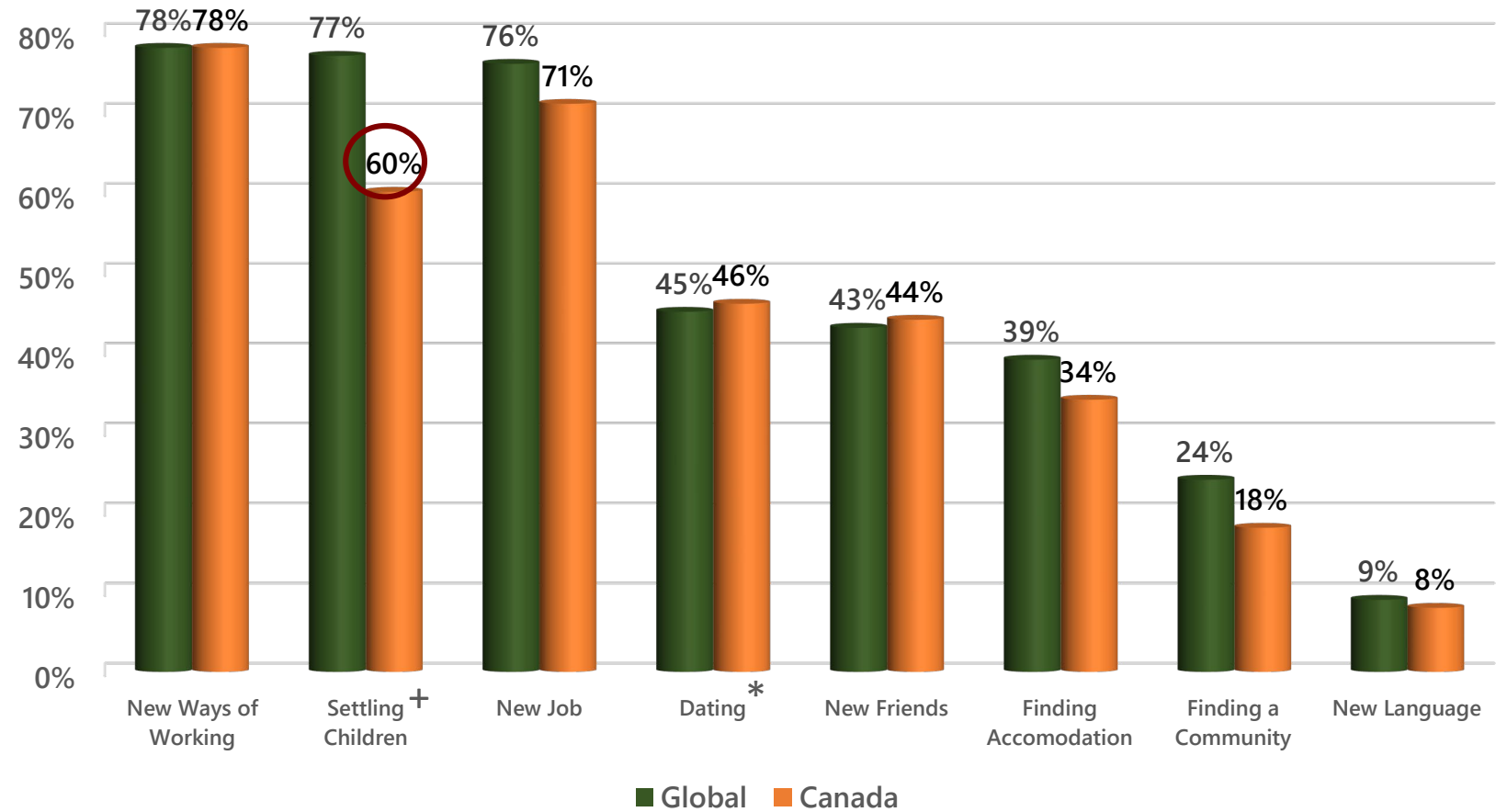


Q: How have you felt about each of the following aspects of moving and living abroad, since you made the move. Please rate on the following scale from 1 to 4 where: 1 = Very challenging 2 = Quite challenging 3 = Quite easy 4 = Very easy



## Impact on Wellbeing

Impact on Wellbeing of those aspects found challenging



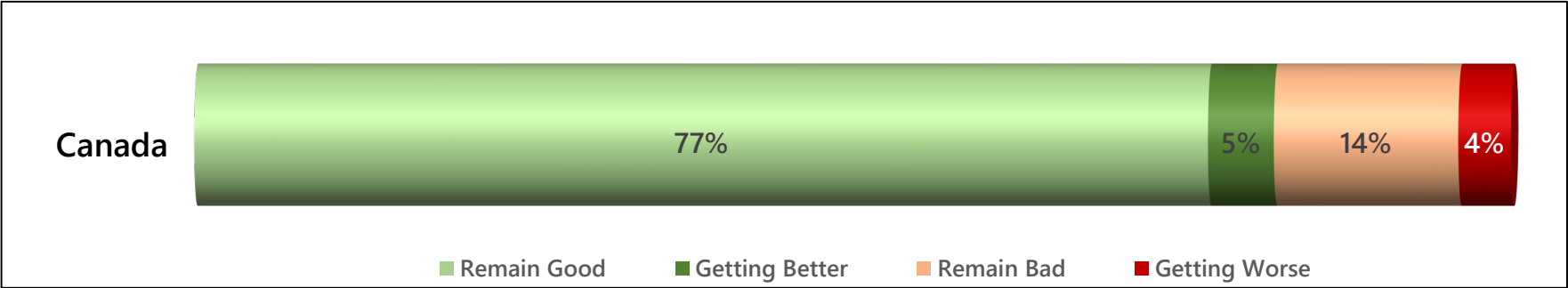
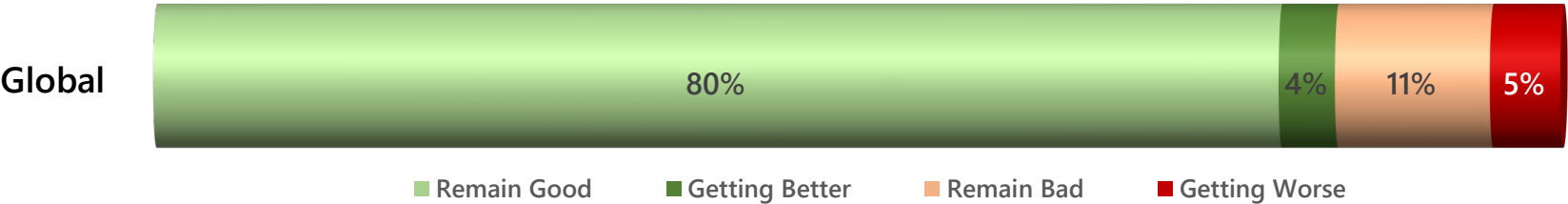
\* Only asked of those who were single

+ Only asked of those with children living at home

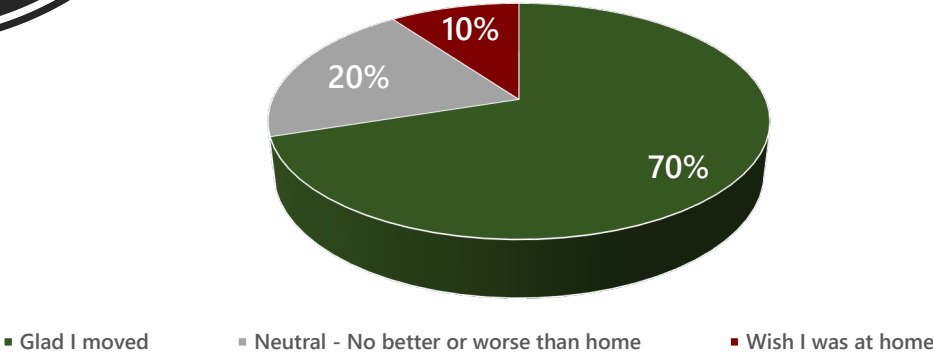
Q: For each of those aspects that you have found challenging, can you say to what extent this has impacted your sense of wellbeing. Please rate on a scale from 1 to 3 where: 1 = Significant negative impact 2 = Limited negative impact 3 = No negative impact

Local Attitudes  
& Impact on  
Expats

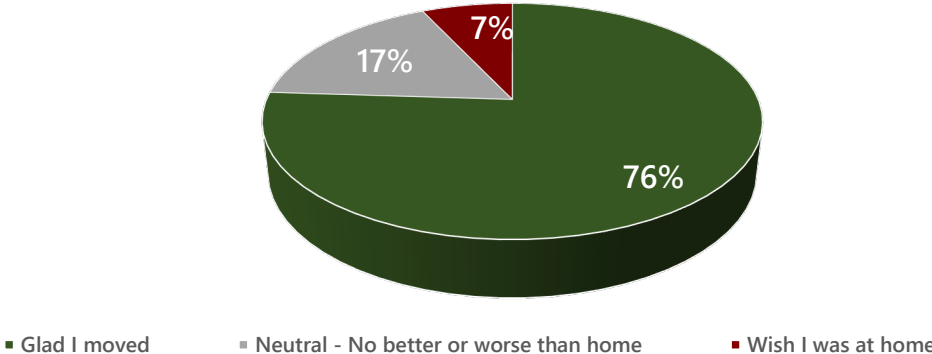
Attitudes towards 'Expats'



How they feel about being away  
Global



How they feel about being away  
Canada



Q: Since you've been living in (Country), how do you feel attitudes to expats have changed there?  
Q: Which of the following best describes how you feel about living in (Country) at the moment?

Canada

## Expat Firsts

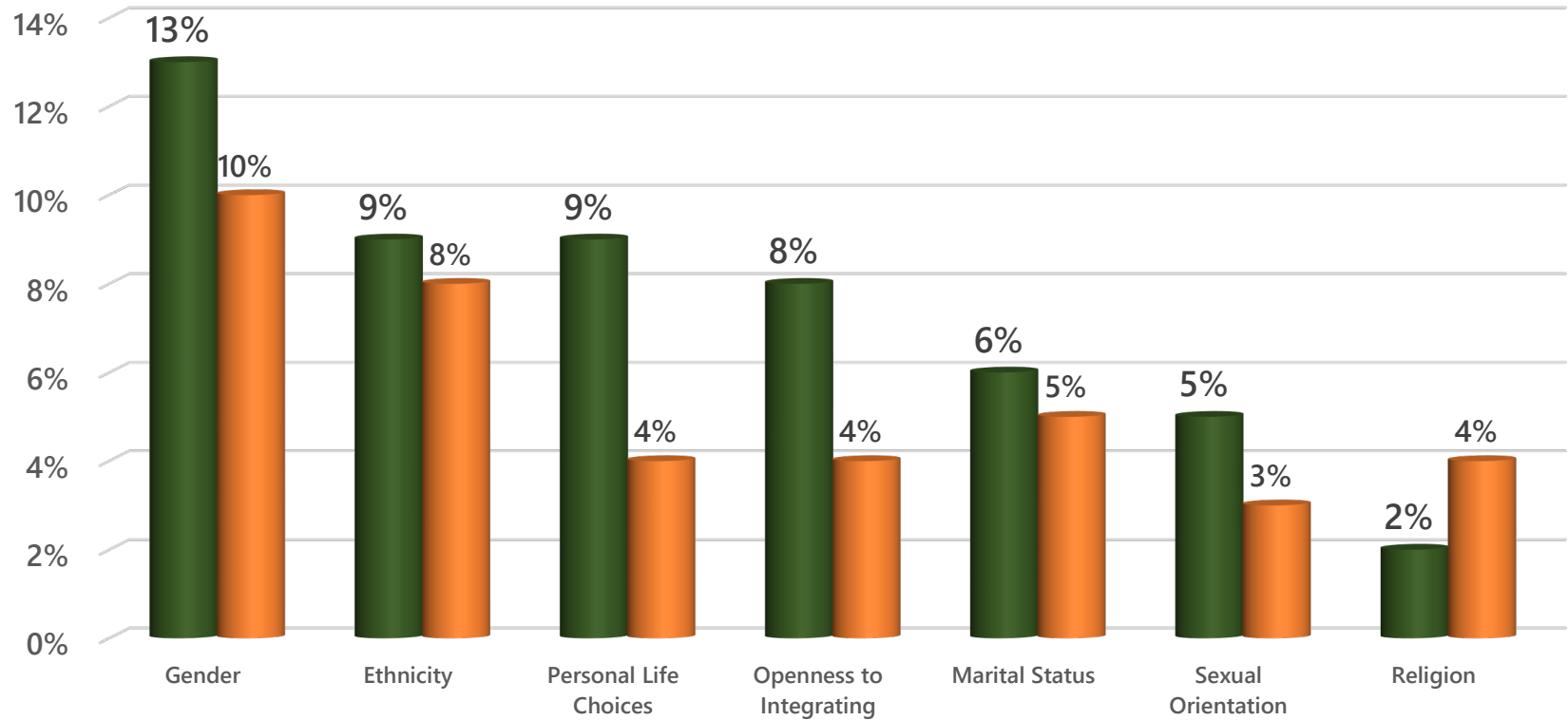
First...	1 Month		2 to 6 Months		7 to 12 Months		Over 12 Months		Not Yet Happened	
	Global	Canada	Global	Canada	Global	Canada	Global	Canada	Global	Canada
Foreign Friend	24%	25%	42%	57%	4%	2%	8%	6%	22%	9%
Expat Friend	27%	28%	44%	42%	2%	3%	9%	8%	18%	19%
Friend of Same Nationality	21%	24%	49%	51%	2%	3%	9%	7%	19%	15%
Conversational Language Use	41%	51%	28%	44%	2%	1%	4%	2%	26%	2%
Local Dish (not from home)	28%	26%	46%	44%	2%	1%	5%	5%	19%	24%
Trip to the Doctor *	34%	25%	48%	52%	4%	5%	5%	7%	10%	11%
Foreign Date (Potential Partner)	12%	11%	28%	33%	3%	4%	5%	4%	53%	48%
Felt Part of Local Community	24%	23%	41%	50%	4%	2%	9%	10%	22%	5%

Q: Thinking now about each of the following, how long did it take to reach each 'milestone', after your move abroad?

\* Only asked of those who were single

Barriers to Settling

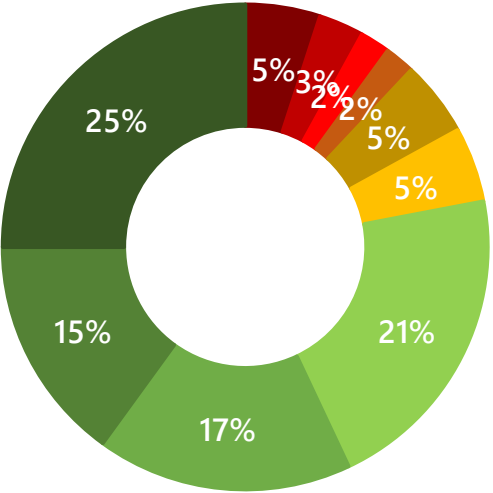
Barriers to Settling in Host Country



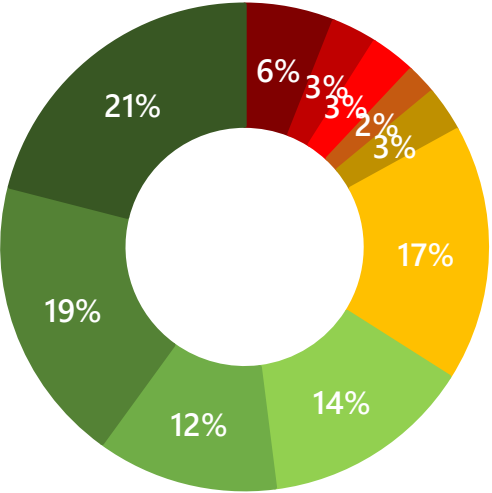
Q: Do you think that any of the following personal characteristics and profiles have been barriers to you settling in...

vHealth

Global  
Likelihood of Using Virtual Healthcare Services  
(1 = Not at all to 10= Extremely Likely)



Canada  
Likelihood of Using Virtual Healthcare Services  
(1 = Not at all to 10= Extremely Likely)



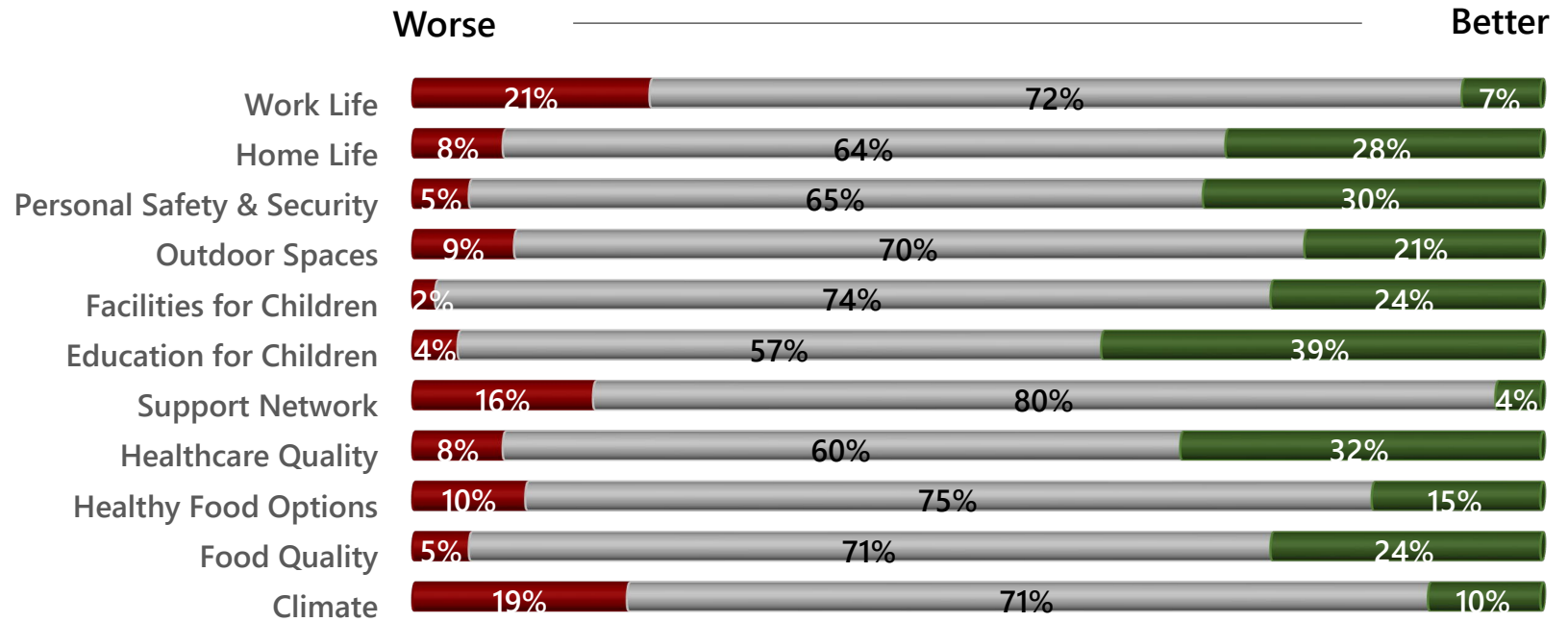
1 2 3 4 5 6 7 8 9 10

Q: We are interested in your views on virtual health care. This can be defined as the delivery of primary care services through the use of technology, such as tablets or smartphones . It can help to maintain a patient's health and well being, provide consultations for acute illness and improve monitoring and management of chronic conditions. How likely would you be to use a virtual healthcare service (such as telephone or online doctor consultations) to access health care on a scale of 1 to 10, where 1 - Not at all likely and 10 - extremely likely? Likelihood of using virtual health care service...

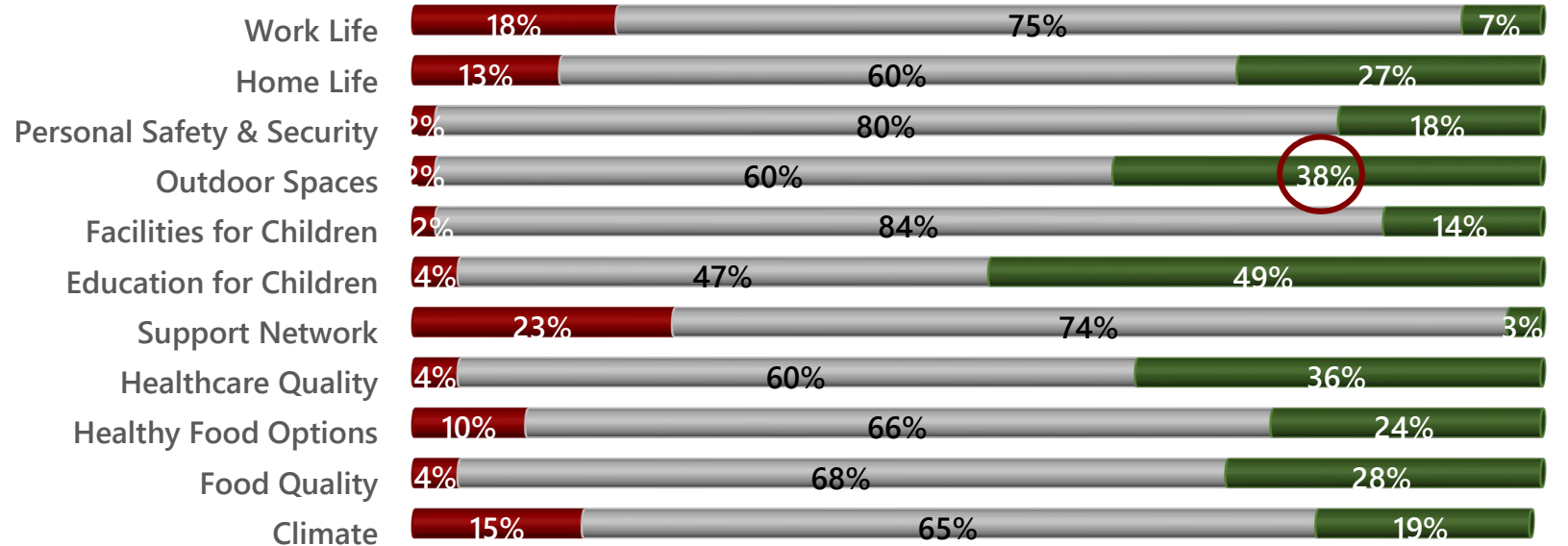
Canada

Impact on  
Wellbeing  
from...

Global



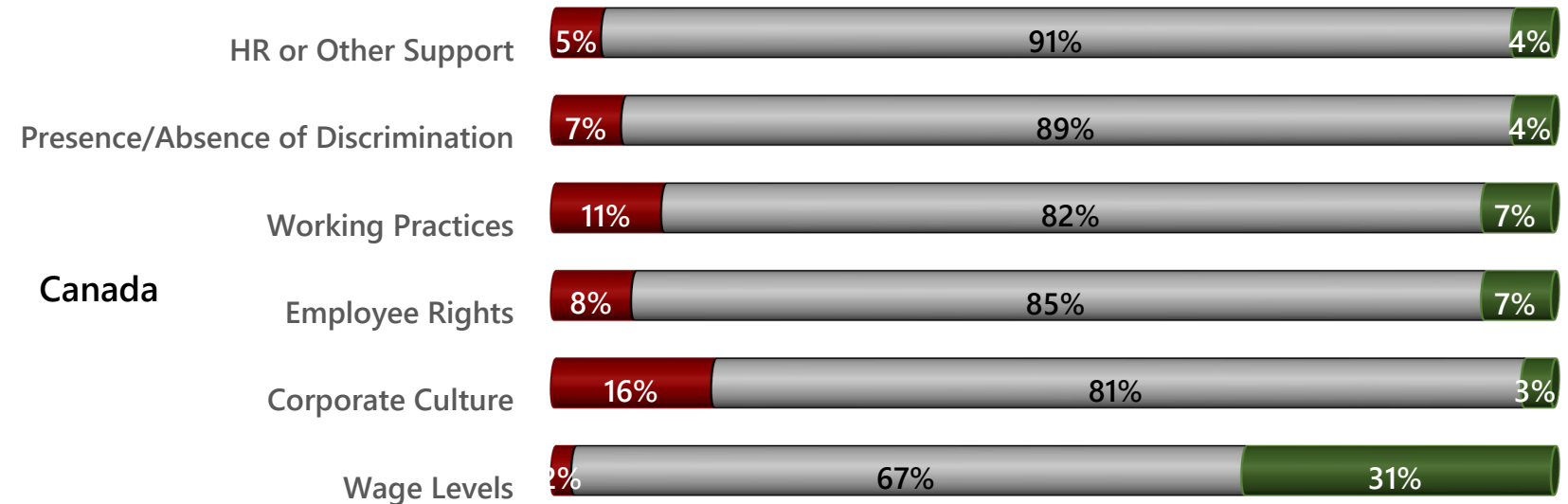
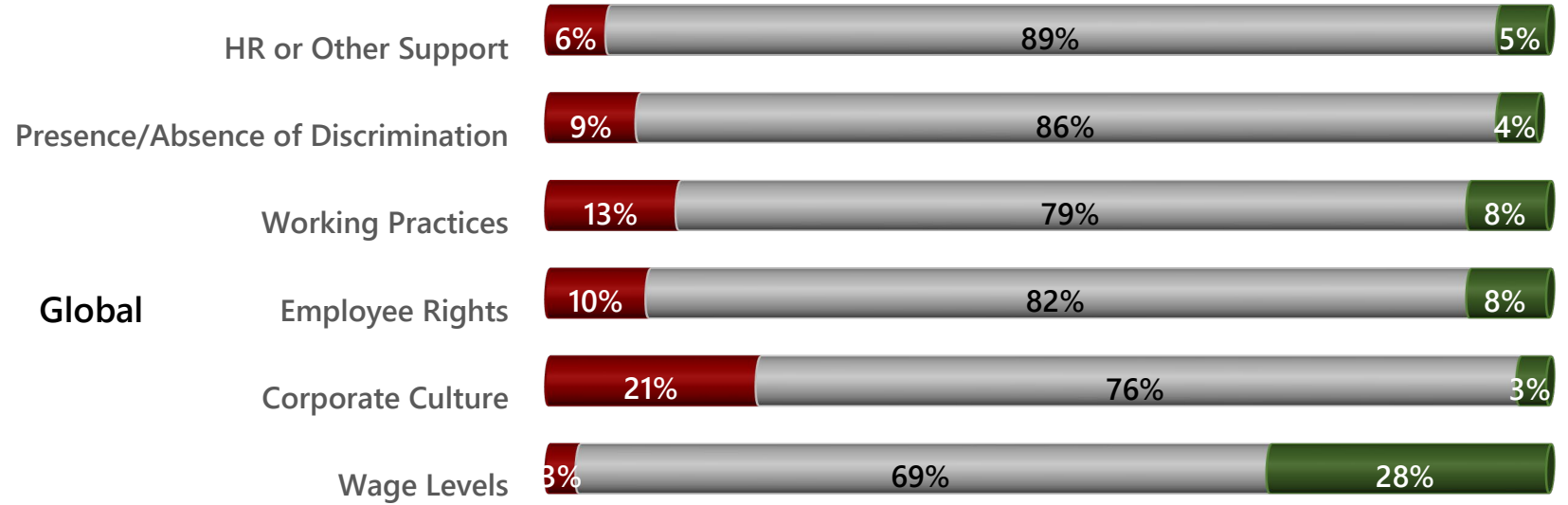
Canada



Q: How would you rate the impact of the following things on your wellness and general health while living in...

Canada

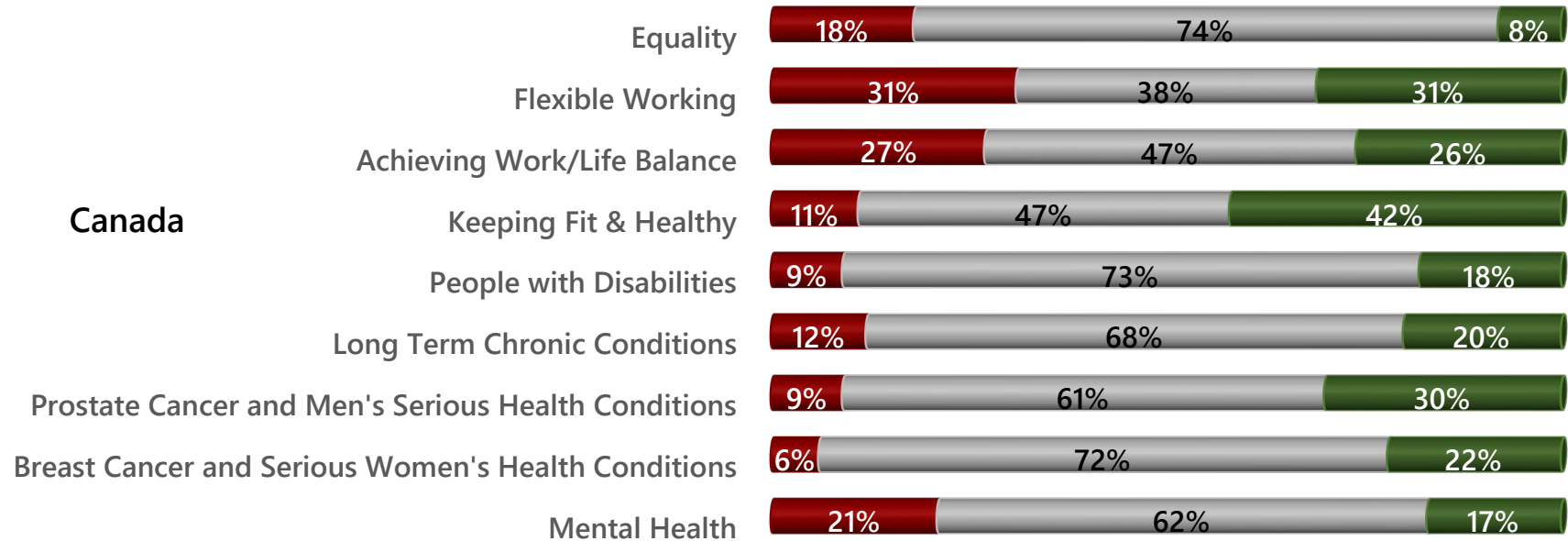
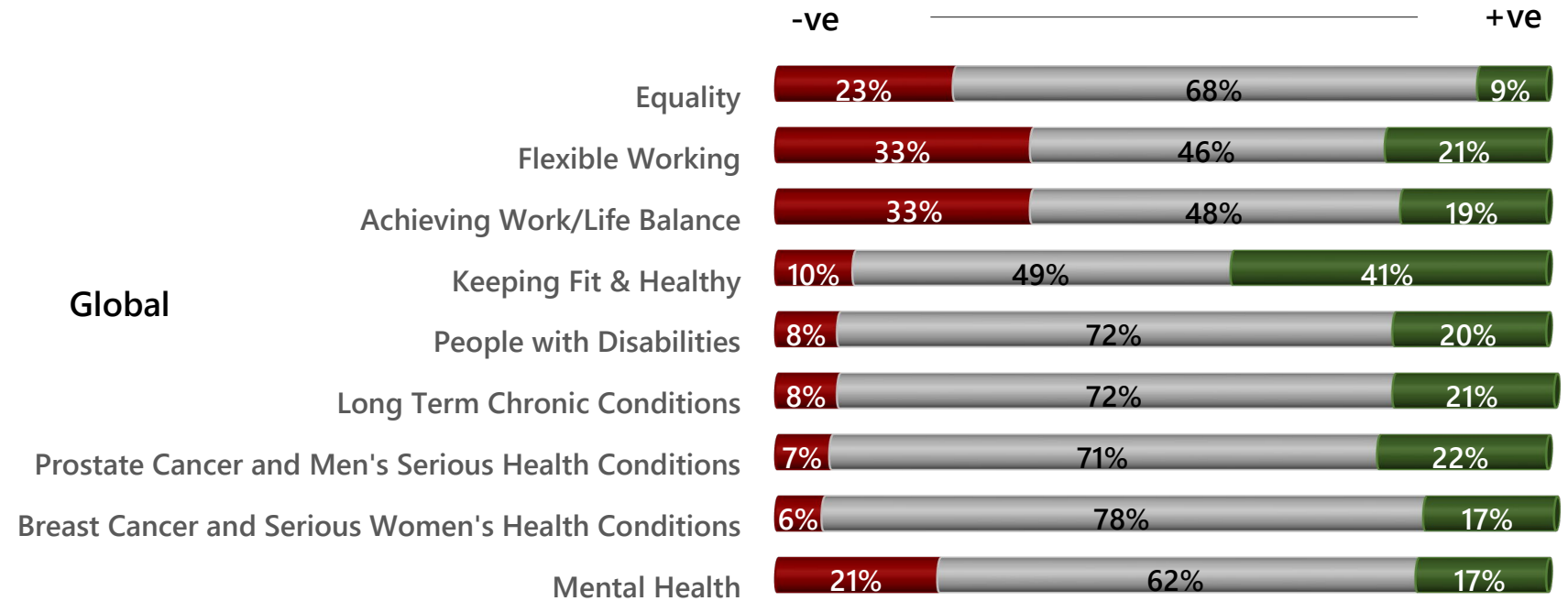
## Impact of Work on Wellbeing & Health



Q: Having moved to (Country), how has your overall well-being been impacted by each of the following factors related to your working life?

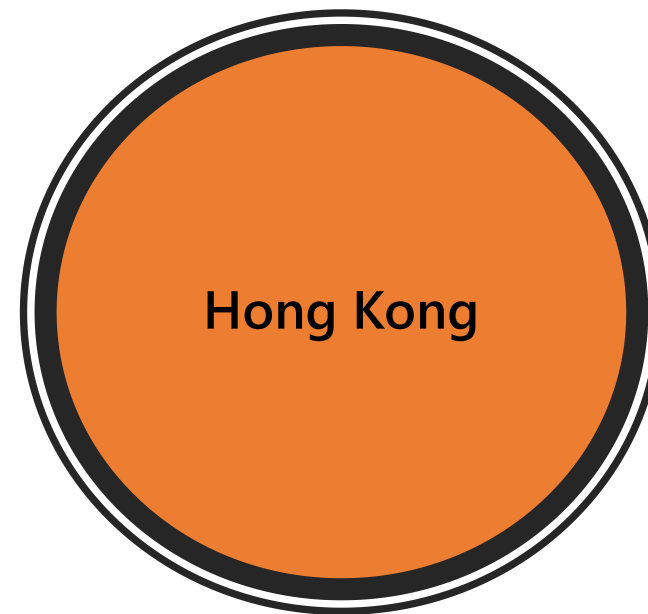
Canada

## Attitudes in Host Country to...



Q: How would you rate attitudes and level of support for each of the following in...

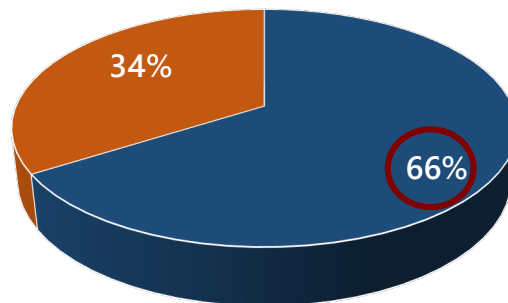




Hong Kong

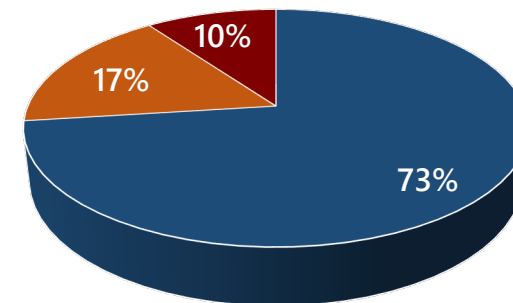
## Key Profiling Characteristics Health & Insurance

Health Insurance Holding



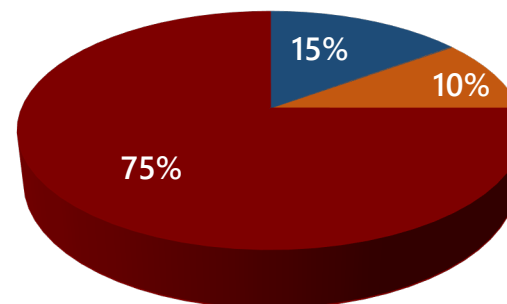
■ Yes ■ No

Type of Health Insurance



■ Group ■ Individual ■ Both

Travelled for Treatment Whilst Away?

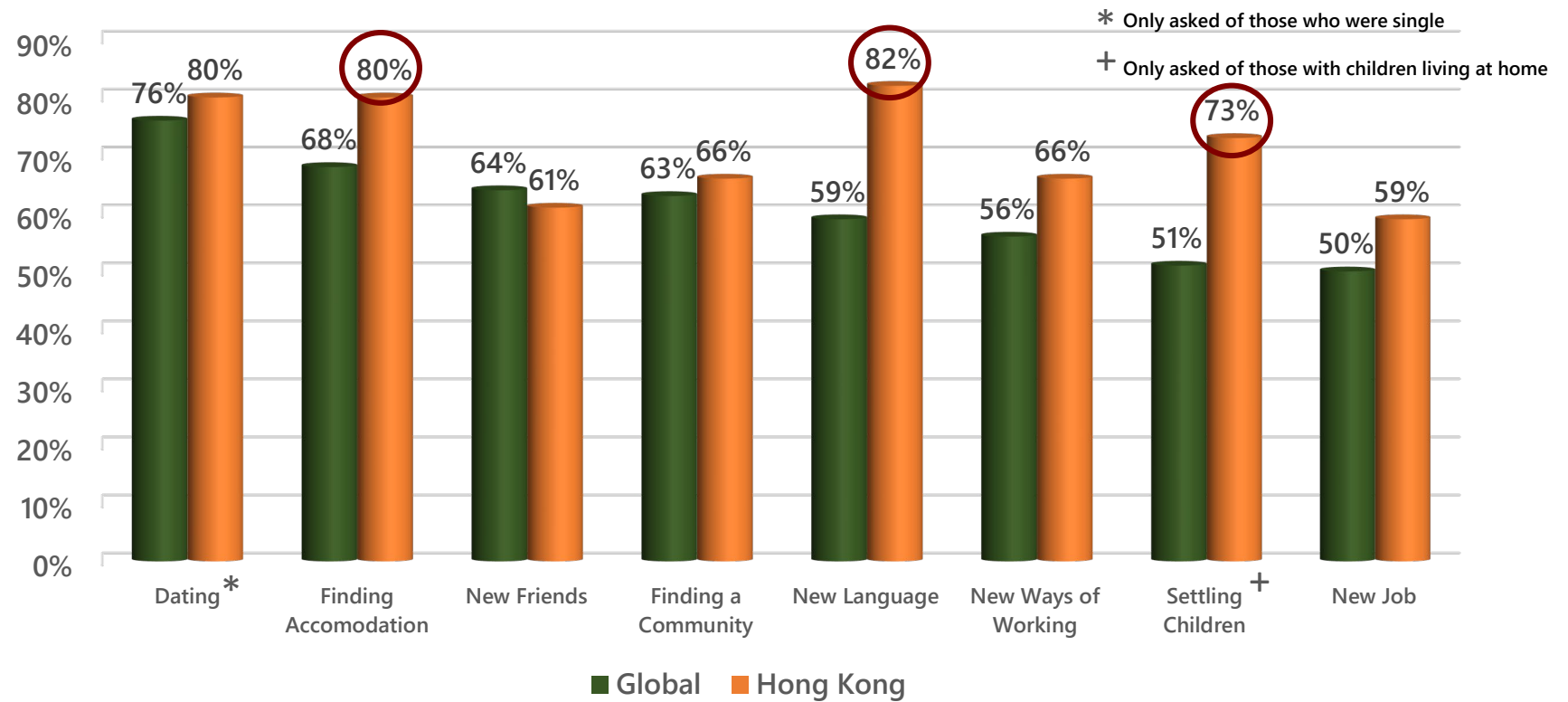


■ Yes, back home ■ Yes, to another country ■ No

## Hong Kong

### Most Challenging Aspects

Percentage Finding Each Aspect Challenging  
(Quite or Very)

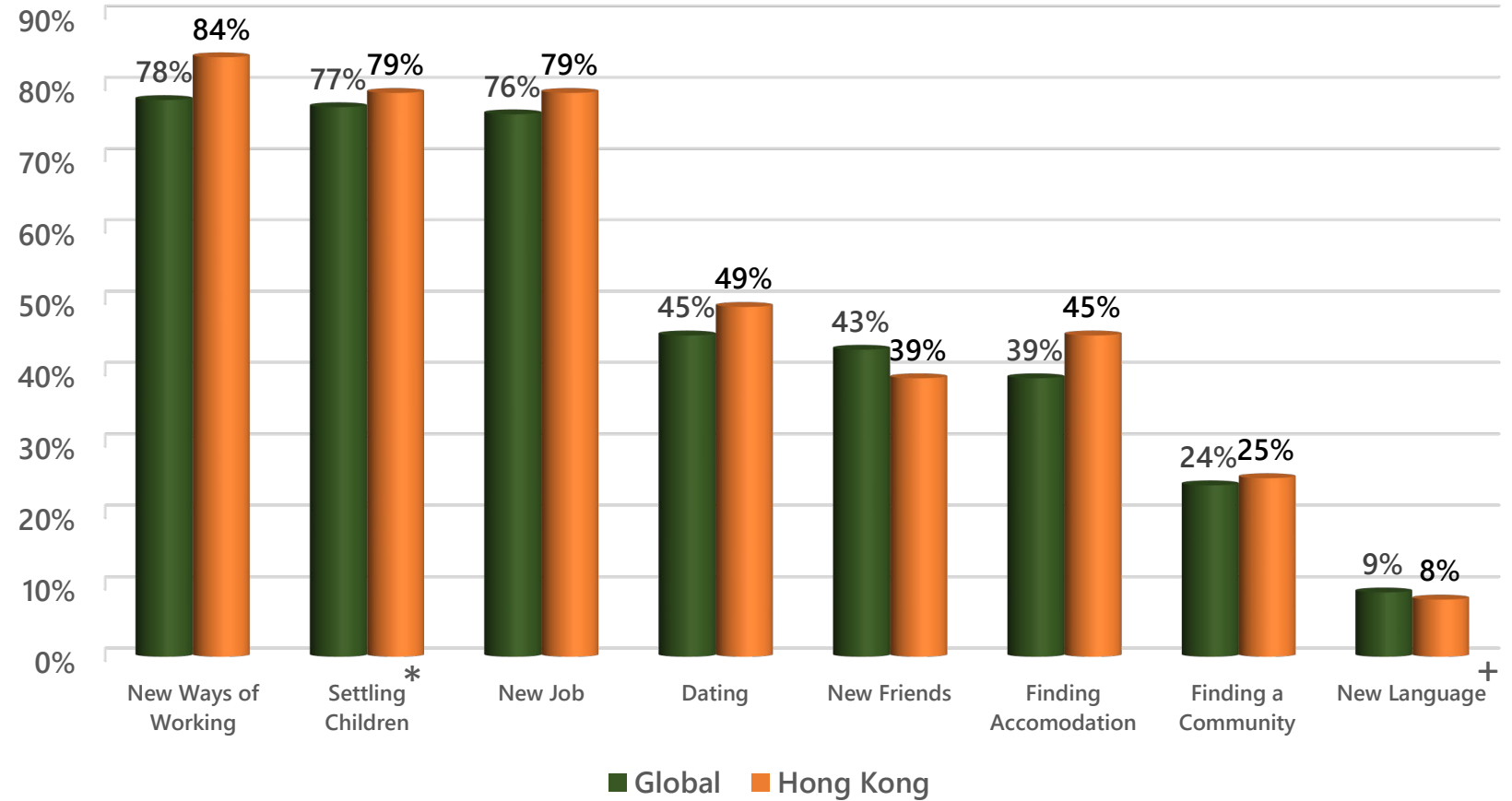


Q: How have you felt about each of the following aspects of moving and living abroad, since you made the move. Please rate on the following scale from 1 to 4 where: 1 = Very challenging 2 = Quite challenging 3 = Quite easy 4 = Very easy

## Hong Kong

### Impact on Wellbeing

Impact on Wellbeing of those aspects found challenging



\* Only asked of those who were single

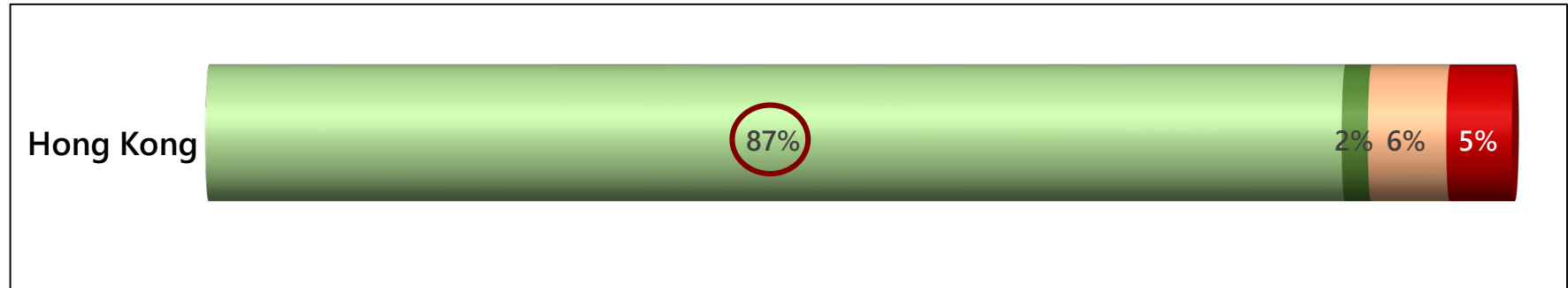
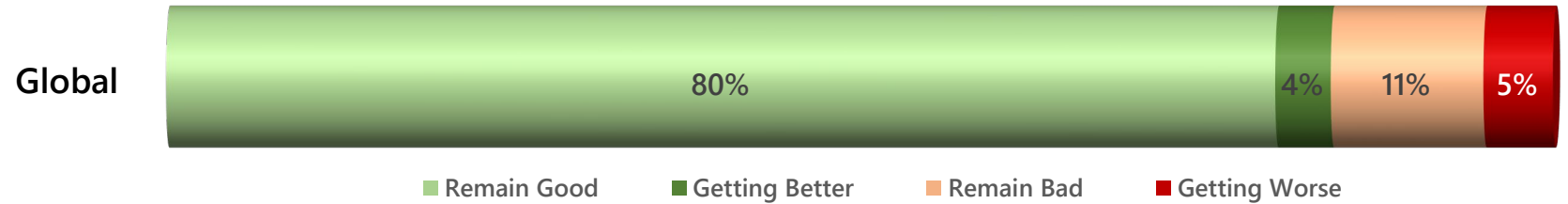
+ Only asked of those with children living at home

Q: For each of those aspects that you have found challenging, can you say to what extent this has impacted your sense of wellbeing. Please rate on a scale from 1 to 3 where: 1 = Significant negative impact 2 = Limited negative impact 3 = No negative impact

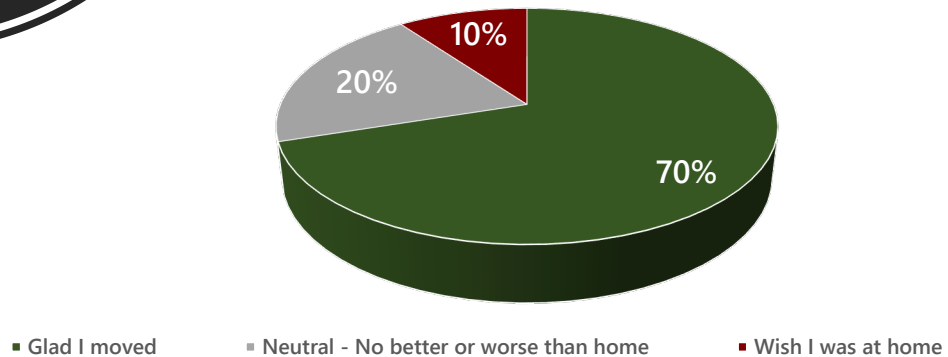
Hong Kong

## Local Attitudes & Impact on Expats

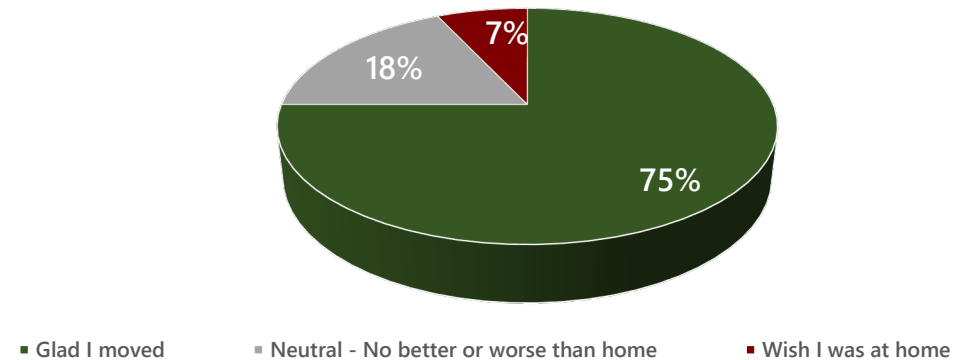
### Attitudes towards 'Expats'



### How they feel about being away Global



### How they feel about being away Hong Kong



Q: Since you've been living in (Country), how do you feel attitudes to expats have changed there?

Q: Which of the following best describes how you feel about living in (Country) at the moment?

## Hong Kong

### Expat Firsts

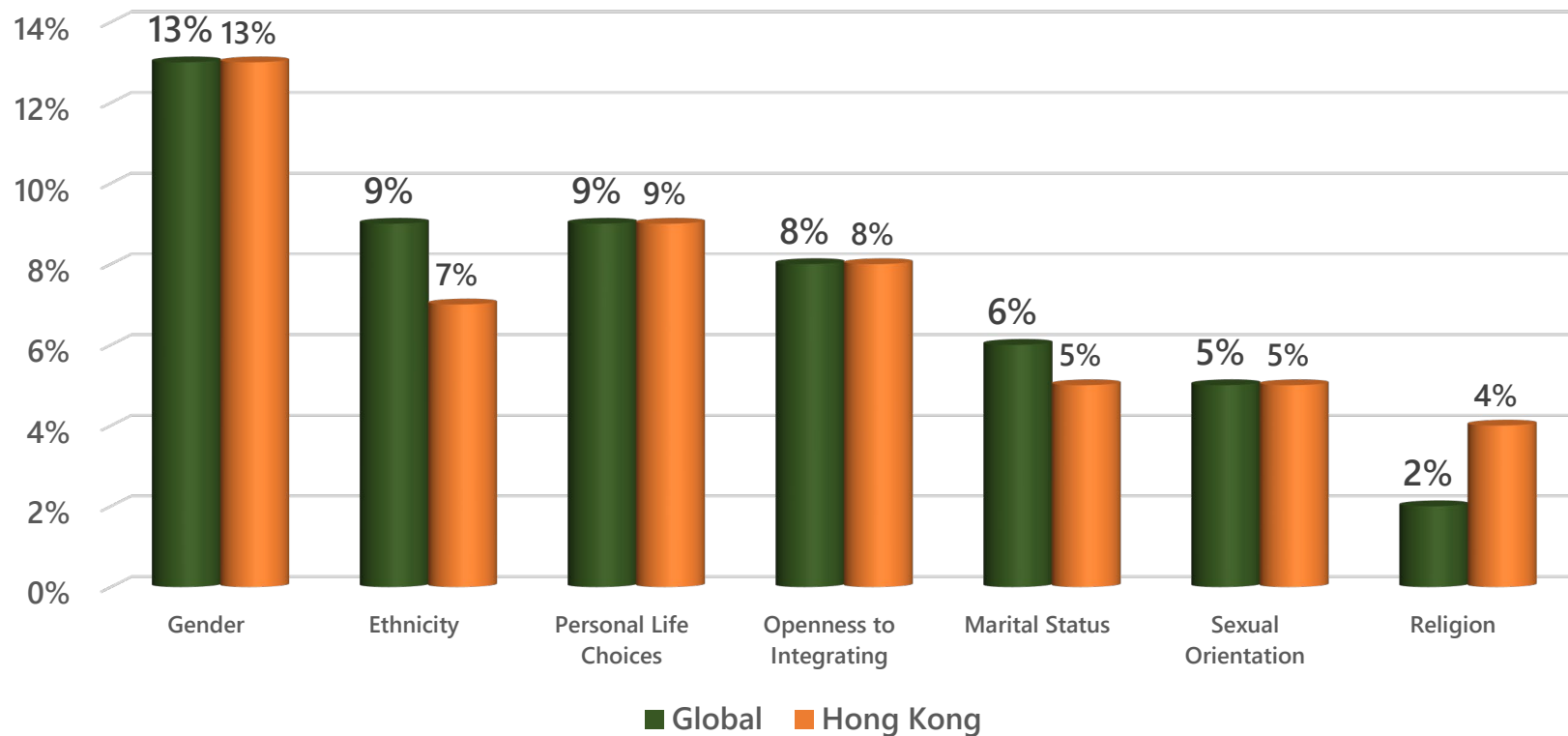
First...	1 Month		2 to 6 Months		7 to 12 Months		Over 12 Months		Not Yet Happened	
	Global	Hong Kong	Global	Hong Kong	Global	Hong Kong	Global	Hong Kong	Global	Hong Kong
Foreign Friend	24%	21%	42%	46%	4%	4%	8%	6%	22%	21%
Expat Friend	27%	21%	44%	47%	2%	4%	9%	14%	18%	14%
Friend of Same Nationality	21%	14%	49%	52%	2%	4%	9%	13%	19%	18%
Conversational Language Use	41%	27%	28%	34%	2%	1%	4%	4%	26%	33%
Local Dish (not from home)	28%	30%	46%	50%	2%	5%	5%	4%	19%	15%
Trip to the Doctor*	34%	28%	48%	52%	4%	3%	5%	3%	10%	15%
Foreign Date (Potential Partner)	12%	16%	28%	21%	3%	5%	5%	3%	53%	54%
Felt Part of Local Community	24%	21%	41%	48%	4%	5%	9%	7%	22%	18%

Q: Thinking now about each of the following, how long did it take to reach each 'milestone', after your move abroad?

\* Only asked of those who were single

## Barriers to Settling

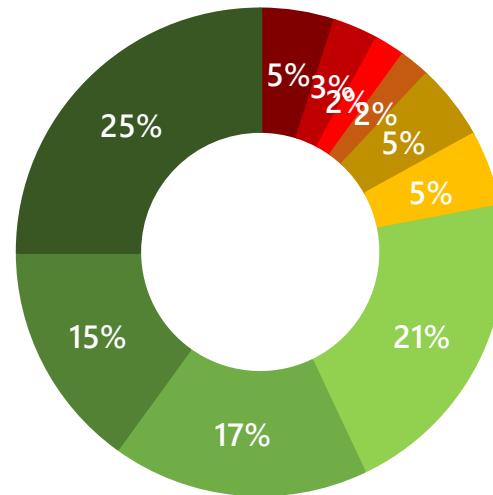
Barriers to Settling in Host Country



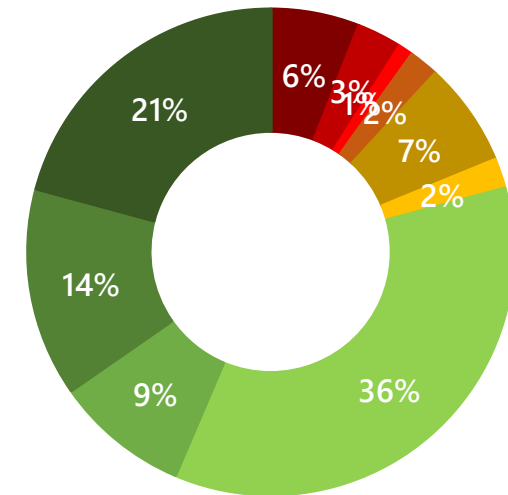
Q: Do you think that any of the following personal characteristics and profiles have been barriers to you settling in...

## vHealth

**Global**  
Likelihood of Using Virtual Healthcare Services  
(1 = Not at all to 10= Extremely Likely)



**Hong Kong**  
Likelihood of Using Virtual Healthcare Services  
(1 = Not at all to 10= Extremely Likely)



1 2 3 4 5 6 7 8 9 10

Q: We are interested in your views on virtual health care. This can be defined as the delivery of primary care services through the use of technology, such as tablets or smartphones . It can help to maintain a patient's health and well being, provide consultations for acute illness and improve monitoring and management of chronic conditions. How likely would you be to use a virtual healthcare service (such as telephone or online doctor consultations) to access health care on a scale of 1 to 10, where 1 - Not at all likely and 10 - extremely likely? Likelihood of using virtual health care service...

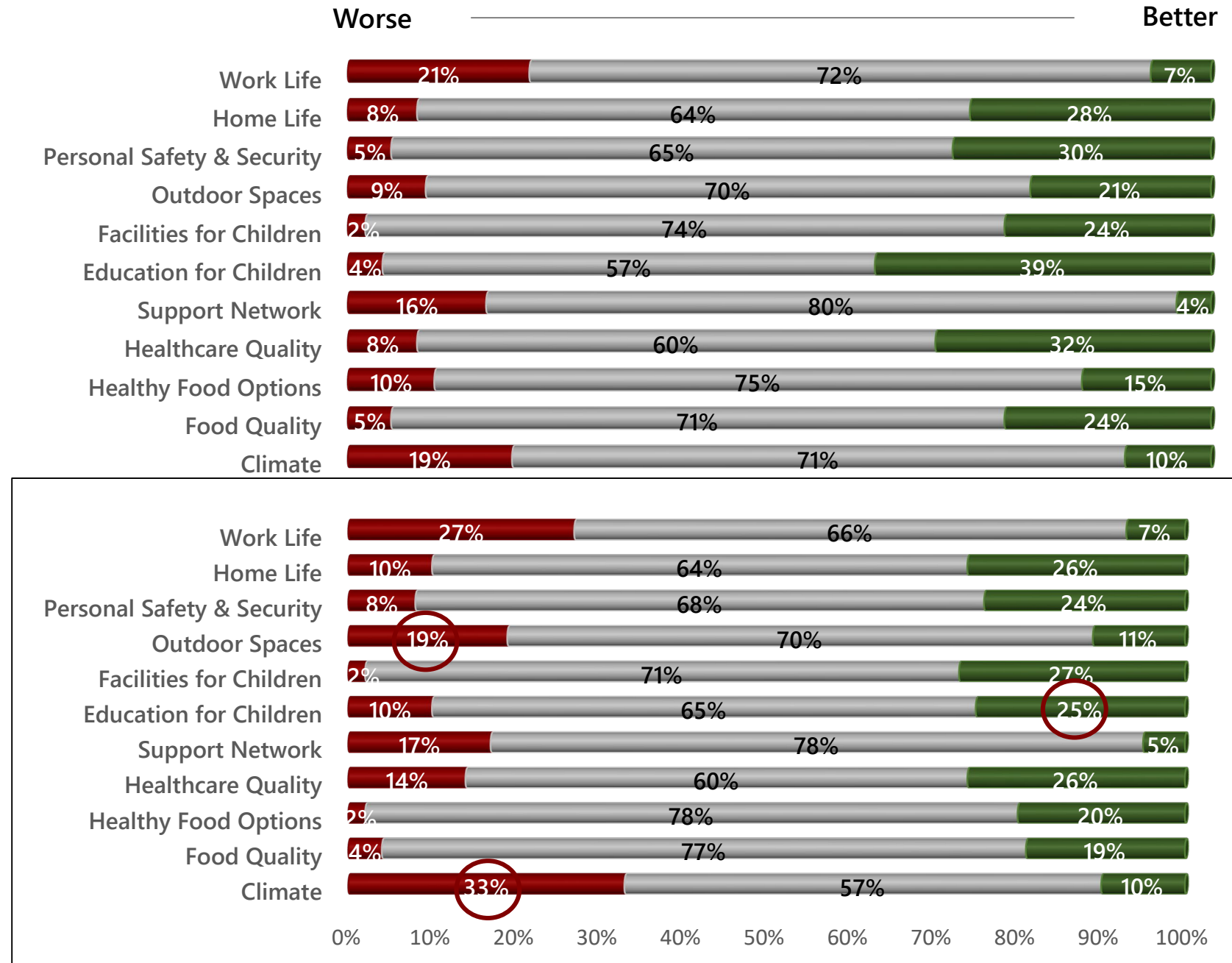


Hong Kong

Impact on  
Wellbeing  
from...

Hong Kong

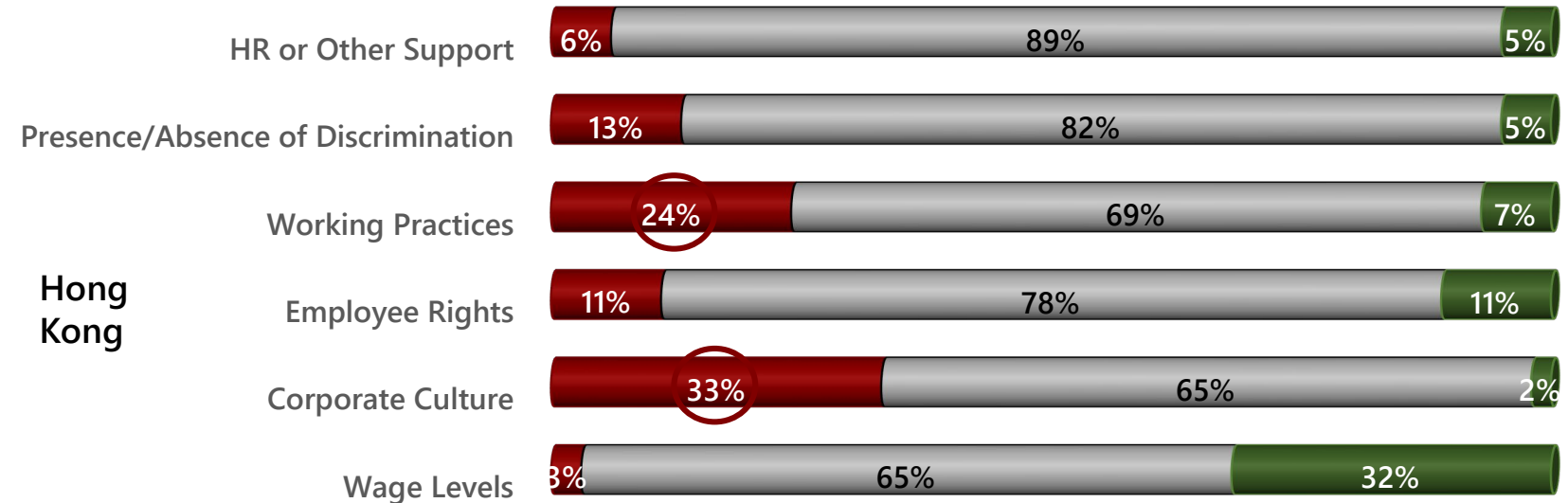
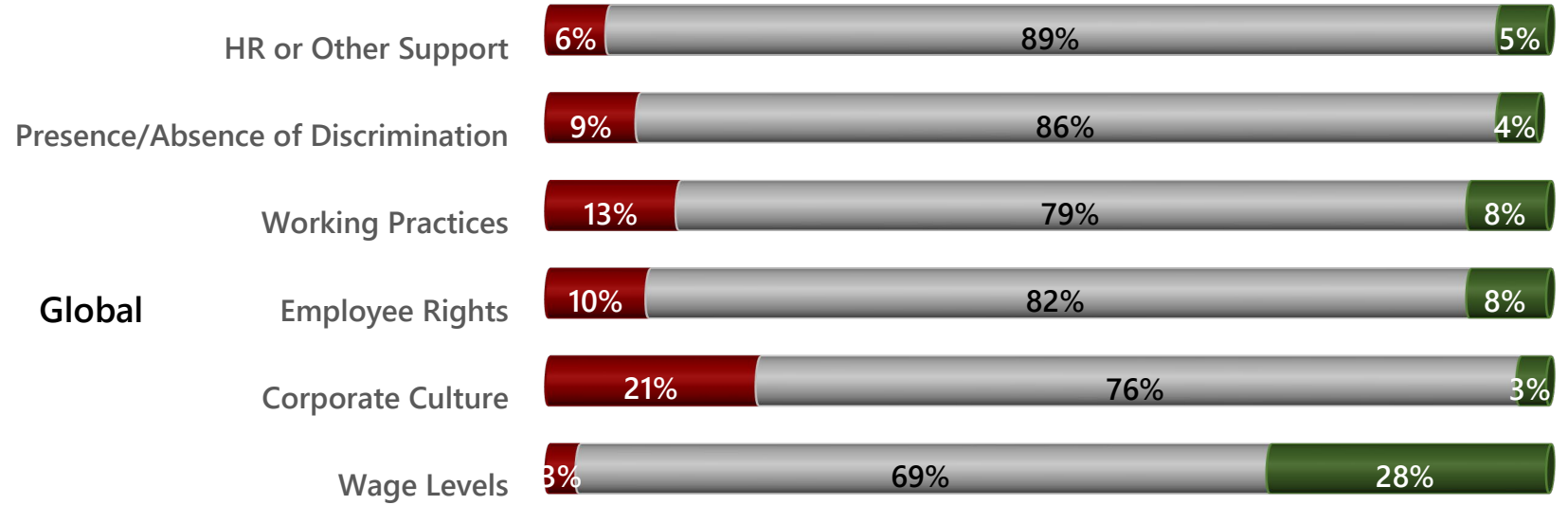
Global



Q: How would you rate the impact of the following things on your wellness and general health while living in...

## Hong Kong

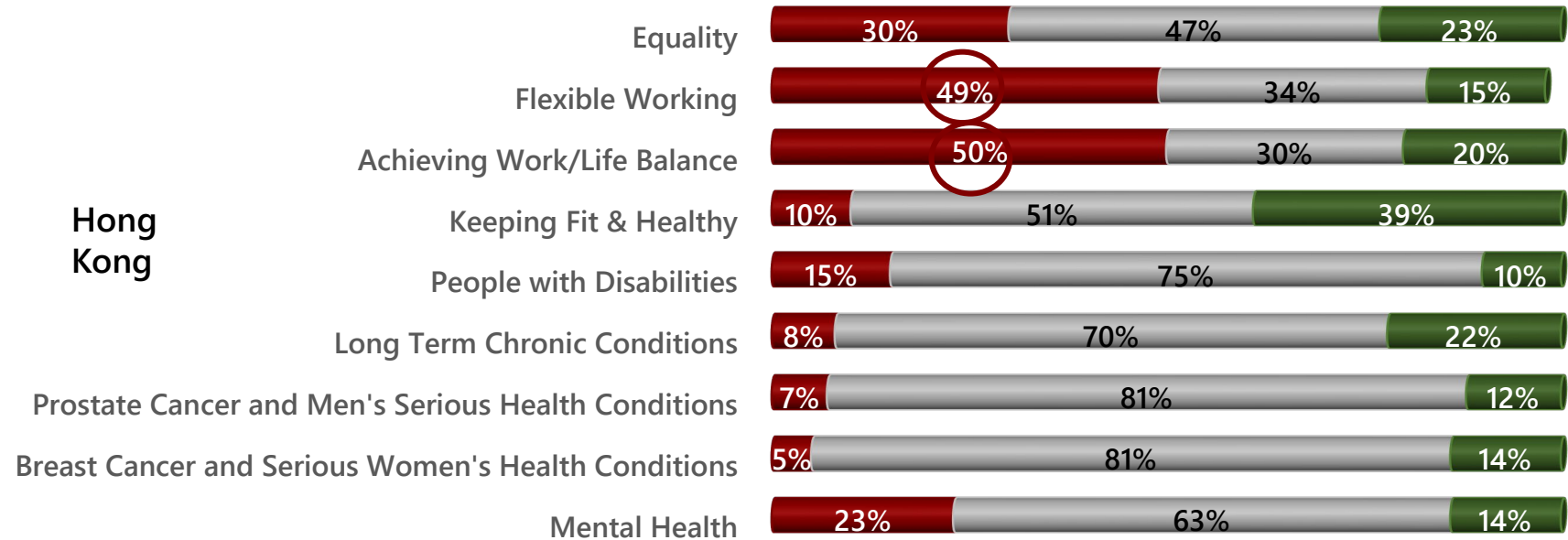
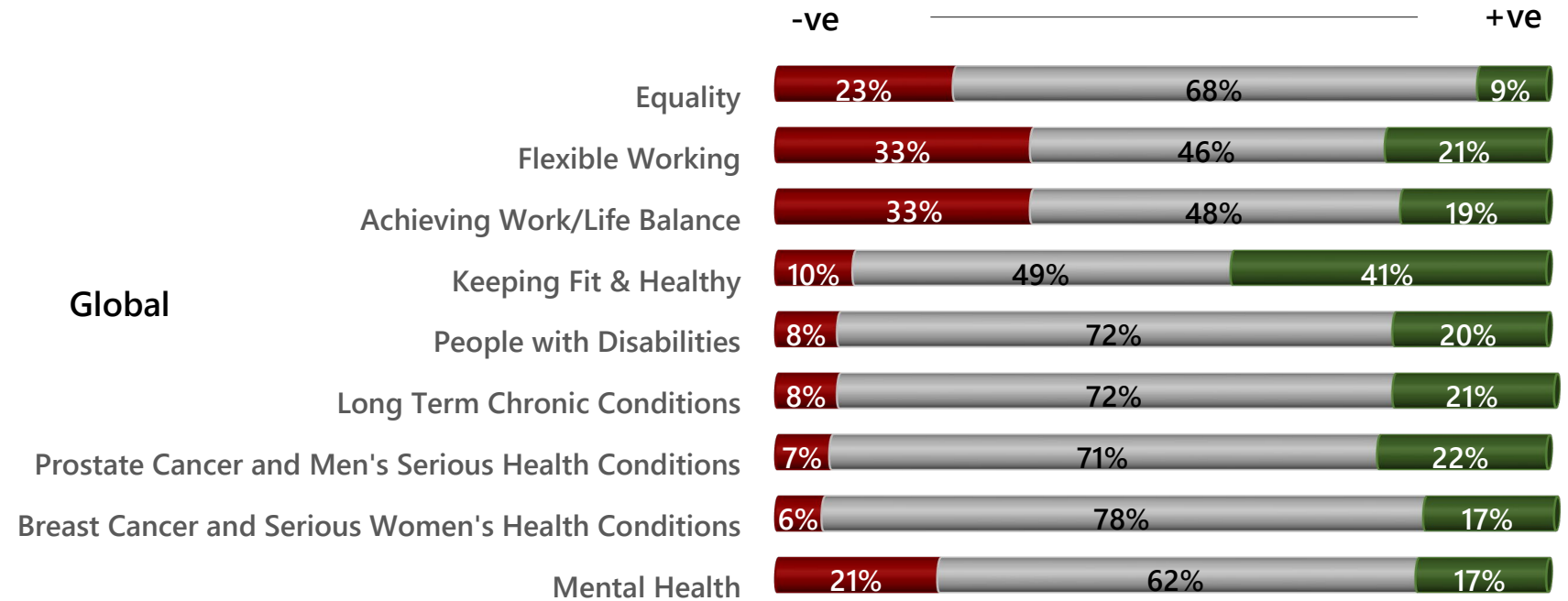
# Impact of Work on Wellbeing & Health

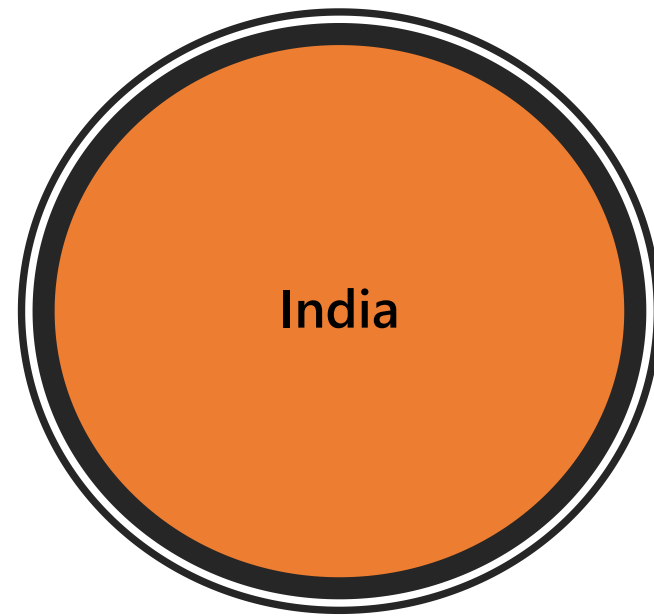


Q: Having moved to (Country), how has your overall well-being been impacted by each of the following factors related to your working life?

## Hong Kong

### Attitudes in Host Country to...

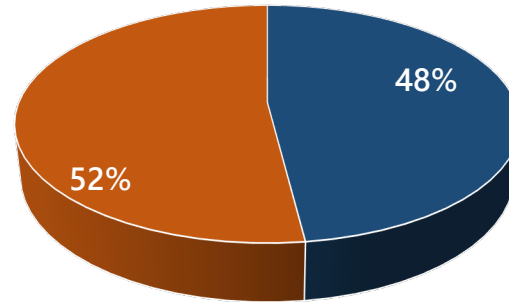




India

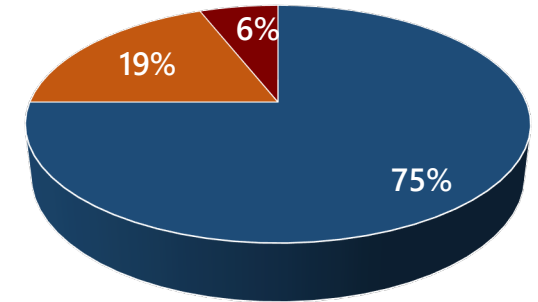
## Key Profiling Characteristics Health & Insurance

Health Insurance Holding



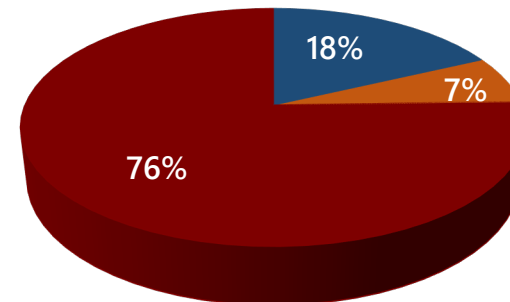
■ Yes ■ No

Type of Health Insurance



■ Group ■ Individual ■ Both

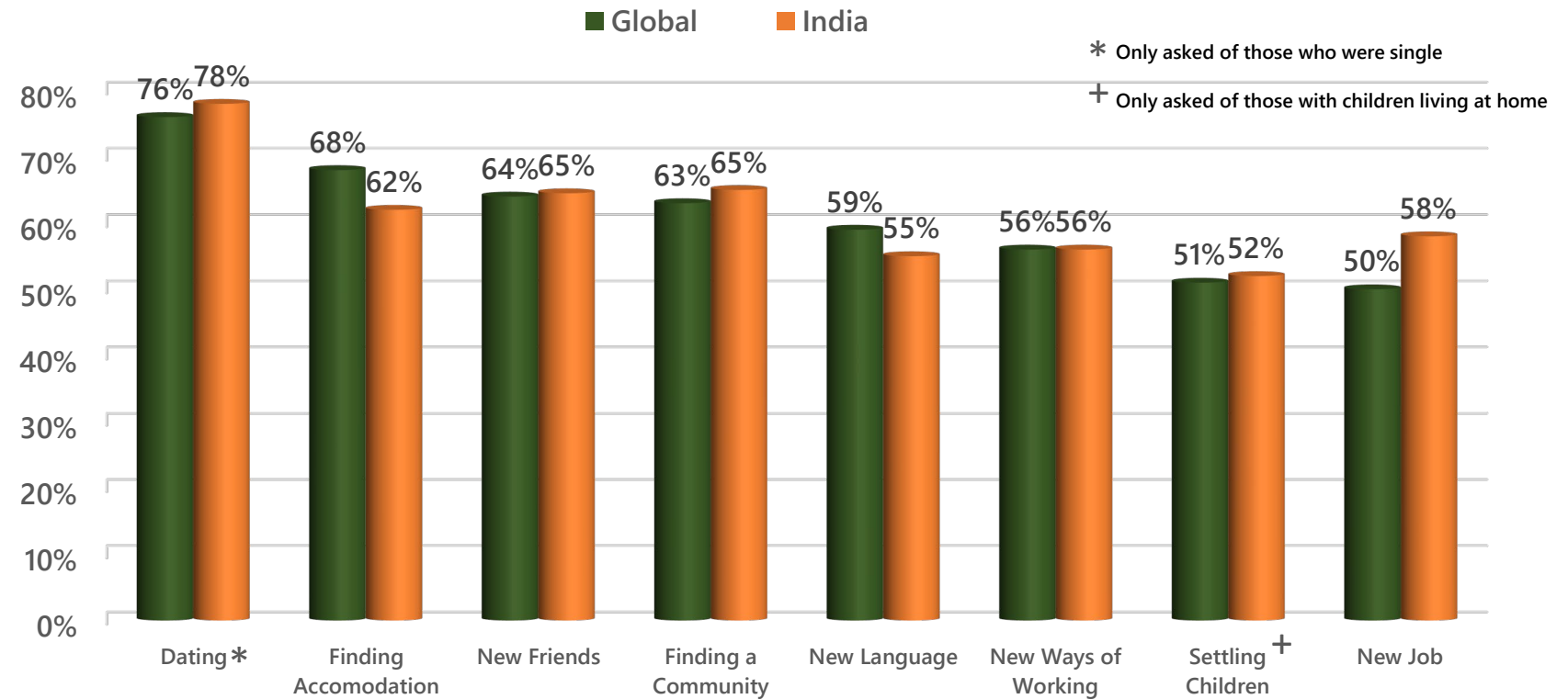
Travelled for Treatment Whilst Away?



■ Yes, back home ■ Yes, to another country ■ No

## Most Challenging Aspects

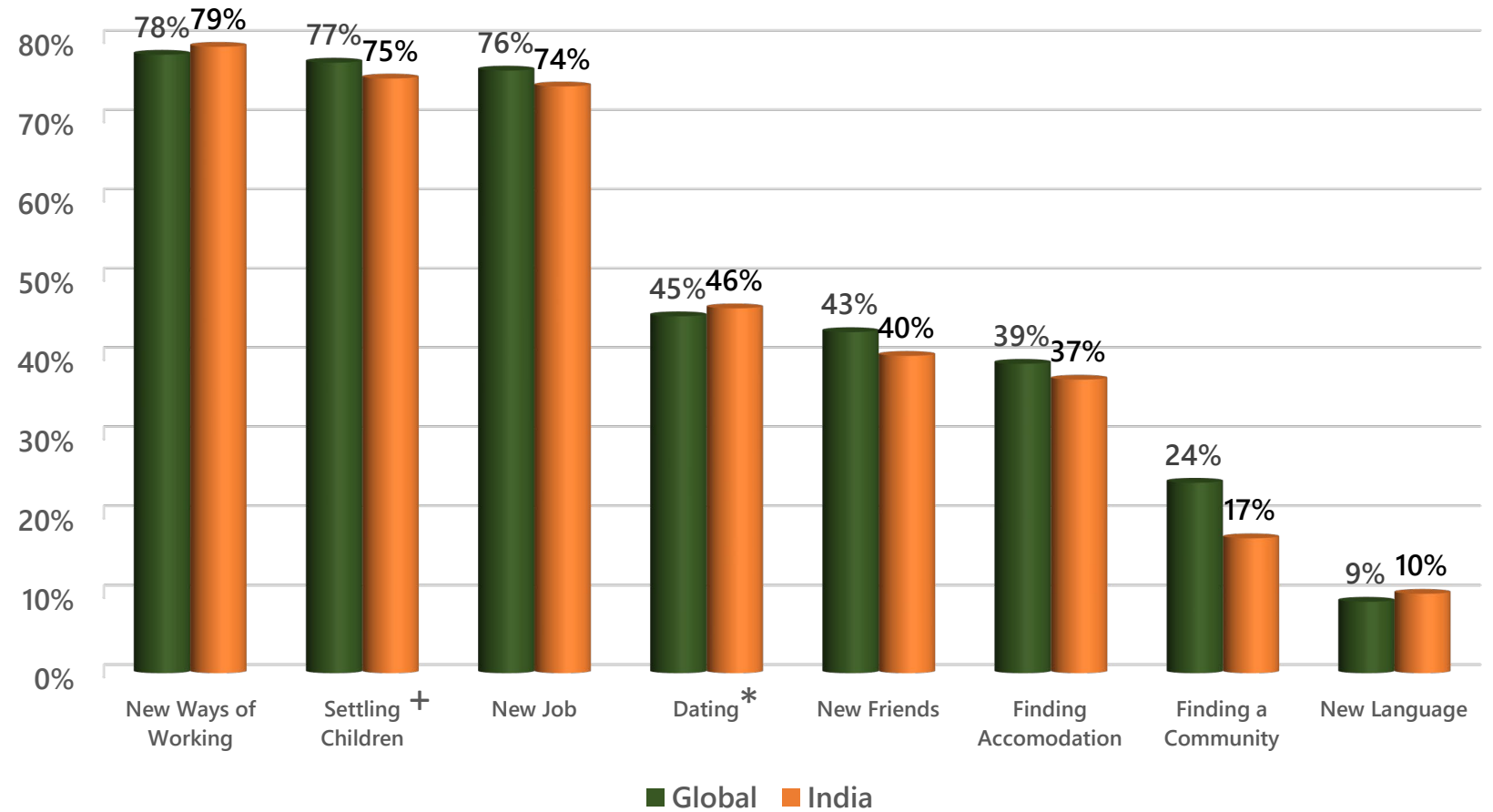
Percentage Finding Each Aspect Challenging (Quite or Very)



Q: How have you felt about each of the following aspects of moving and living abroad, since you made the move. Please rate on the following scale from 1 to 4 where: 1 = Very challenging 2 = Quite challenging 3 = Quite easy 4 = Very easy

## Impact on Wellbeing

Impact on Wellbeing of those aspects found challenging



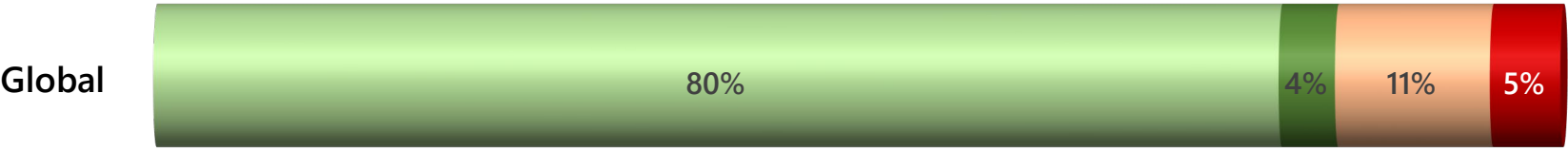
\* Only asked of those who were single

+ Only asked of those with children living at home

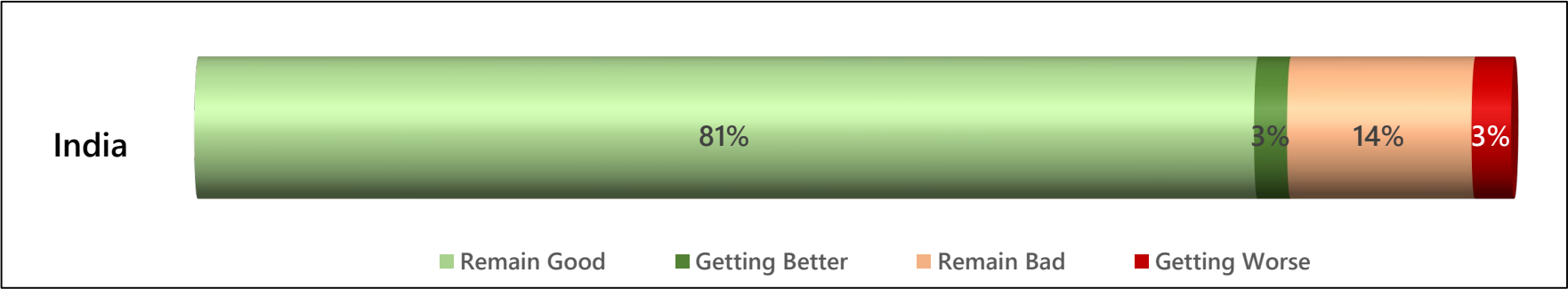
Q: For each of those aspects that you have found challenging, can you say to what extent this has impacted your sense of wellbeing. Please rate on a scale from 1 to 3 where: 1 = Significant negative impact 2 = Limited negative impact 3 = No negative impact

Local Attitudes & Impact on Expats

Attitudes towards 'Expats'

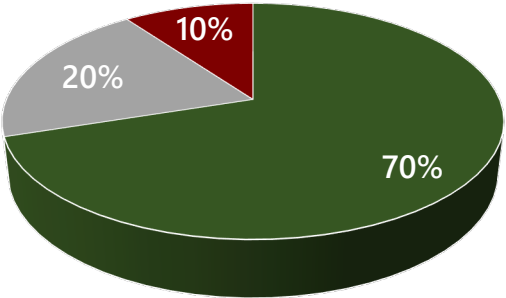


Remain Good    Getting Better    Remain Bad    Getting Worse



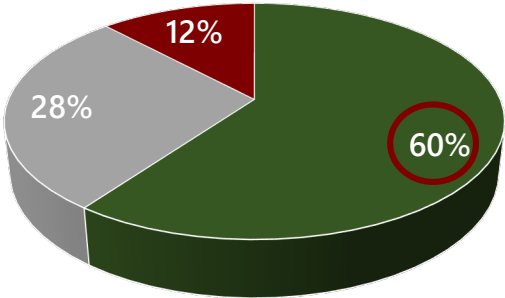
Remain Good    Getting Better    Remain Bad    Getting Worse

How they feel about being away  
Global



Glad I moved    Neutral - No better or worse than home    Wish I was at home

How they feel about being away  
India



Glad I moved    Neutral - No better or worse than home    Wish I was at home

Q: Since you've been living in (Country), how do you feel attitudes to expats have changed there?  
Q: Which of the following best describes how you feel about living in (Country) at the moment?



India

## Expat Firsts

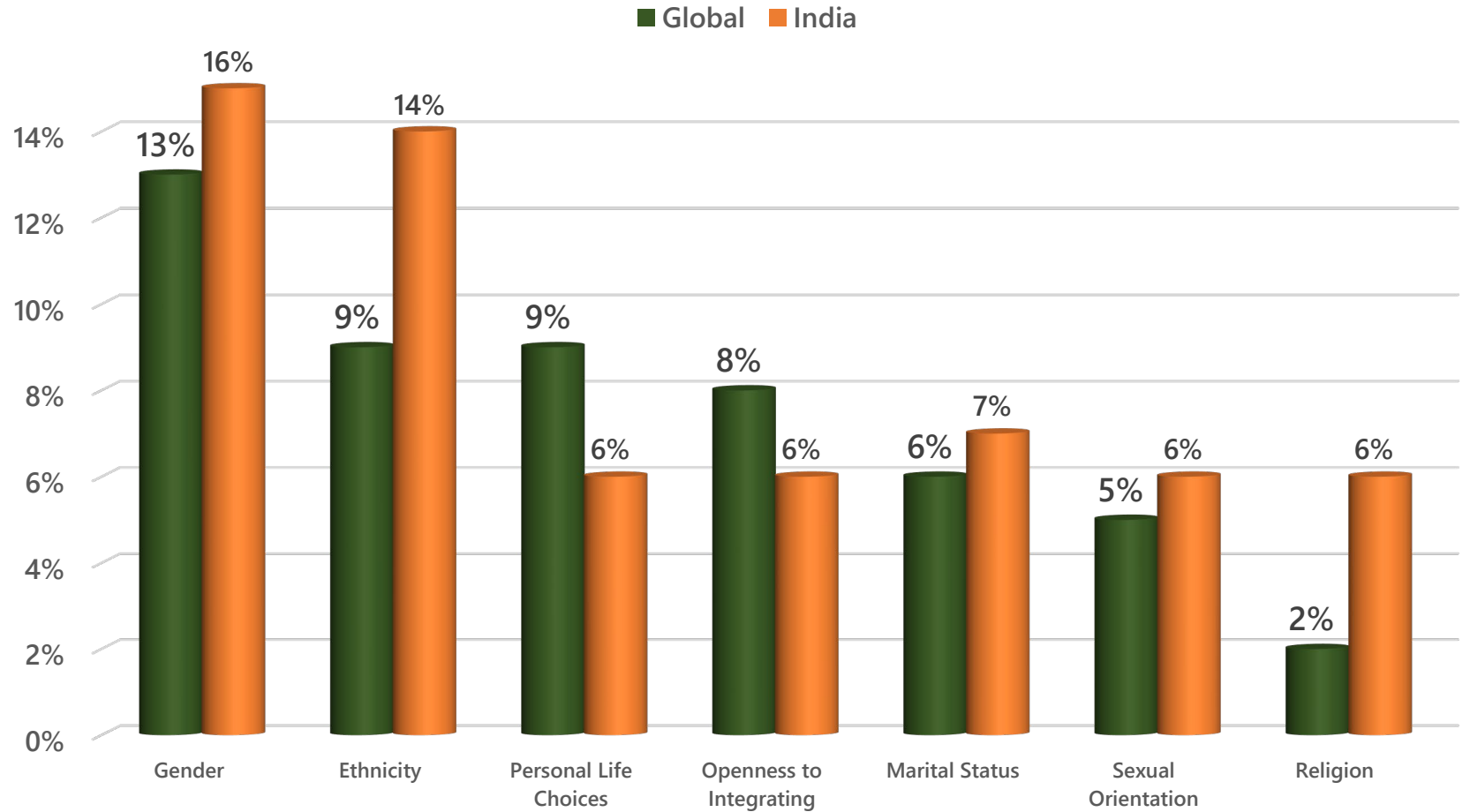
First...	1 Month		2 to 6 Months		7 to 12 Months		Over 12 Months		Not Yet Happened	
	Global	India	Global	India	Global	India	Global	India	Global	India
Foreign Friend	24%	30%	42%	42%	4%	4%	8%	5%	22%	20%
Expat Friend	27%	22%	44%	52%	2%	1%	9%	6%	18%	19%
Friend of Same Nationality	21%	23%	49%	49%	2%	1%	9%	6%	19%	22%
Conversational Language Use	41%	31%	28%	28%	2%	1%	4%	1%	26%	39%
Local Dish (not from home)	28%	36%	46%	44%	2%	3%	5%	5%	19%	14%
Trip to the Doctor	34%	33%	48%	48%	4%	4%	5%	4%	10%	12%
Foreign Date * (Potential Partner)	12%	6%	28%	30%	3%	3%	5%	6%	53%	55%
Felt Part of Local Community	24%	28%	41%	39%	4%	4%	9%	7%	22%	23%

Q: Thinking now about each of the following, how long did it take to reach each 'milestone', after your move abroad?

\* Only asked of those who were single

## Barriers to Settling

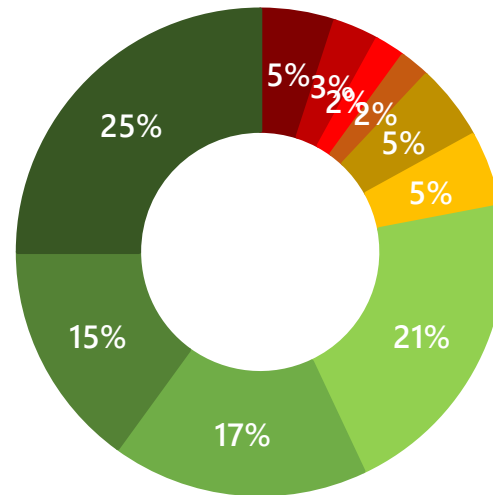
### Barriers to Settling in Host Country



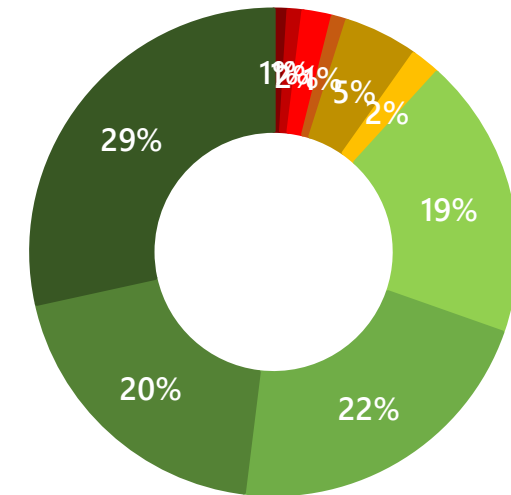
Q: Do you think that any of the following personal characteristics and profiles have been barriers to you settling in...

vHealth

Global  
Likelihood of Using Virtual Healthcare Services  
(1 = Not at all to 10= Extremely Likely)



India  
Likelihood of Using Virtual Healthcare Services  
(1 = Not at all to 10= Extremely Likely)



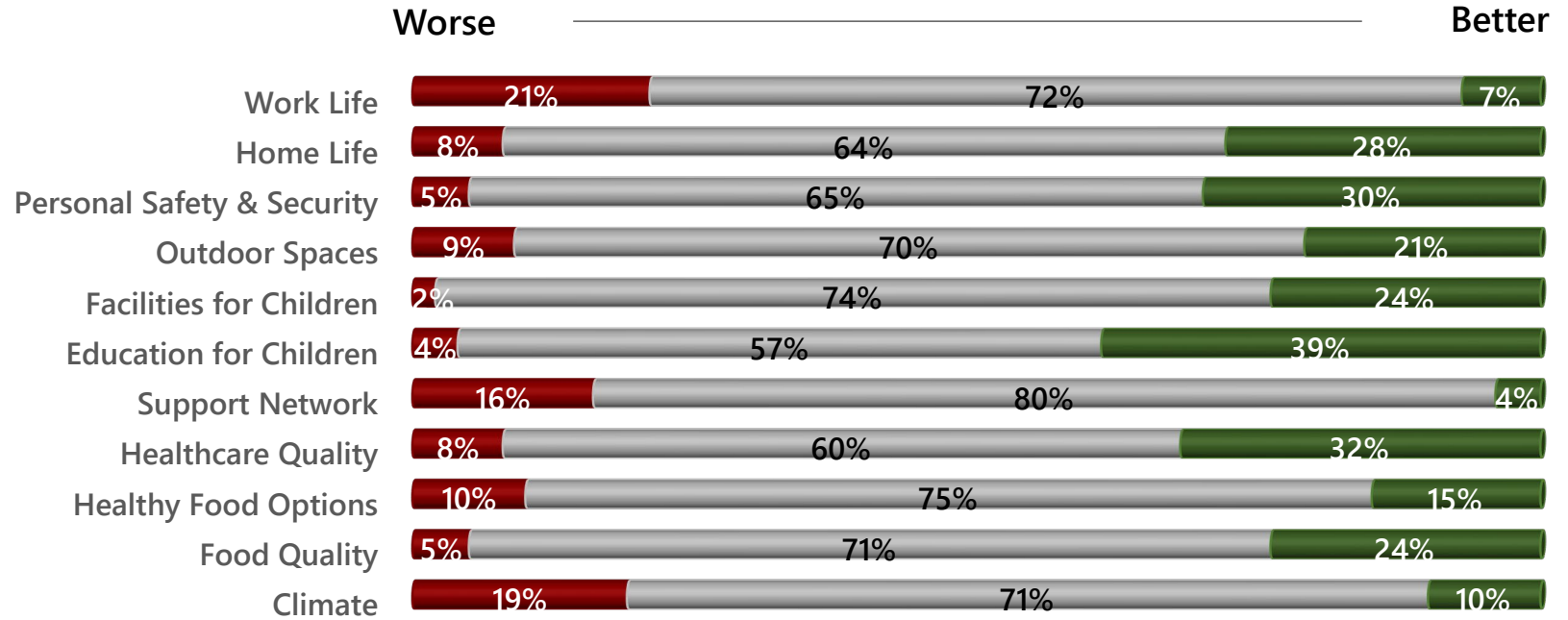
1 2 3 4 5 6 7 8 9 10

Q: We are interested in your views on virtual health care. This can be defined as the delivery of primary care services through the use of technology, such as tablets or smartphones . It can help to maintain a patient's health and well being, provide consultations for acute illness and improve monitoring and management of chronic conditions. How likely would you be to use a virtual healthcare service (such as telephone or online doctor consultations) to access health care on a scale of 1 to 10, where 1 - Not at all likely and 10 - extremely likely? Likelihood of using virtual health care service...

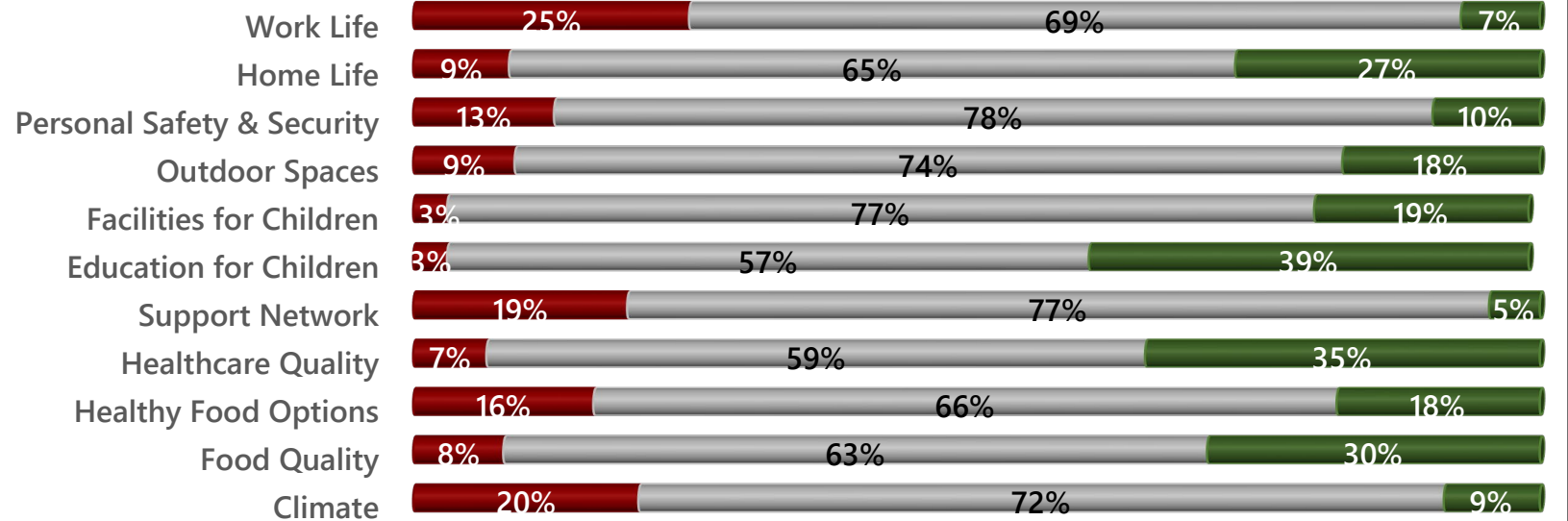
India

## Impact on Wellbeing from...

Global



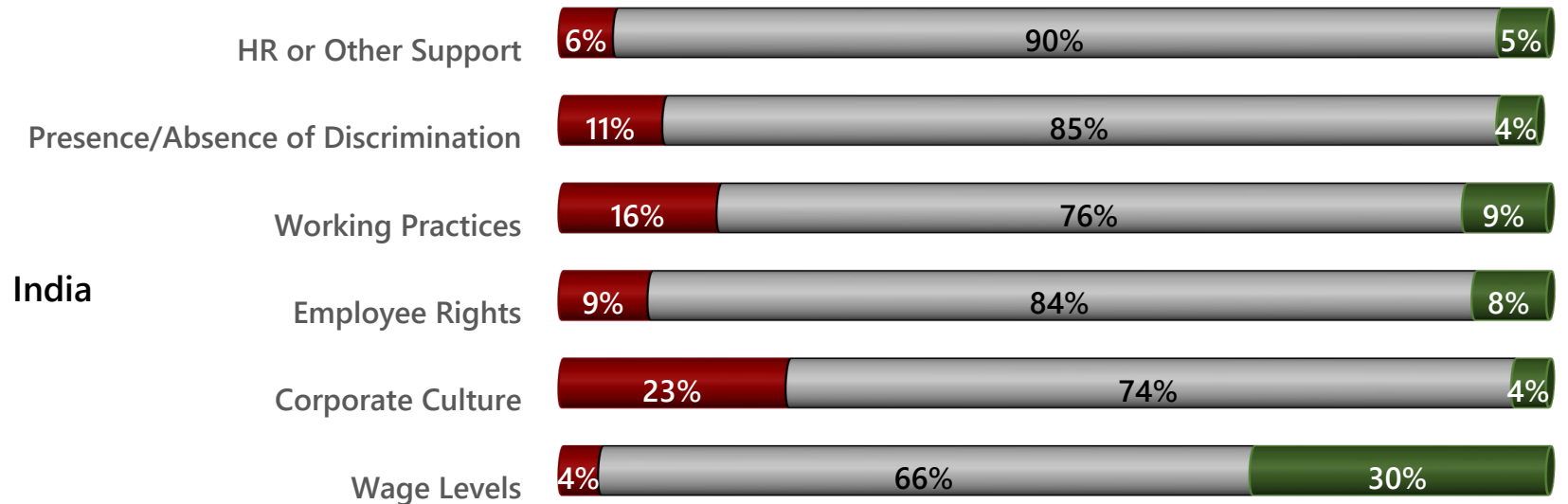
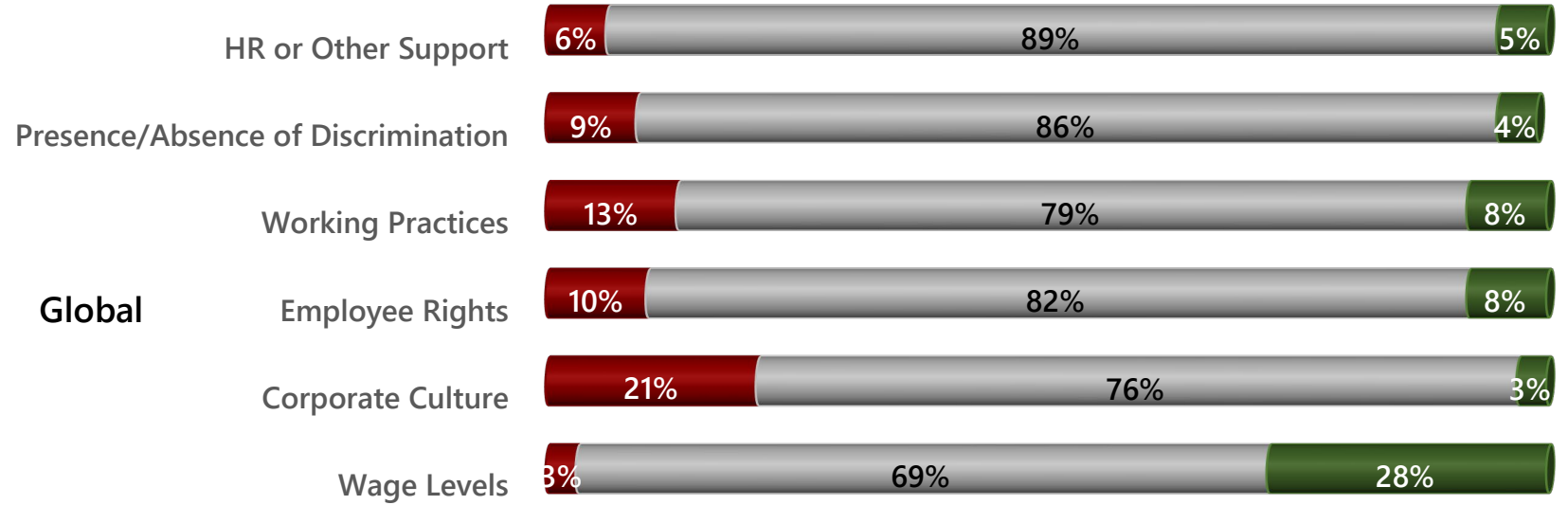
India



Q: How would you rate the impact of the following things on your wellness and general health while living in...

India

## Impact of Work on Wellbeing & Health

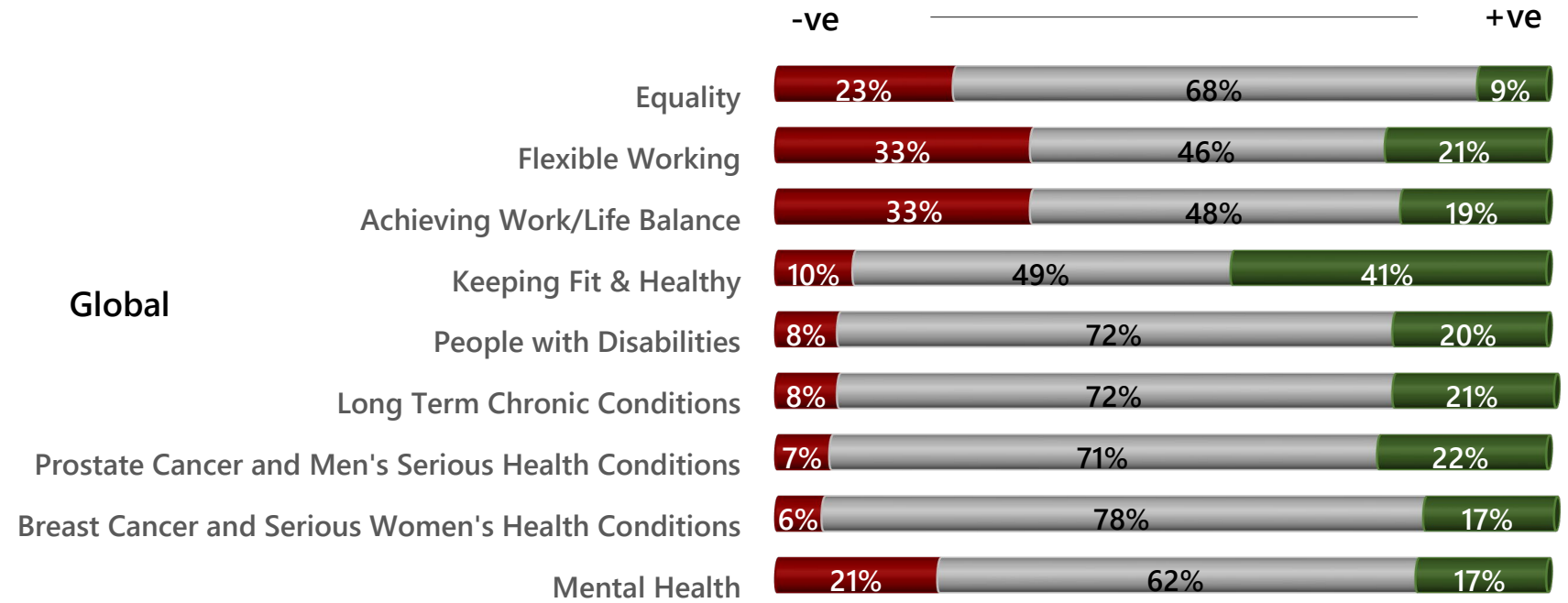


Q: Having moved to (Country), how has your overall well-being been impacted by each of the following factors related to your working life?

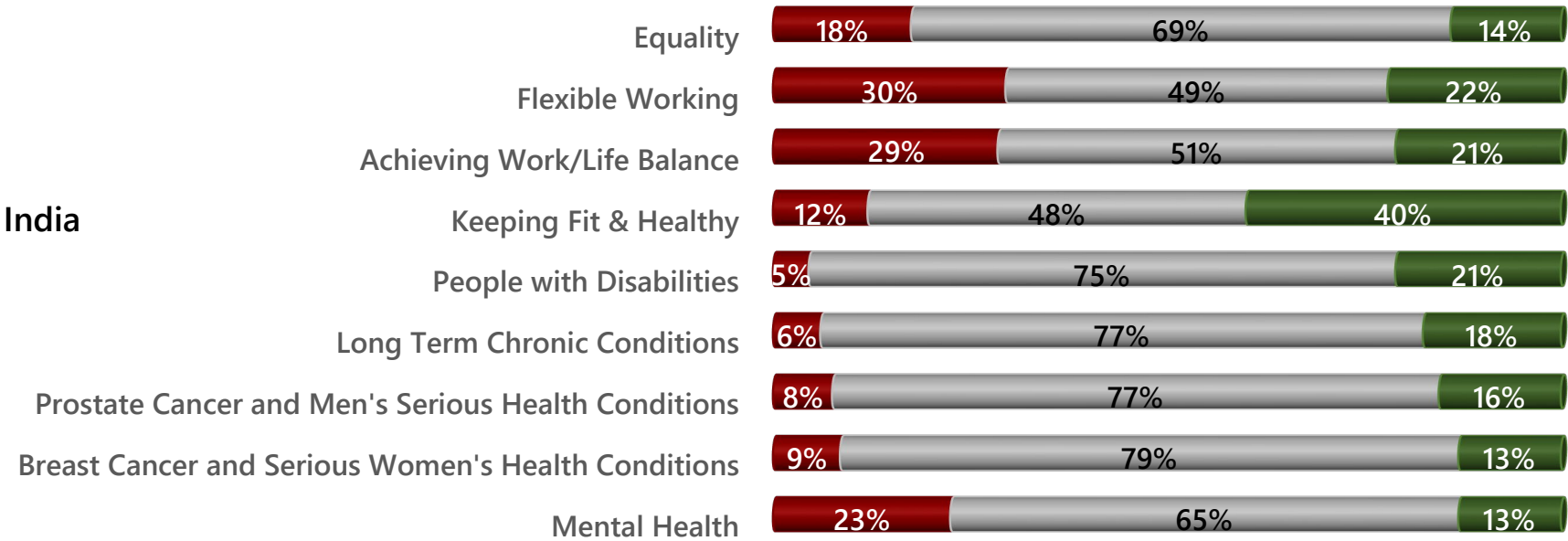
India

## Attitudes in Host Country to...

Global



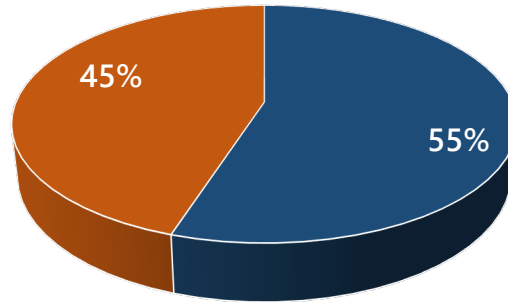
India





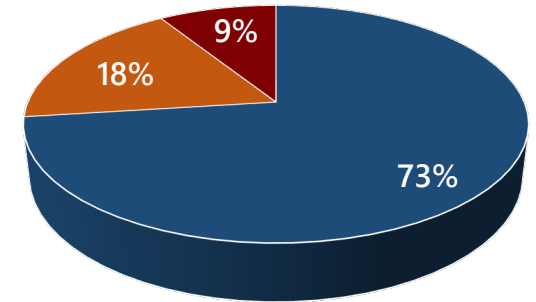
Key Profiling  
Characteristics  
Health &  
Insurance

Health Insurance Holding



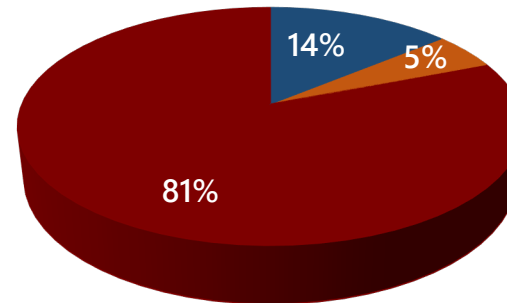
■ Yes ■ No

Type of Health Insurance



■ Group ■ Individual ■ Both

Travelled for Treatment Whilst Away?

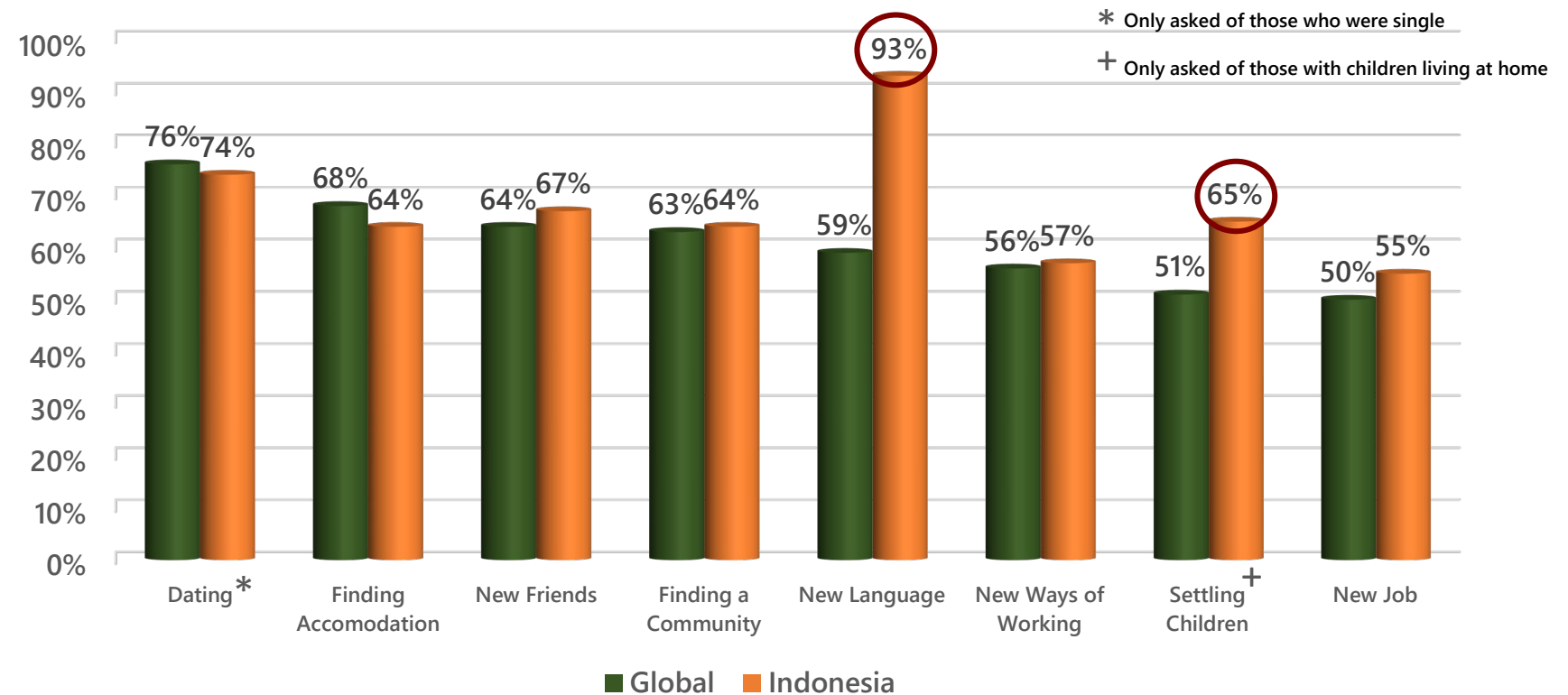


■ Yes, back home ■ Yes, to another country ■ No



## Most Challenging Aspects

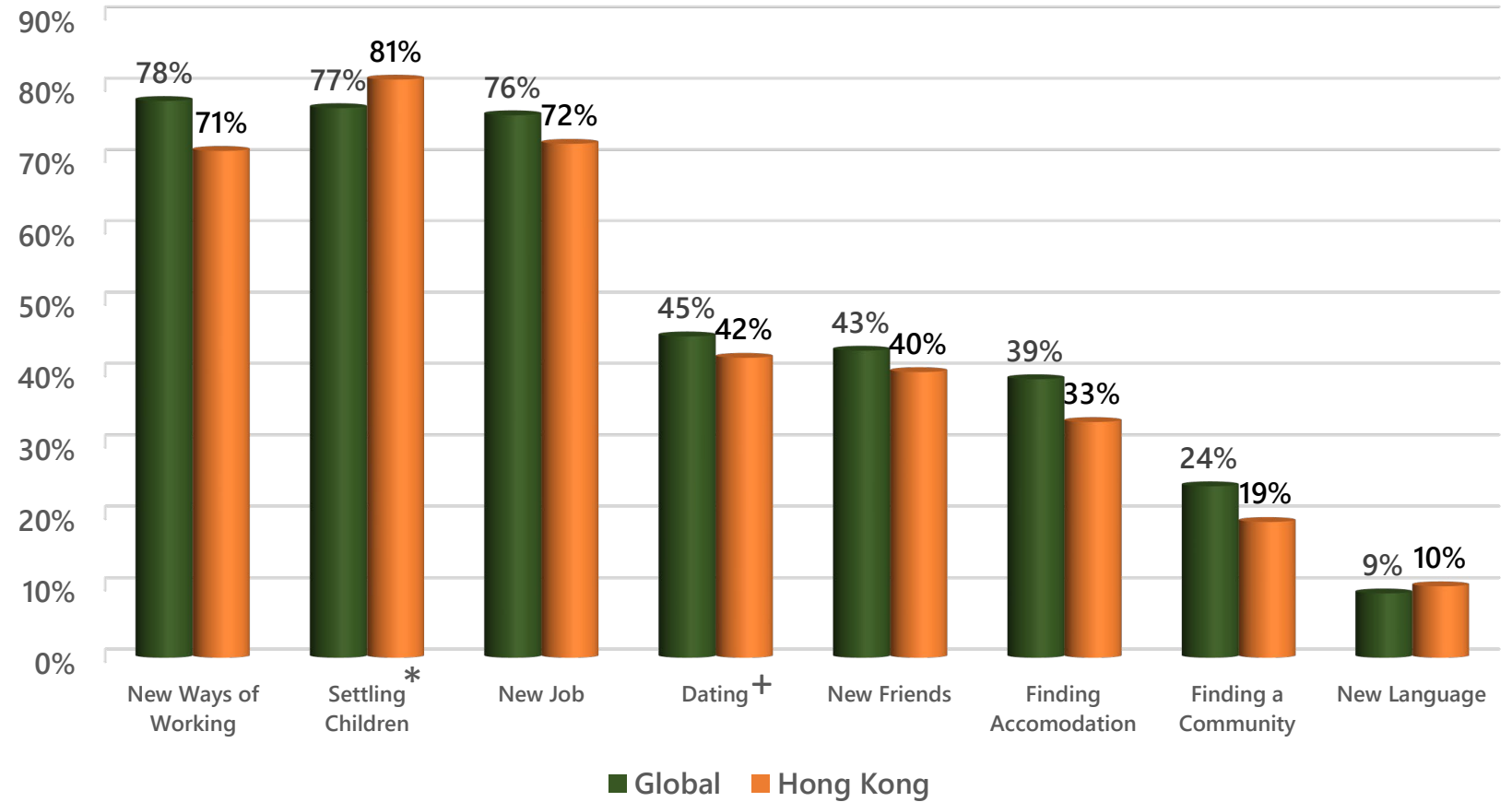
Percentage Finding Each Aspect Challenging  
(Quite or Very)



Q: How have you felt about each of the following aspects of moving and living abroad, since you made the move. Please rate on the following scale from 1 to 4 where: 1 = Very challenging 2 = Quite challenging 3 = Quite easy 4 = Very easy

## Impact on Wellbeing

Impact on Wellbeing of those aspects found challenging



\* Only asked of those who were single

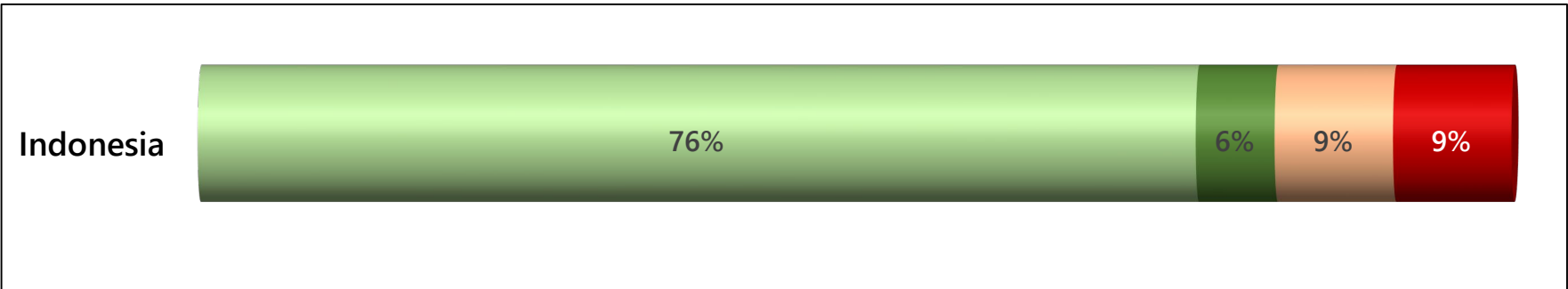
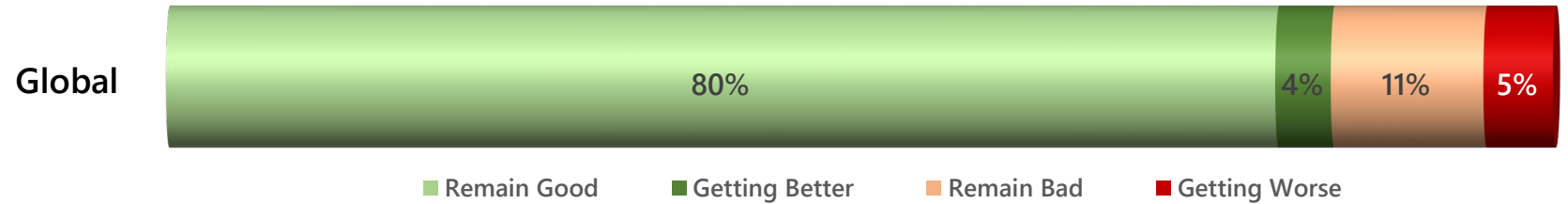
† Only asked of those with children living at home

Q: For each of those aspects that you have found challenging, can you say to what extent this has impacted your sense of wellbeing. Please rate on a scale from 1 to 3 where: 1 = Significant negative impact 2 = Limited negative impact 3 = No negative impact

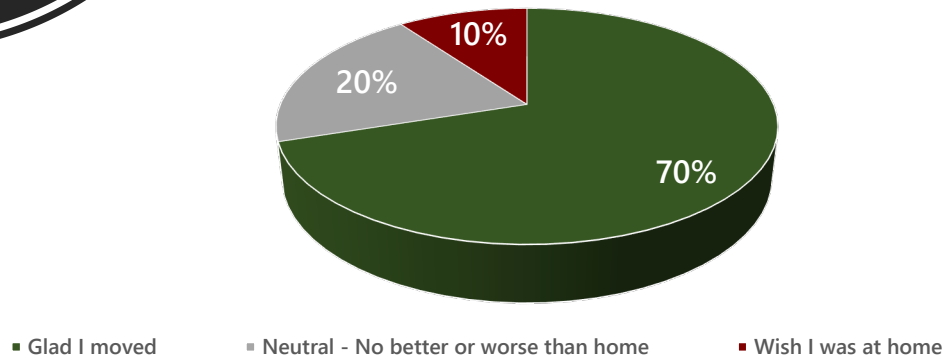
Indonesia

## Local Attitudes & Impact on Expats

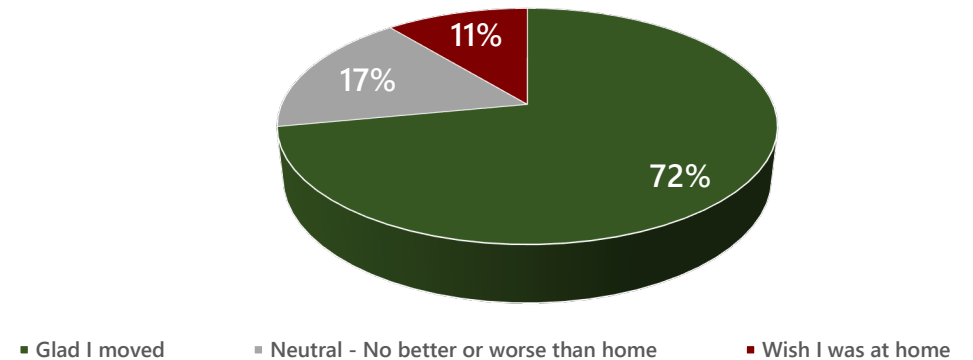
### Attitudes towards 'Expats'



### How they feel about being away Global



### How they feel about being away Indonesia



Q: Since you've been living in (Country), how do you feel attitudes to expats have changed there?

Q: Which of the following best describes how you feel about living in (Country) at the moment?

## Indonesia

### Expat Firsts

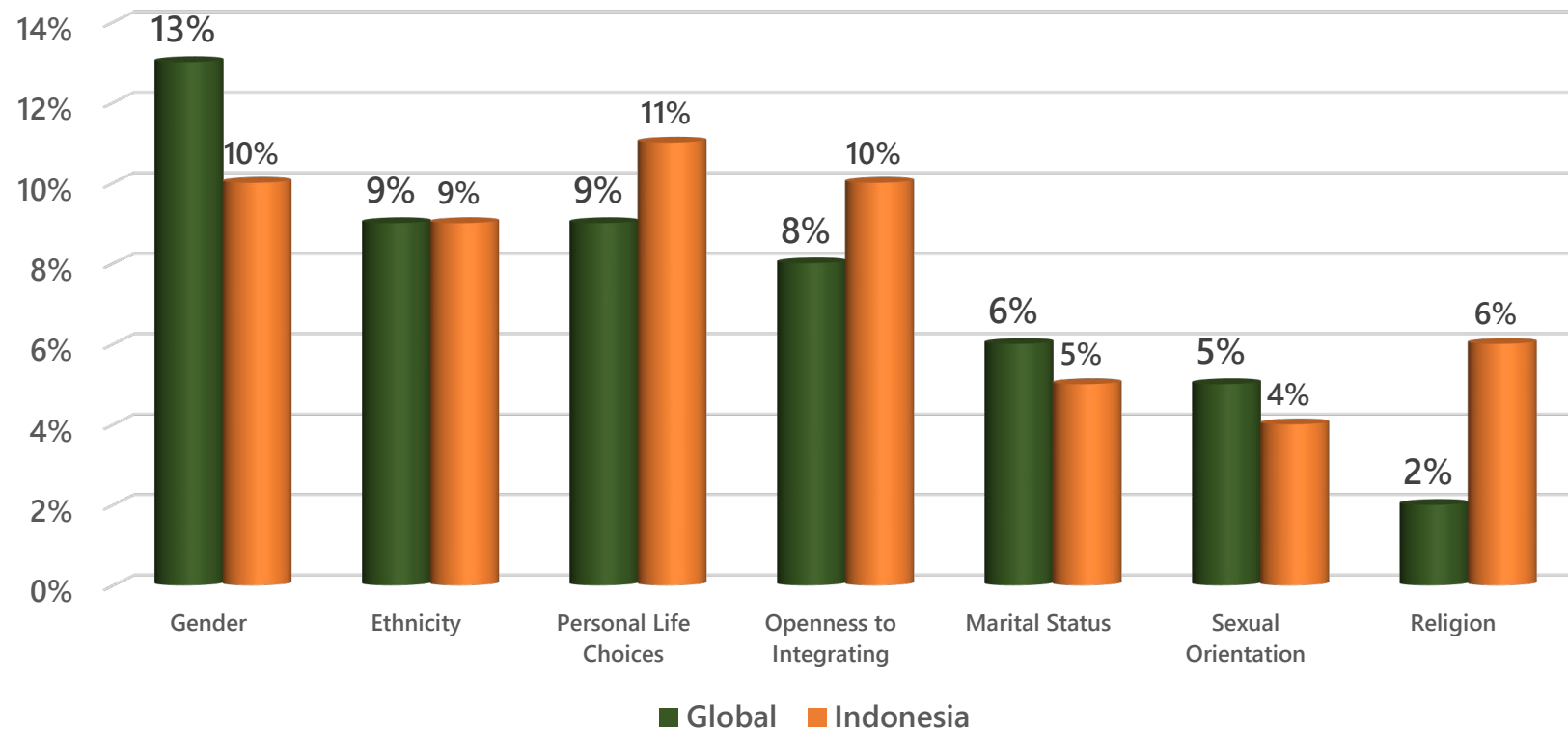
First...	1 Month		2 to 6 Months		7 to 12 Months		Over 12 Months		Not Yet Happened	
	Global	Indo'sia	Global	Indo'sia	Global	Indo'sia	Global	Indo'sia	Global	Indo'sia
Foreign Friend	24%	15%	42%	35%	4%	3%	8%	10%	22%	37%
Expat Friend	27%	26%	44%	46%	2%	2%	9%	10%	18%	15%
Friend of Same Nationality	21%	20%	49%	49%	2%	2%	9%	8%	19%	21%
Conversational Language Use	41%	21%	28%	35%	2%	2%	4%	3%	26%	39%
Local Dish (not from home)	28%	24%	46%	45%	2%	3%	5%	5%	19%	23%
Trip to the Doctor*	34%	28%	48%	50%	4%	3%	5%	7%	10%	12%
Foreign Date (Potential Partner)	12%	24%	28%	28%	3%	3%	5%	4%	53%	58%
Felt Part of Local Community	24%	22%	41%	41%	4%	3%	9%	9%	22%	24%

Q: Thinking now about each of the following, how long did it take to reach each 'milestone', after your move abroad?

\* Only asked of those who were single

## Barriers to Settling

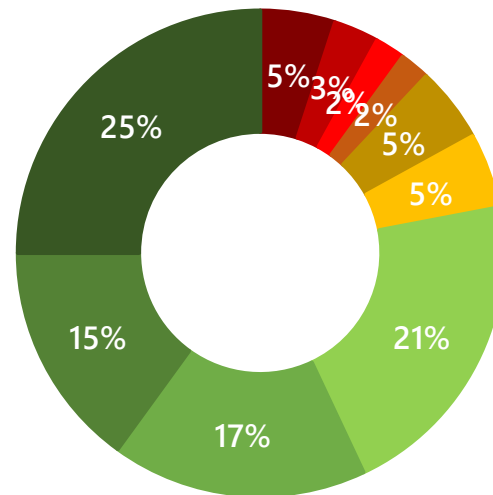
Barriers to Settling in Host Country



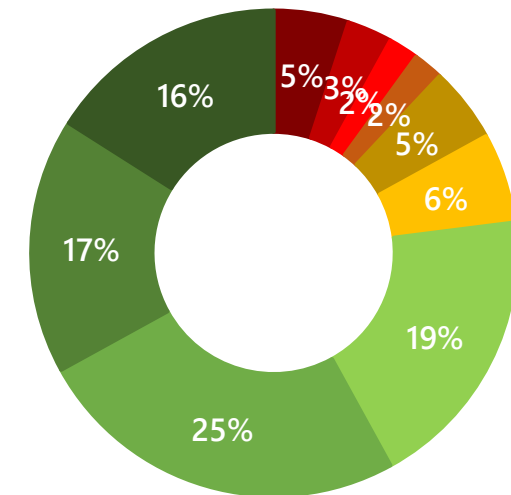
Q: Do you think that any of the following personal characteristics and profiles have been barriers to you settling in...

vHealth

**Global**  
Likelihood of Using Virtual Healthcare Services  
(1 = Not at all to 10= Extremely Likely)



**Indonesia**  
Likelihood of Using Virtual Healthcare Services  
(1 = Not at all to 10= Extremely Likely)



1 2 3 4 5 6 7 8 9 10

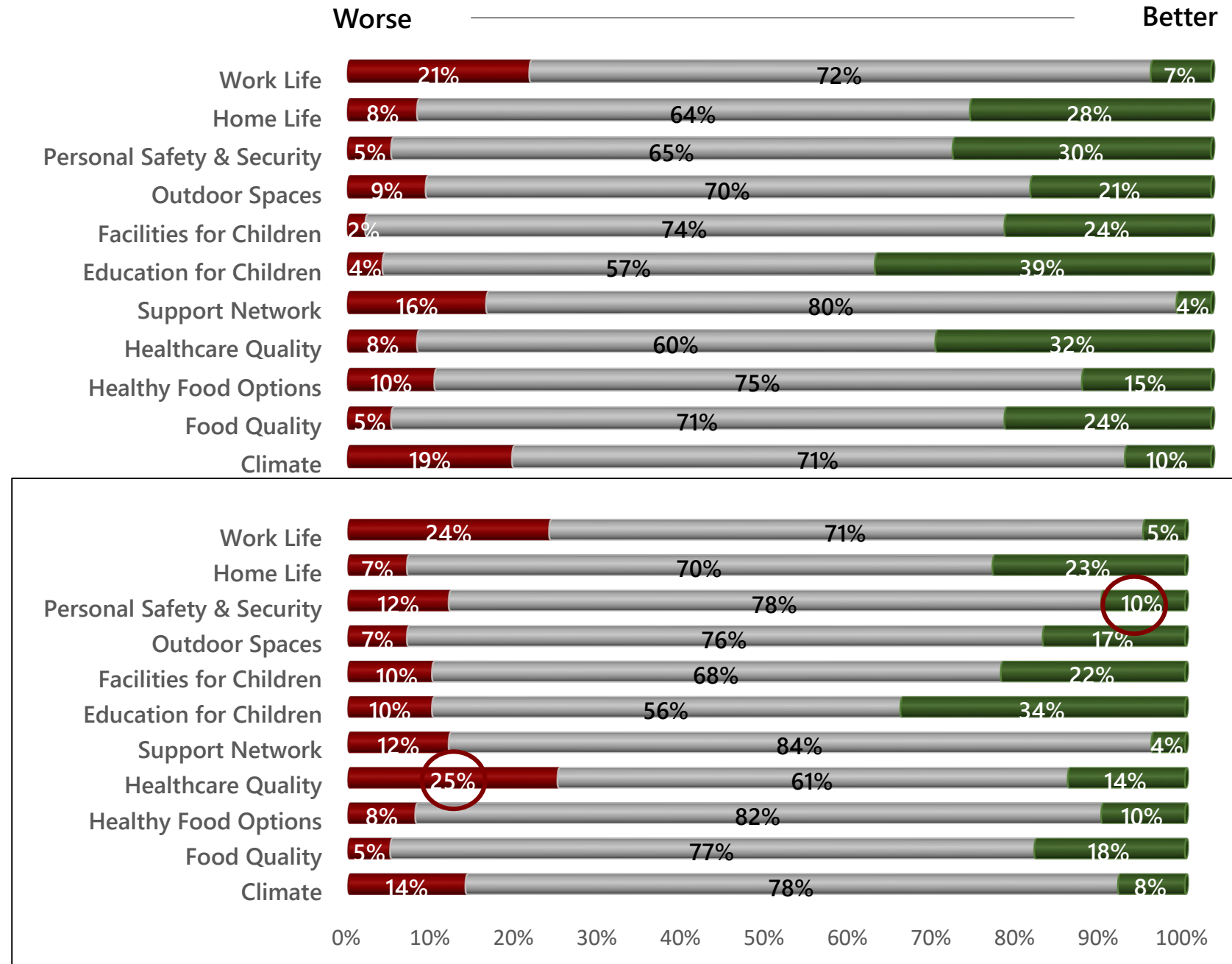
Q: We are interested in your views on virtual health care. This can be defined as the delivery of primary care services through the use of technology, such as tablets or smartphones . It can help to maintain a patient's health and well being, provide consultations for acute illness and improve monitoring and management of chronic conditions. How likely would you be to use a virtual healthcare service (such as telephone or online doctor consultations) to access health care on a scale of 1 to 10, where 1 - Not at all likely and 10 - extremely likely? Likelihood of using virtual health care service...

Indonesia

Impact on  
Wellbeing  
from...

Indonesia

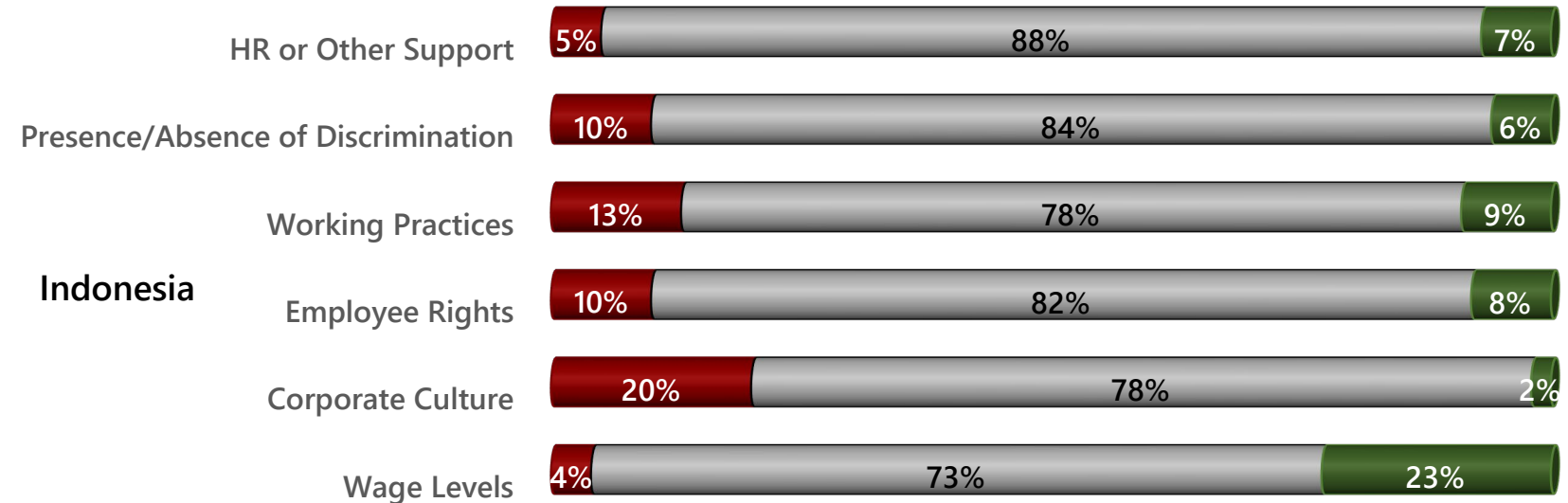
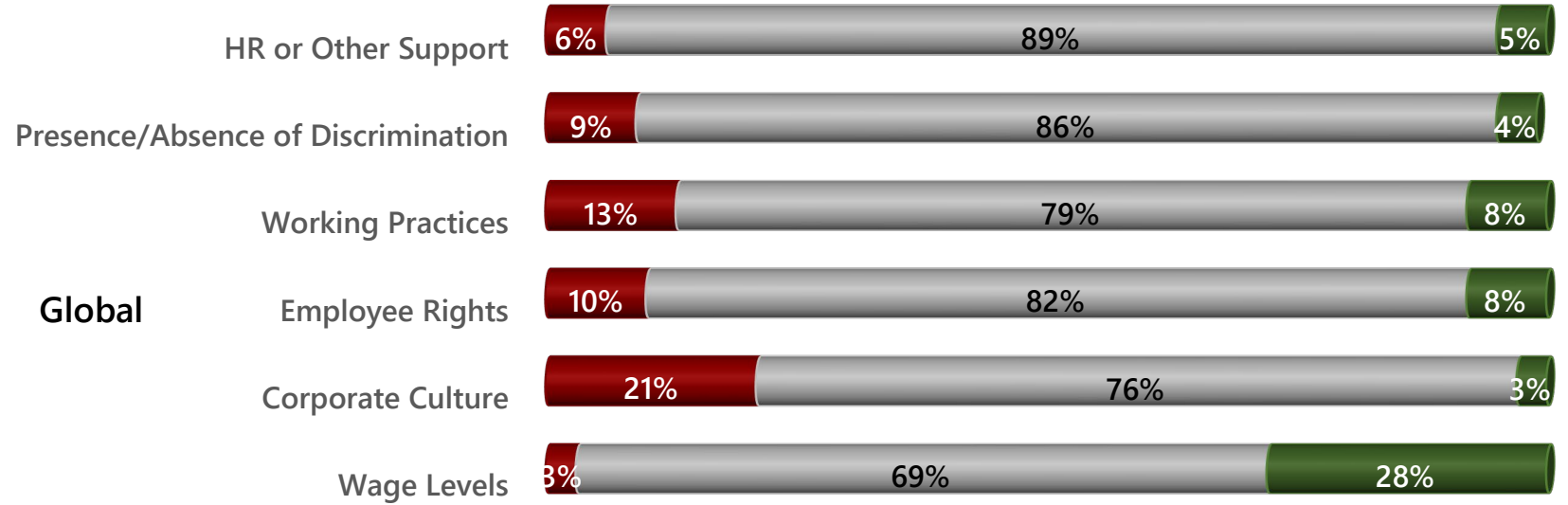
Global



Q: How would you rate the impact of the following things on your wellness and general health while living in...

Indonesia

## Impact of Work on Wellbeing & Health

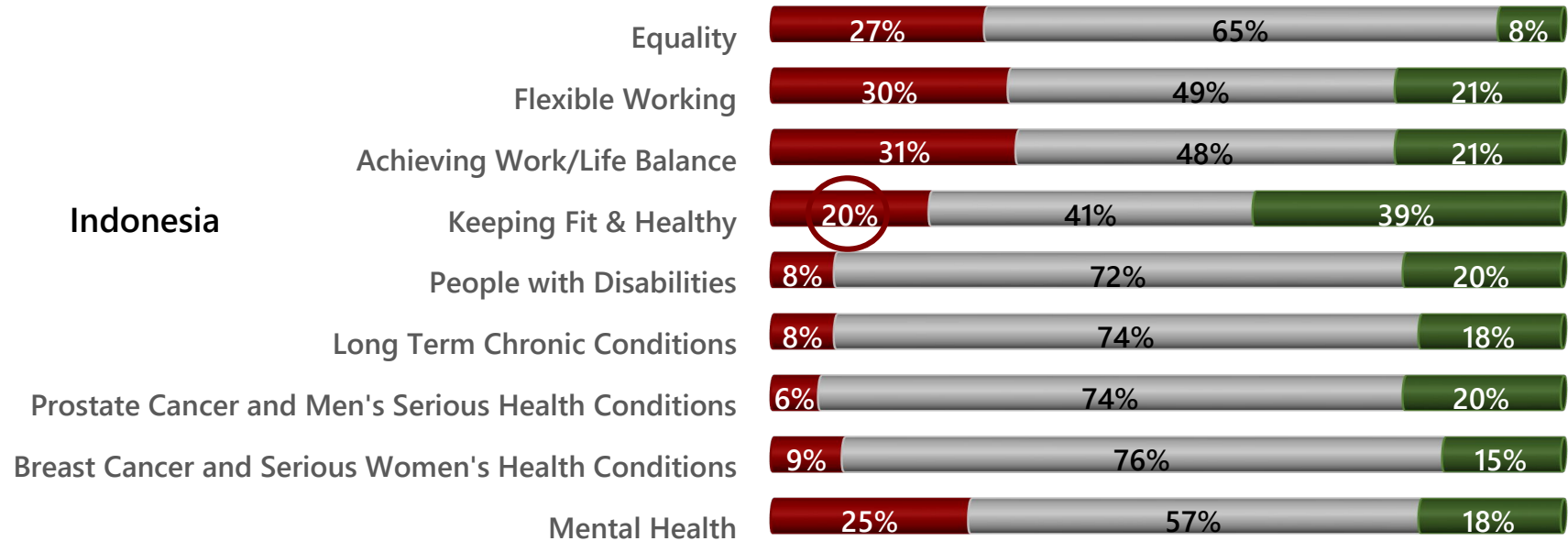
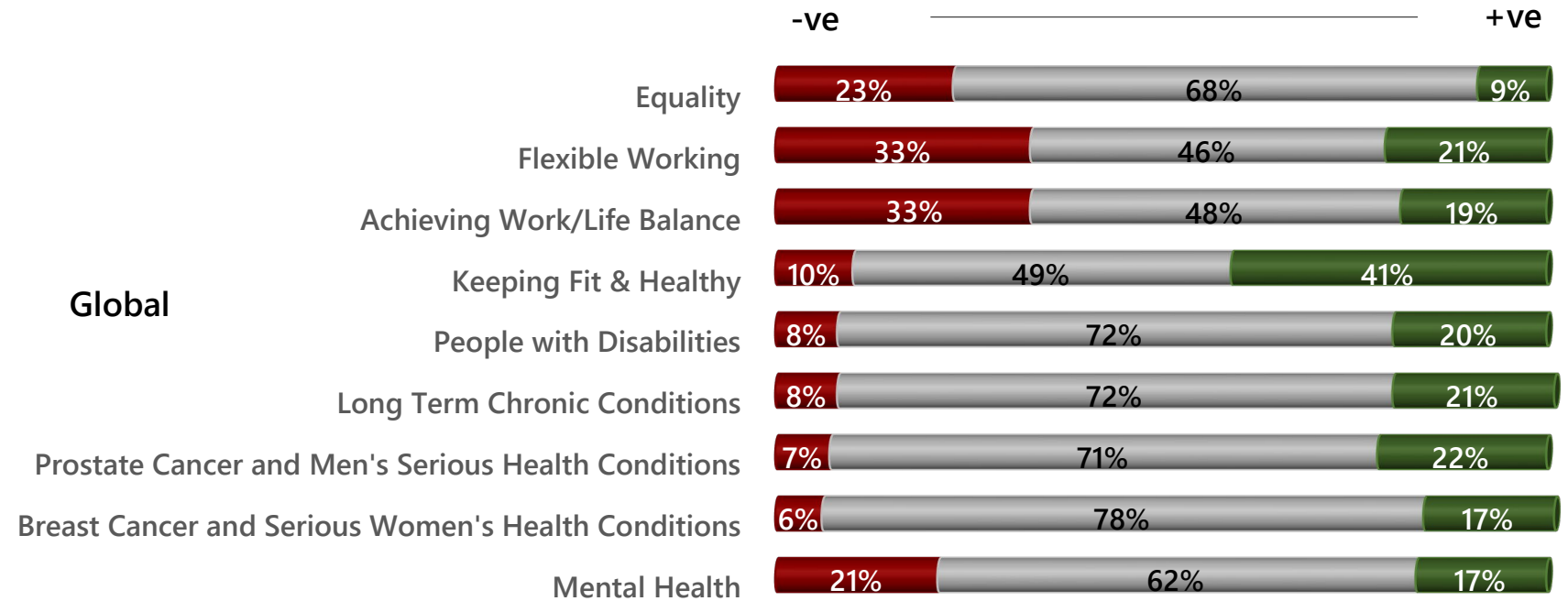


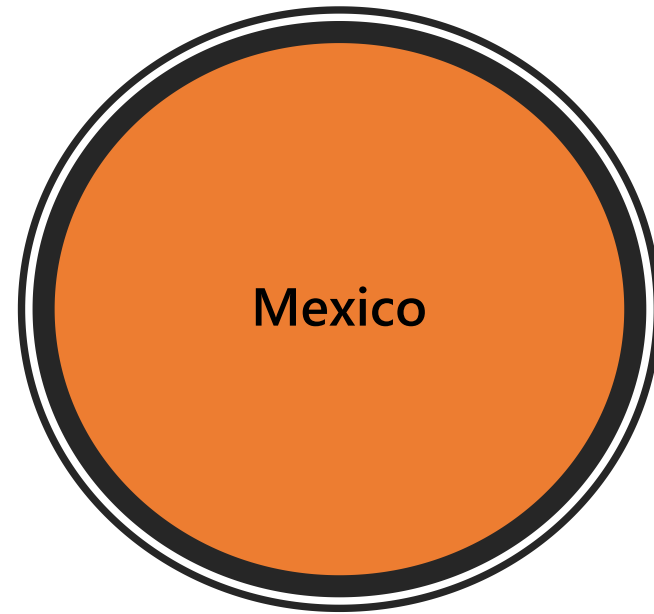
Q: Having moved to (Country), how has your overall well-being been impacted by each of the following factors related to your working life?



## Indonesia

### Attitudes in Host Country to...

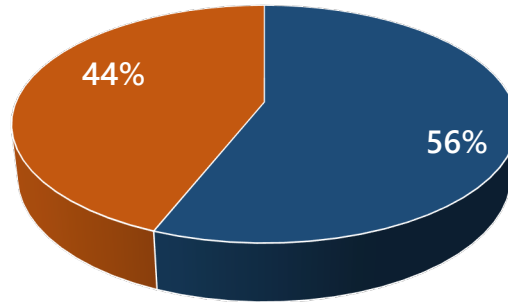




Mexico

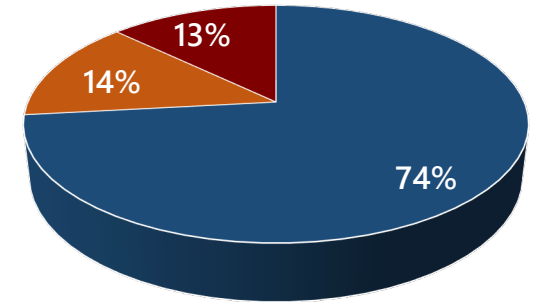
## Key Profiling Characteristics Health & Insurance

Health Insurance Holding



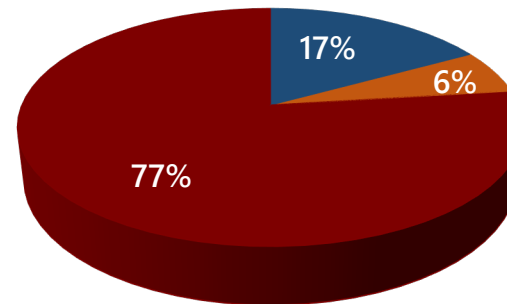
■ Yes ■ No

Type of Health Insurance



■ Group ■ Individual ■ Both

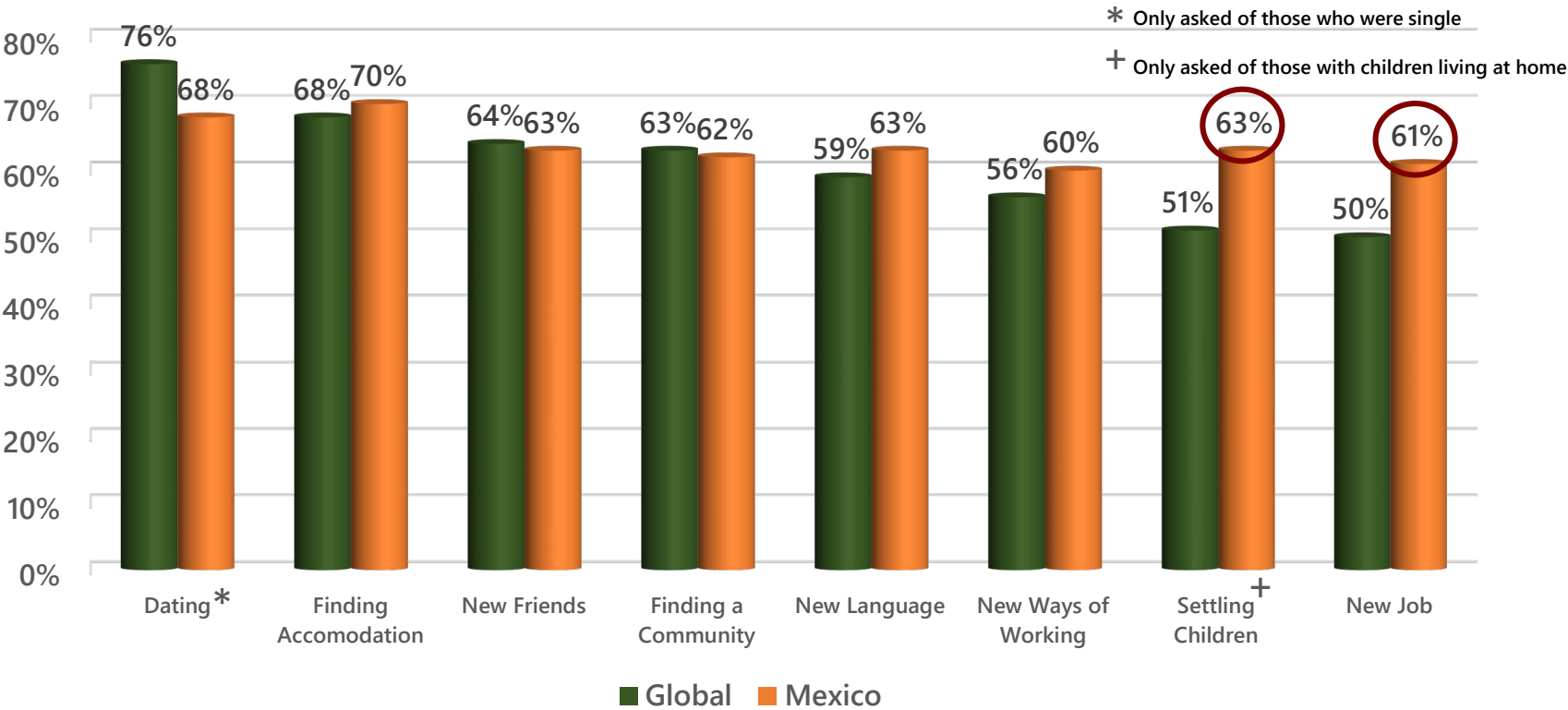
Travelled for Treatment Whilst Away?



■ Yes, back home ■ Yes, to another country ■ No

Most Challenging Aspects

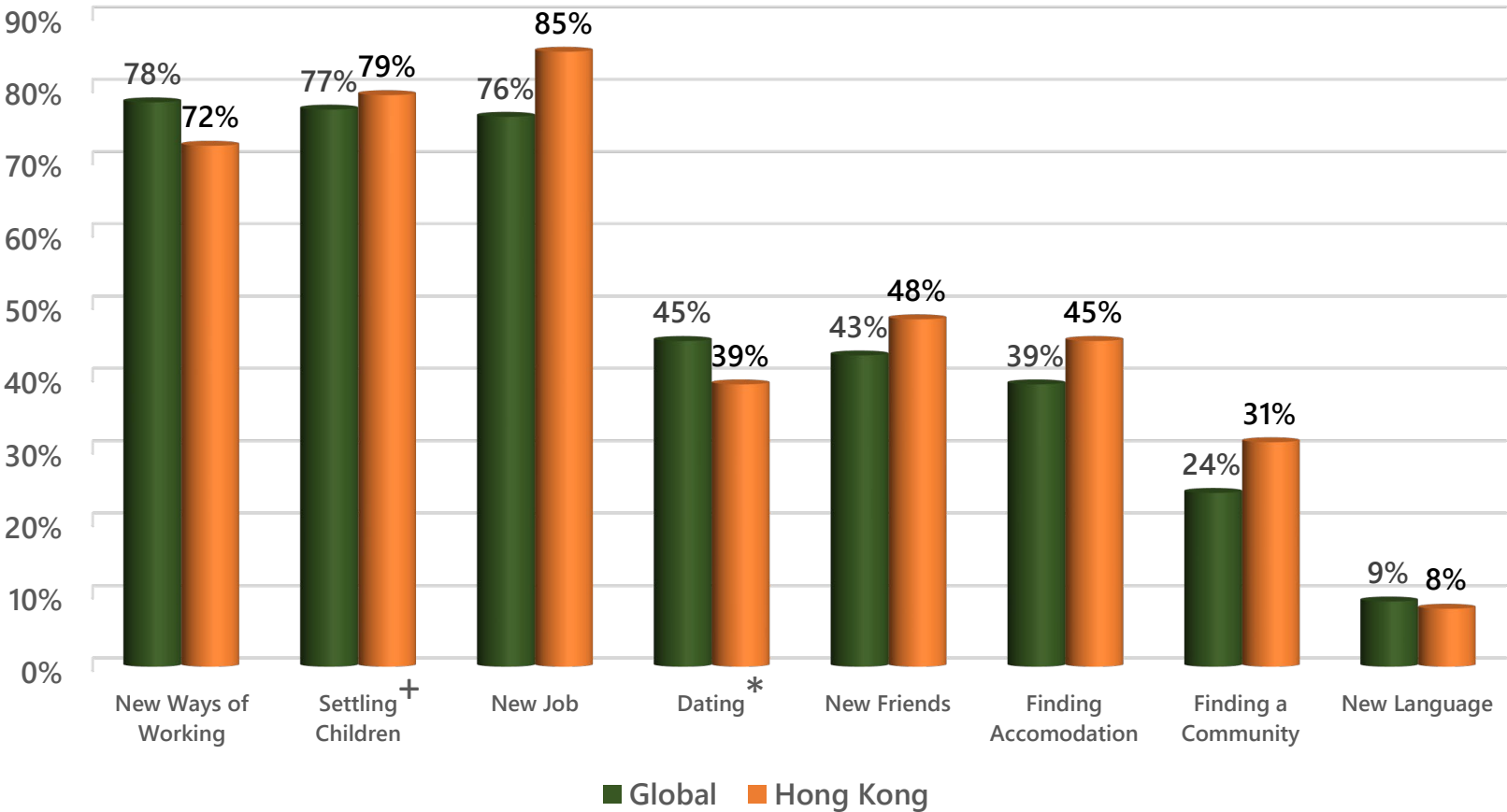
Percentage Finding Each Aspect Challenging (Quite or Very)



Q: How have you felt about each of the following aspects of moving and living abroad, since you made the move. Please rate on the following scale from 1 to 4 where: 1 = Very challenging 2 = Quite challenging 3 = Quite easy 4 = Very easy

Impact on Wellbeing

Impact on Wellbeing of those aspects found challenging



\* Only asked of those who were single

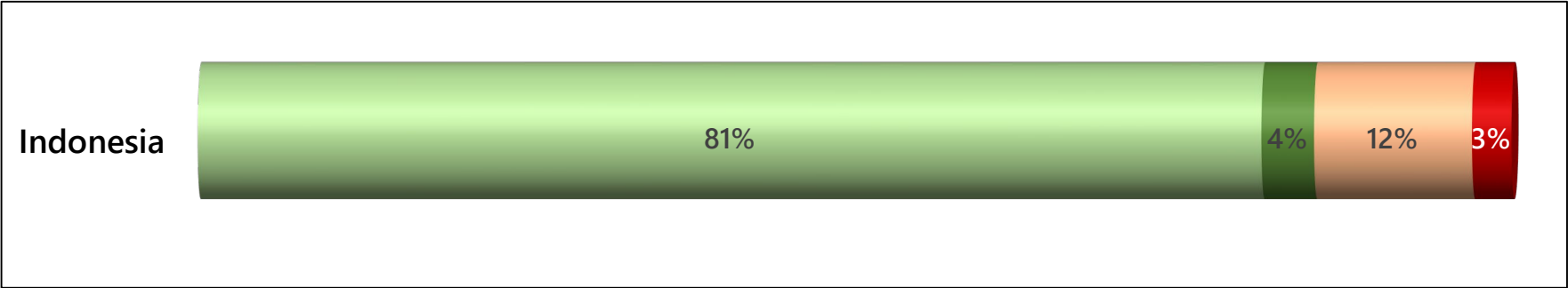
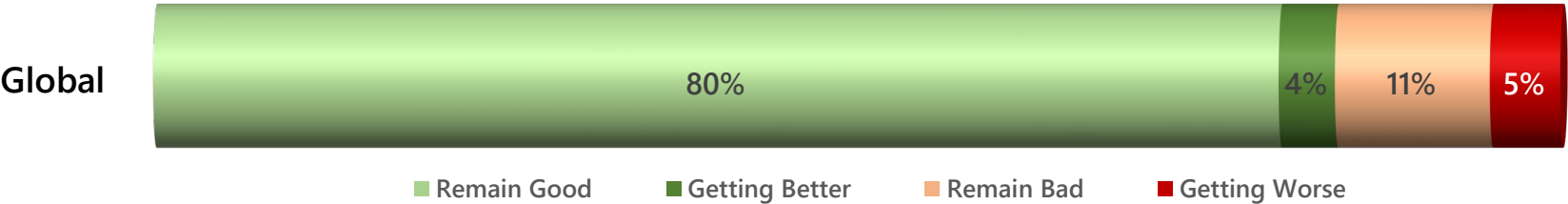
+ Only asked of those with children living at home

Q: For each of those aspects that you have found challenging, can you say to what extent this has impacted your sense of wellbeing. Please rate on a scale from 1 to 3 where: 1 = Significant negative impact 2 = Limited negative impact 3 = No negative impact

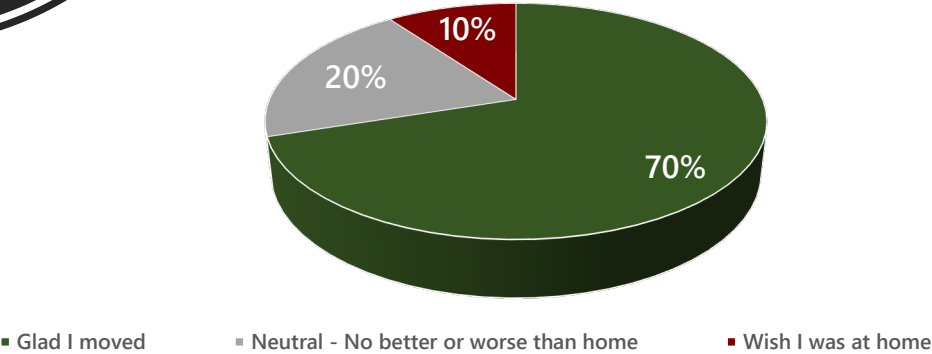
Mexico

Local Attitudes  
& Impact on  
Expats

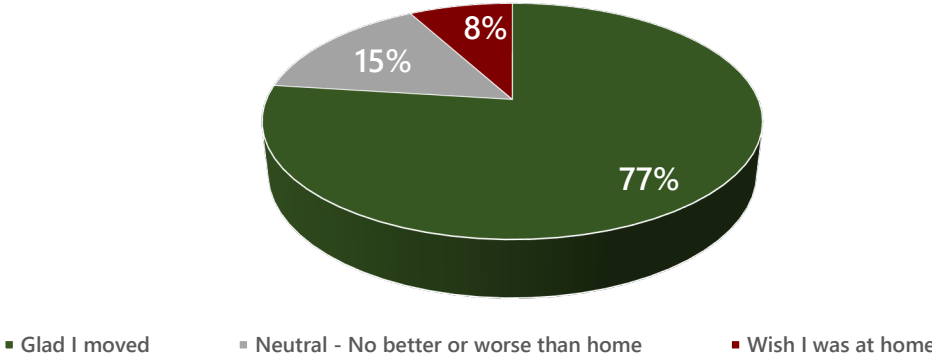
Attitudes towards 'Expats'



How they feel about being away  
Global



How they feel about being away  
Mexico



Q: Since you've been living in (Country), how do you feel attitudes to expats have changed there?  
Q: Which of the following best describes how you feel about living in (Country) at the moment?

## Mexico

### Expat Firsts

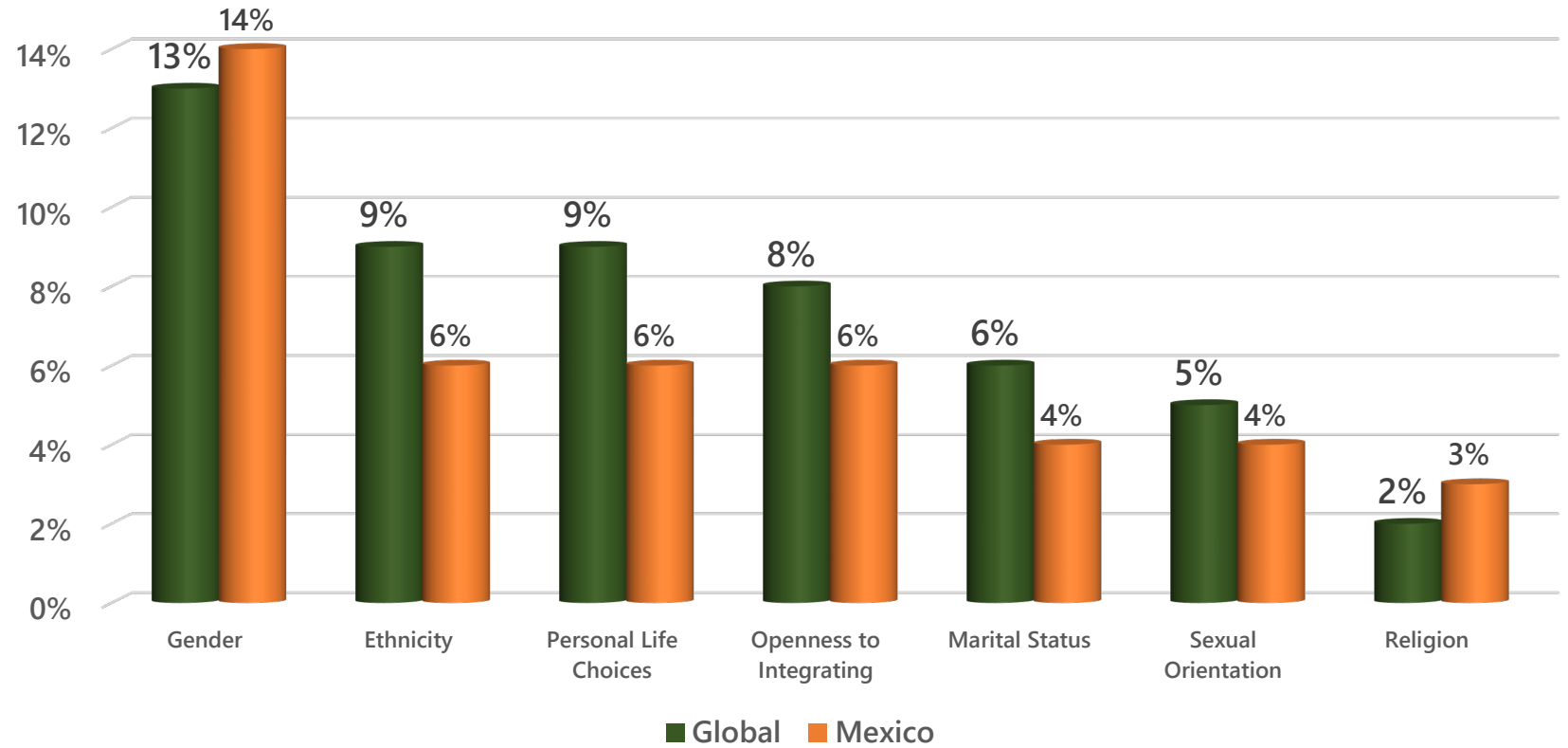
First...	1 Month		2 to 6 Months		7 to 12 Months		Over 12 Months		Not Yet Happened	
	Global	Mexico	Global	Mexico	Global	Mexico	Global	Mexico	Global	Mexico
Foreign Friend	24%	26%	42%	46%	4%	5%	8%	8%	22%	15%
Expat Friend	27%	21%	44%	48%	2%	3%	9%	14%	18%	14%
Friend of Same Nationality	21%	18%	49%	47%	2%	3%	9%	13%	19%	18%
Conversational Language Use	41%	42%	28%	42%	2%	1%	4%	3%	26%	13%
Local Dish (not from home)	28%	21%	46%	51%	2%	2%	5%	4%	19%	22%
Trip to the Doctor	34%	50%	48%	38%	4%	3%	5%	4%	10%	5%
Foreign Date * (Potential Partner)	12%	14%	28%	35%	3%	2%	5%	4%	53%	46%
Felt Part of Local Community	24%	23%	41%	44%	4%	5%	9%	9%	22%	20%

Q: Thinking now about each of the following, how long did it take to reach each 'milestone', after your move abroad?

\* Only asked of those who were single

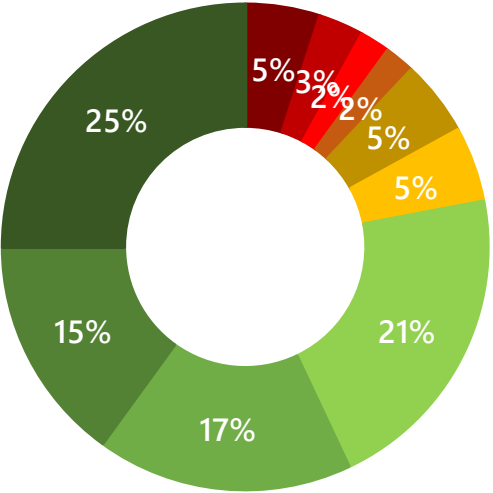
## Barriers to Settling

Barriers to Settling in Host Country

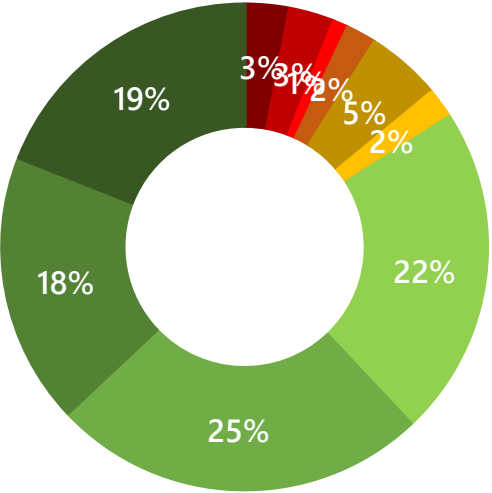




Global  
Likelihood of Using Virtual Healthcare Services  
(1 = Not at all to 10= Extremely Likely)



Mexico  
Likelihood of Using Virtual Healthcare Services  
(1 = Not at all to 10= Extremely Likely)



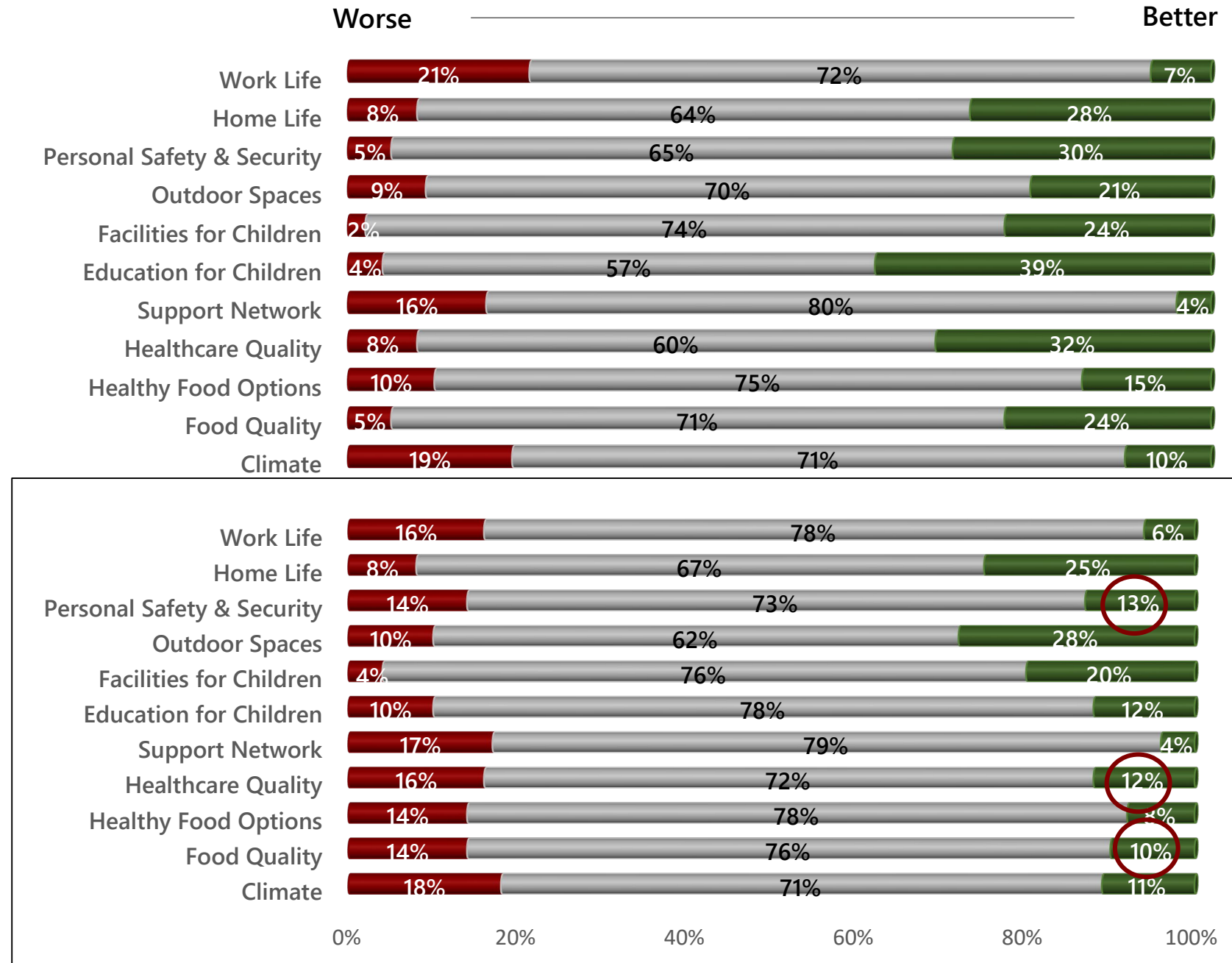
Q: We are interested in your views on virtual health care. This can be defined as the delivery of primary care services through the use of technology, such as tablets or smartphones . It can help to maintain a patient's health and well being, provide consultations for acute illness and improve monitoring and management of chronic conditions. How likely would you be to use a virtual healthcare service (such as telephone or online doctor consultations) to access health care on a scale of 1 to 10, where 1 - Not at all likely and 10 - extremely likely? Likelihood of using virtual health care service...

Mexico

Impact on  
Wellbeing  
from...

Mexico

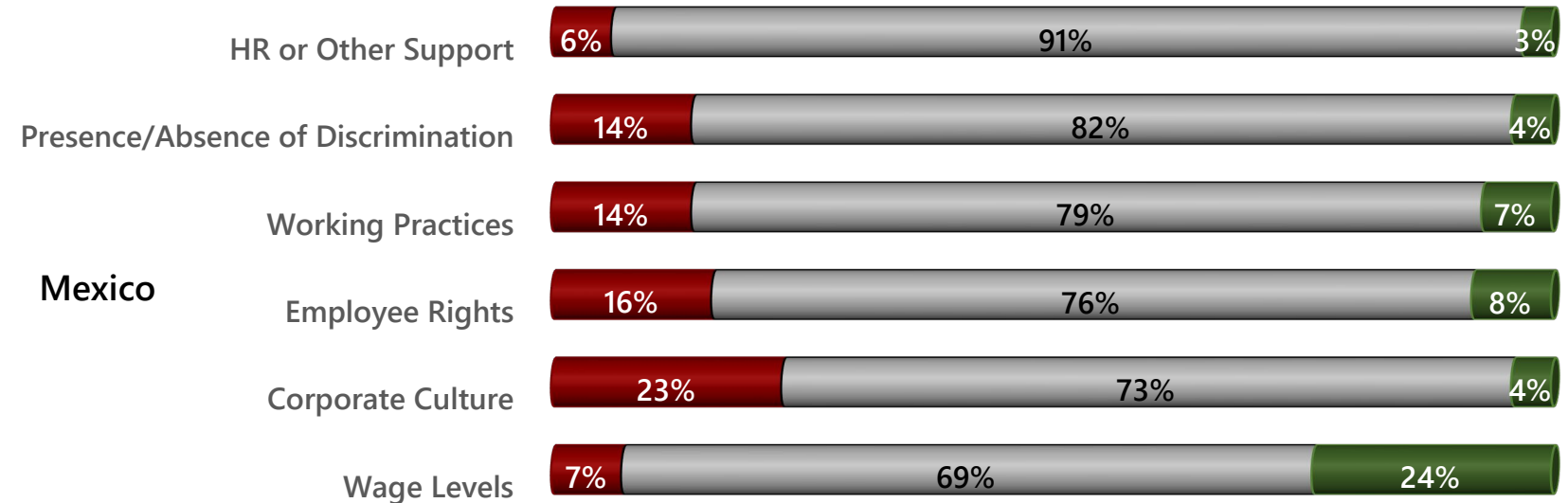
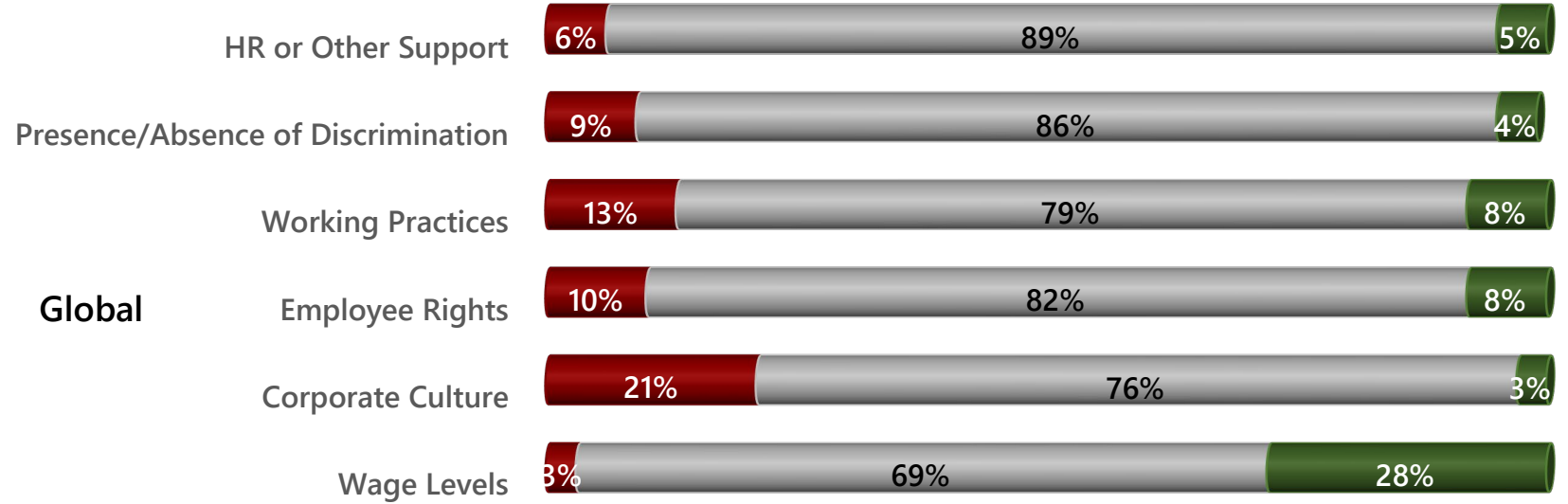
Global



Q: How would you rate the impact of the following things on your wellness and general health while living in...

## Mexico

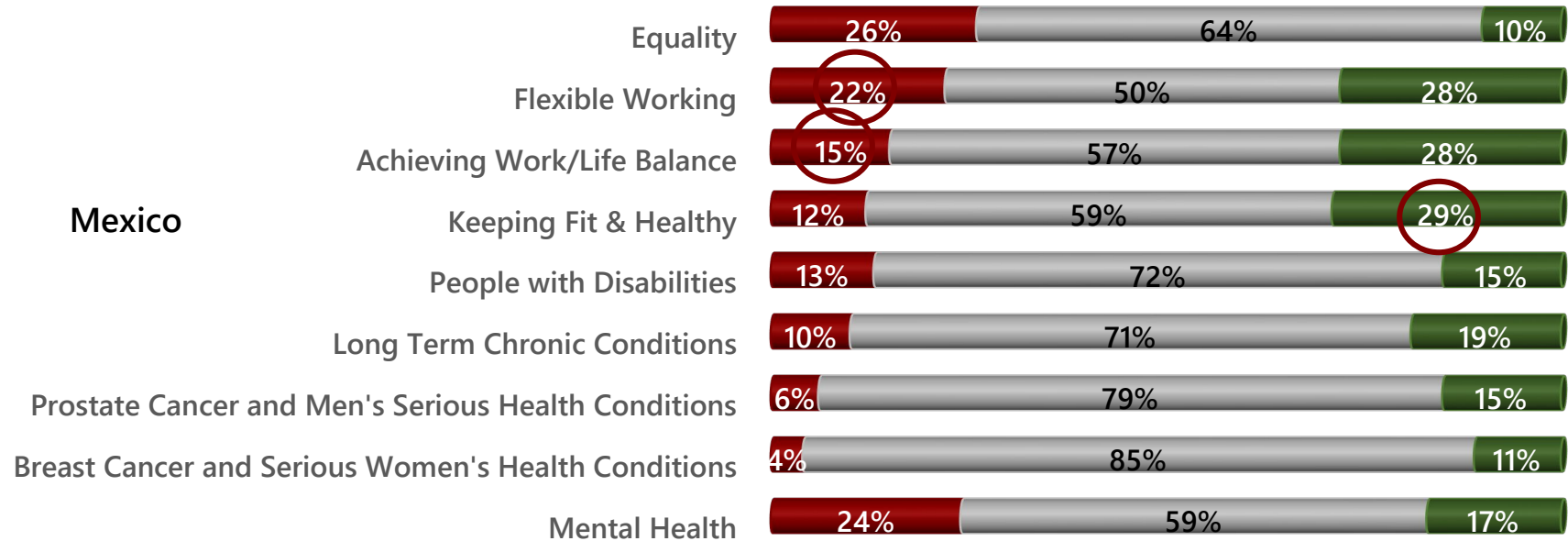
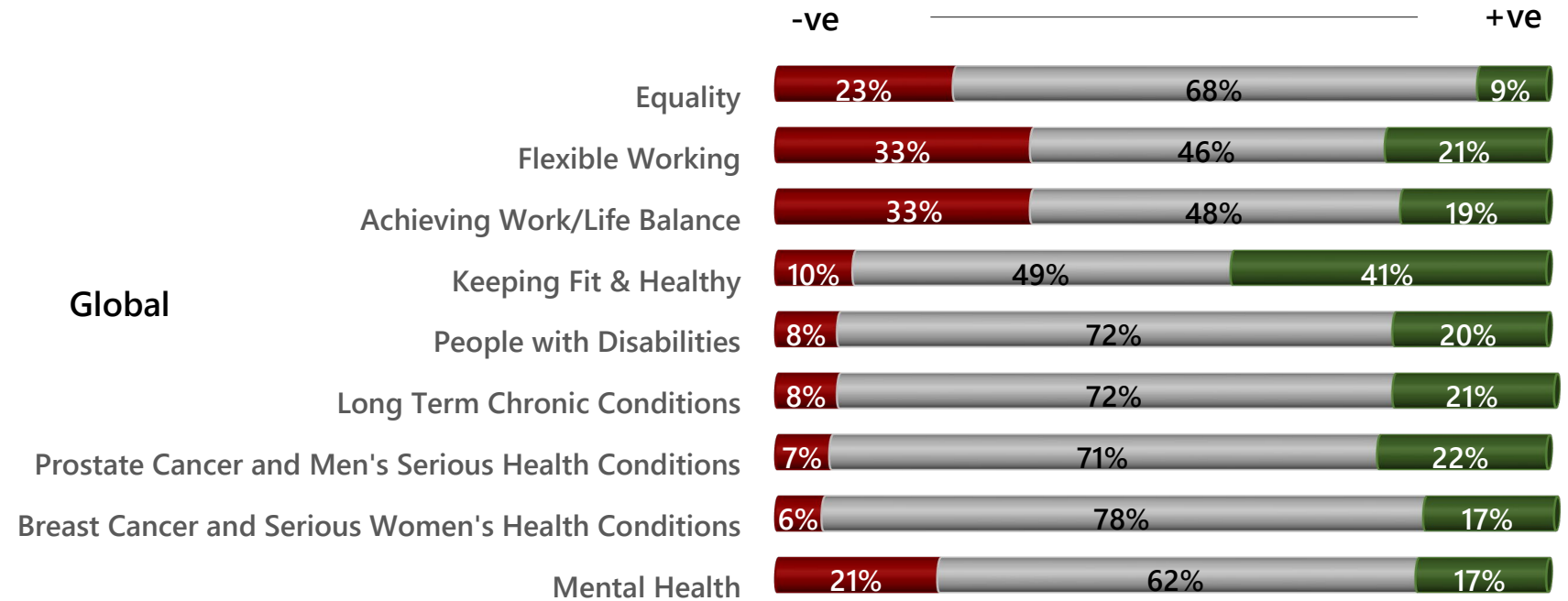
### Impact of Work on Wellbeing & Health

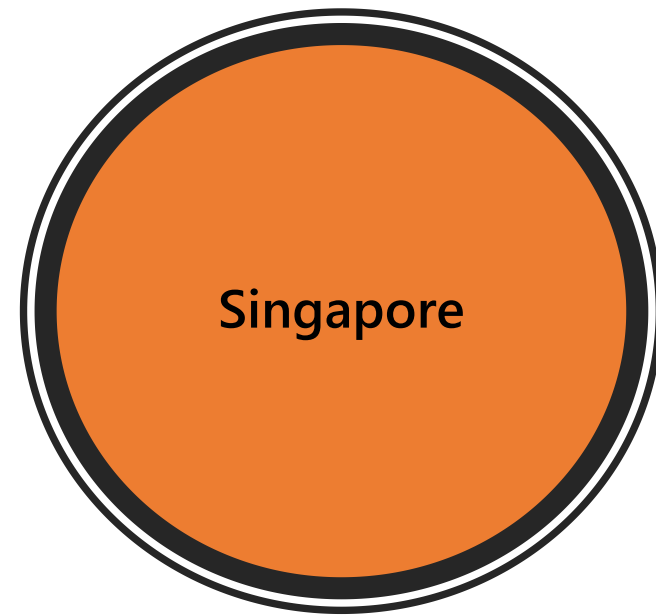


Q: Having moved to (Country), how has your overall well-being been impacted by each of the following factors related to your working life?

## Mexico

### Attitudes in Host Country to...

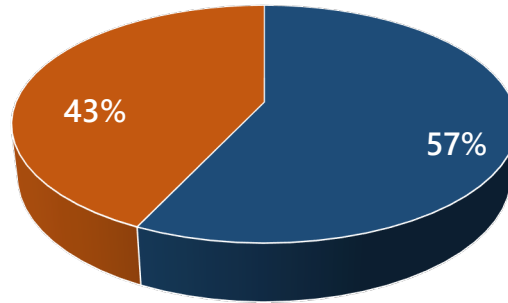




Singapore

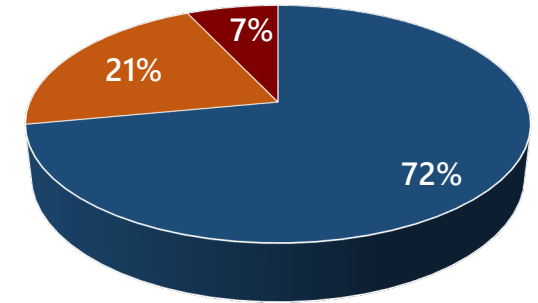
## Key Profiling Characteristics Health & Insurance

Health Insurance Holding



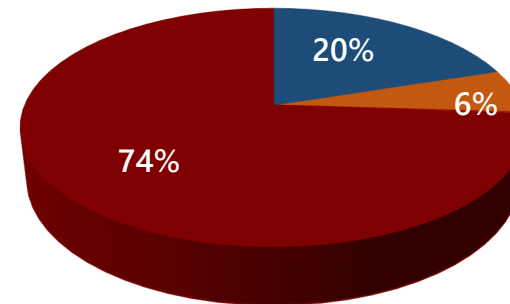
■ Yes ■ No

Type of Health Insurance



■ Group ■ Individual ■ Both

Travelled for Treatment Whilst Away?

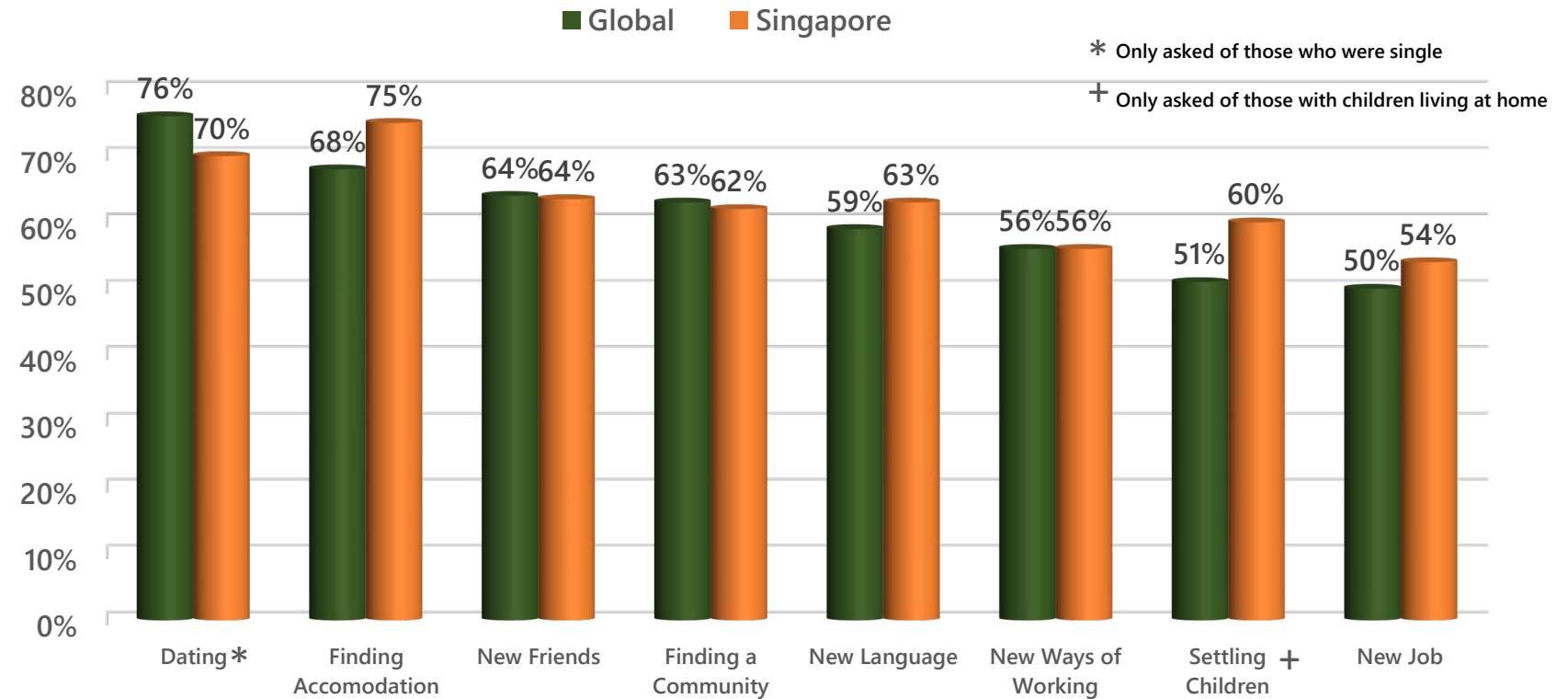


■ Yes, back home ■ Yes, to another country ■ No

## Singapore

### Most Challenging Aspects

Percentage Finding Each Aspect Challenging  
(Quite or Very)

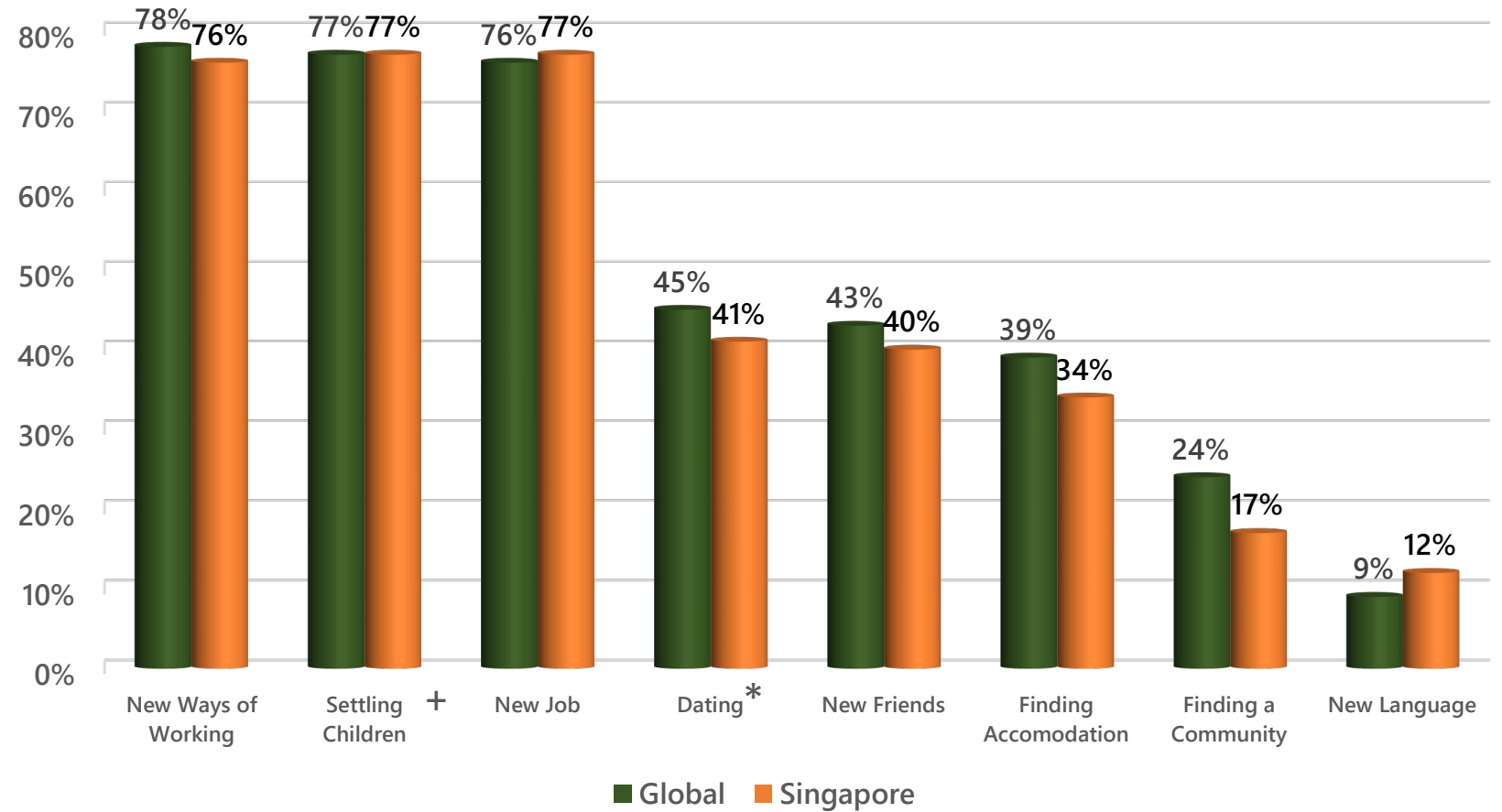


Q: How have you felt about each of the following aspects of moving and living abroad, since you made the move. Please rate on the following scale from 1 to 4 where: 1 = Very challenging 2 = Quite challenging 3 = Quite easy 4 = Very easy

## Singapore

### Impact on Wellbeing

Impact on Wellbeing of those aspects found challenging



\* Only asked of those who were single

+ Only asked of those with children living at home

Q: For each of those aspects that you have found challenging, can you say to what extent this has impacted your sense of wellbeing. Please rate on a scale from 1 to 3 where: 1 = Significant negative impact 2 = Limited negative impact 3 = No negative impact

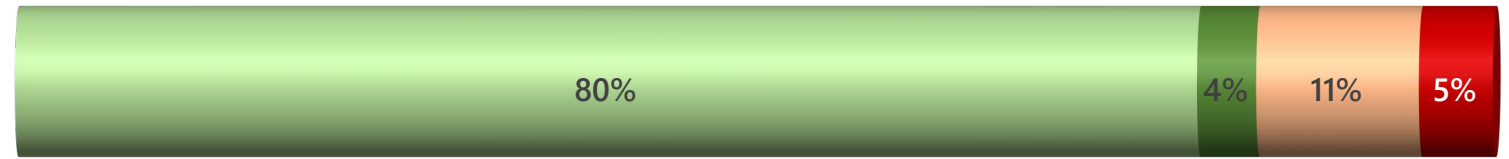


Singapore

## Local Attitudes & Impact on Expats

### Attitudes towards 'Expats'

Global



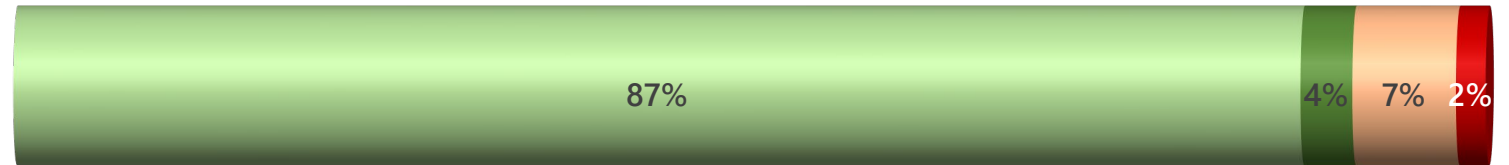
Remain Good

Getting Better

Remain Bad

Getting Worse

Singapore



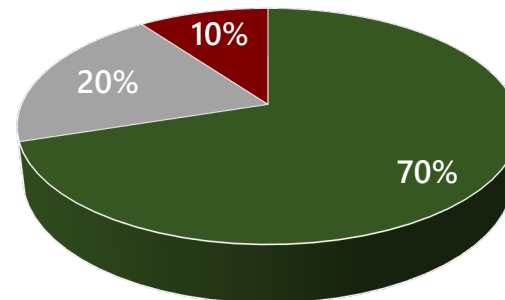
Remain Good

Getting Better

Remain Bad

Getting Worse

How they feel about being away  
Global

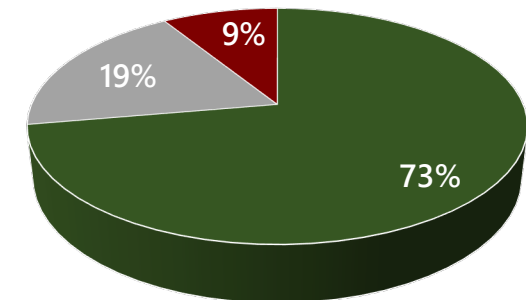


Glad I moved

Neutral - No better or worse than home

Wish I was at home

How they feel about being away  
Singapore



Glad I moved

Neutral - No better or worse than home

Wish I was at home

Q: Since you've been living in (Country), how do you feel attitudes to expats have changed there?

Q: Which of the following best describes how you feel about living in (Country) at the moment?

## Singapore

### Expat Firsts

First...	1 Month		2 to 6 Months		7 to 12 Months		Over 12 Months		Not Yet Happened	
	Global	Singapore	Global	Singapore	Global	Singapore	Global	Singapore	Global	Singapore
Foreign Friend	24%	27%	42%	45%	4%	4%	8%	7%	22%	18%
Expat Friend	27%	26%	44%	48%	2%	3%	9%	12%	18%	12%
Friend of Same Nationality	21%	20%	49%	48%	2%	3%	9%	11%	19%	19%
Conversational Language Use	41%	31%	28%	41%	2%	2%	4%	5%	26%	22%
Local Dish (not from home)	28%	26%	46%	45%	2%	2%	5%	5%	19%	23%
Trip to the Doctor	34% *	28%	48%	52%	4%	4%	5%	5%	10%	12%
Foreign Date (Potential Partner)	12%	15%	28%	28%	3%	3%	5%	5%	53%	49%
Felt Part of Local Community	24%	26%	41%	42%	4%	4%	9%	8%	22%	21%

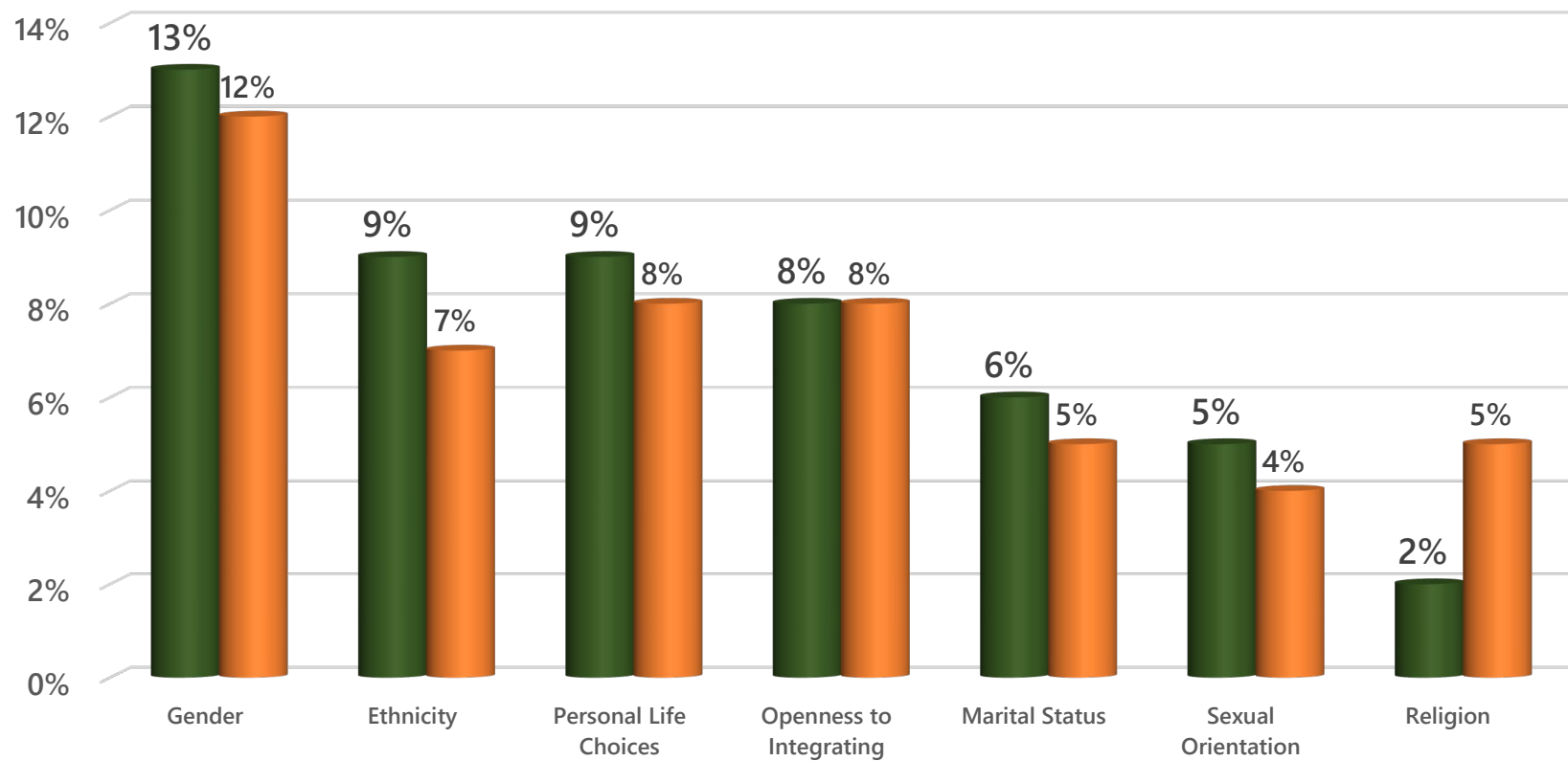
Q: Thinking now about each of the following, how long did it take to reach each 'milestone', after your move abroad?

\* Only asked of those who were single

## Barriers to Settling

### Barriers to Settling in Host Country

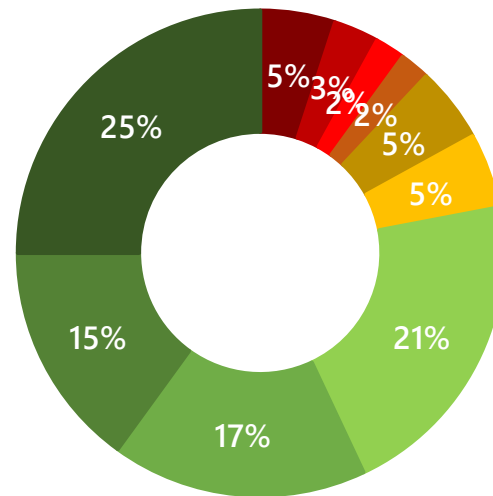
■ Global ■ Singapore



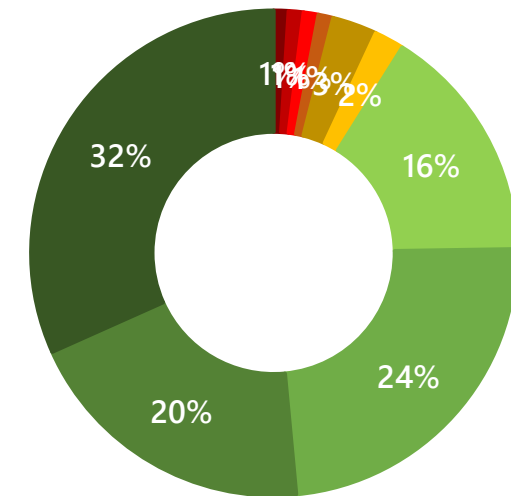
Q: Do you think that any of the following personal characteristics and profiles have been barriers to you settling in...

vHealth

Global  
Likelihood of Using Virtual Healthcare Services  
(1 = Not at all to 10= Extremely Likely)



Singapore  
Likelihood of Using Virtual Healthcare Services  
(1 = Not at all to 10= Extremely Likely)



1 2 3 4 5 6 7 8 9 10

Q: We are interested in your views on virtual health care. This can be defined as the delivery of primary care services through the use of technology, such as tablets or smartphones . It can help to maintain a patient's health and well being, provide consultations for acute illness and improve monitoring and management of chronic conditions. How likely would you be to use a virtual healthcare service (such as telephone or online doctor consultations) to access health care on a scale of 1 to 10, where 1 - Not at all likely and 10 - extremely likely? Likelihood of using virtual health care service...

Singapore

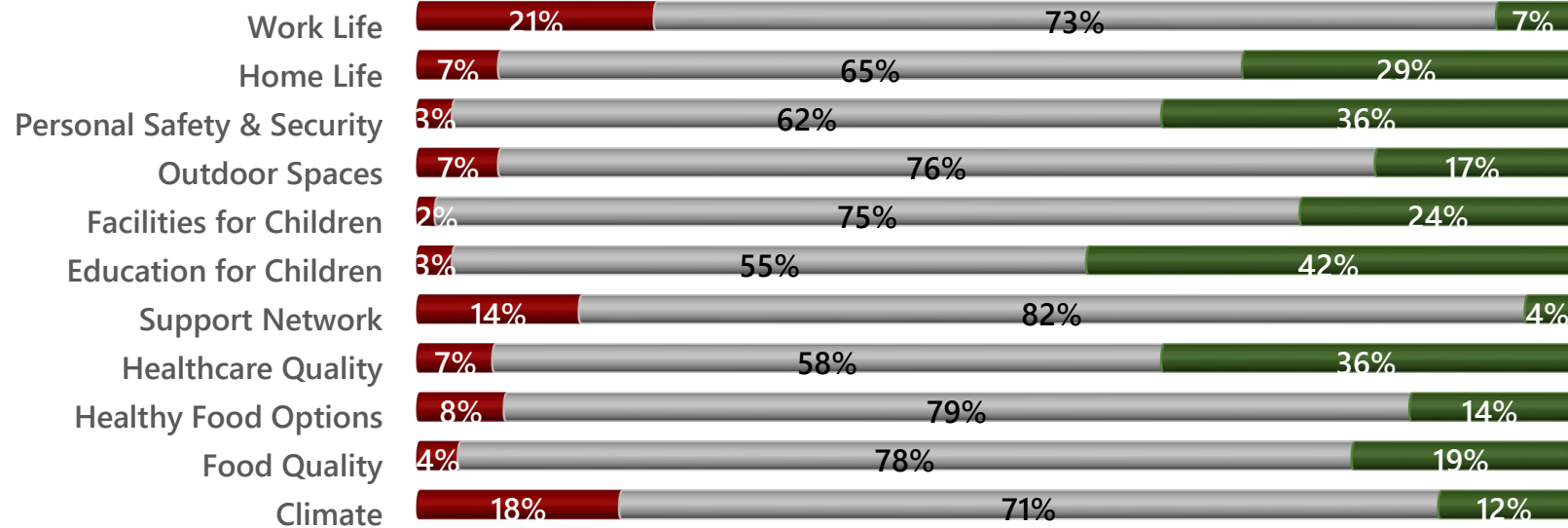
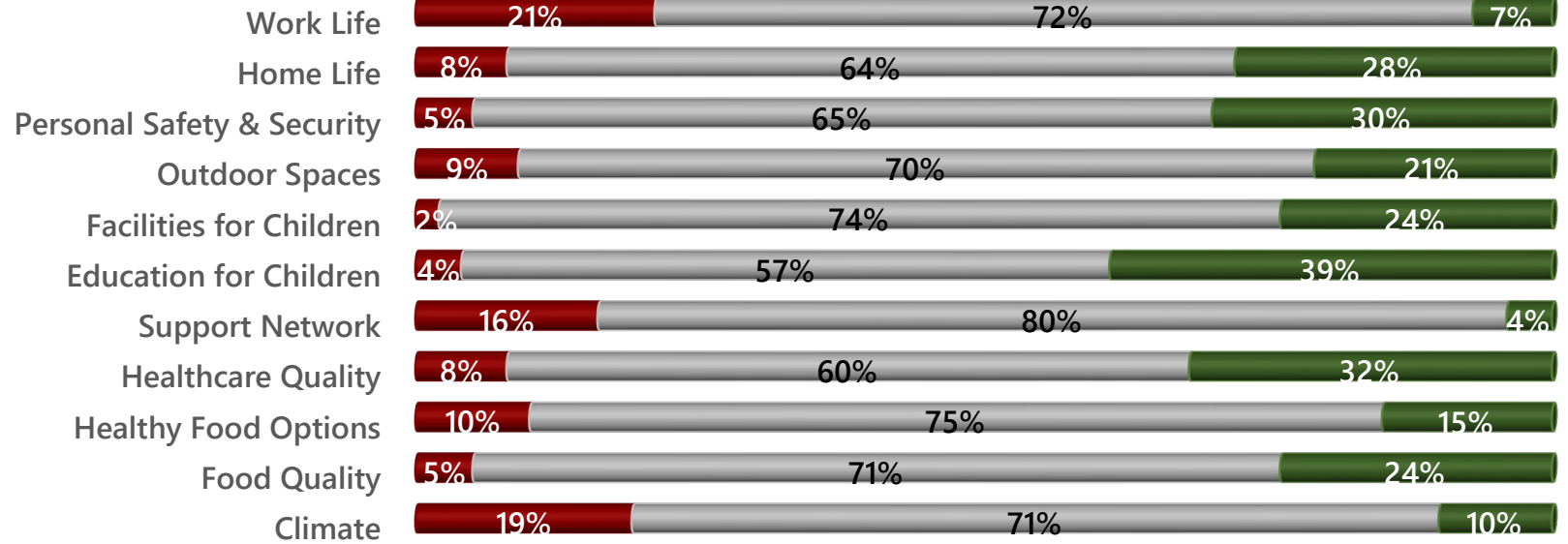
Impact on  
Wellbeing  
from...

Global

Singapore

Worse

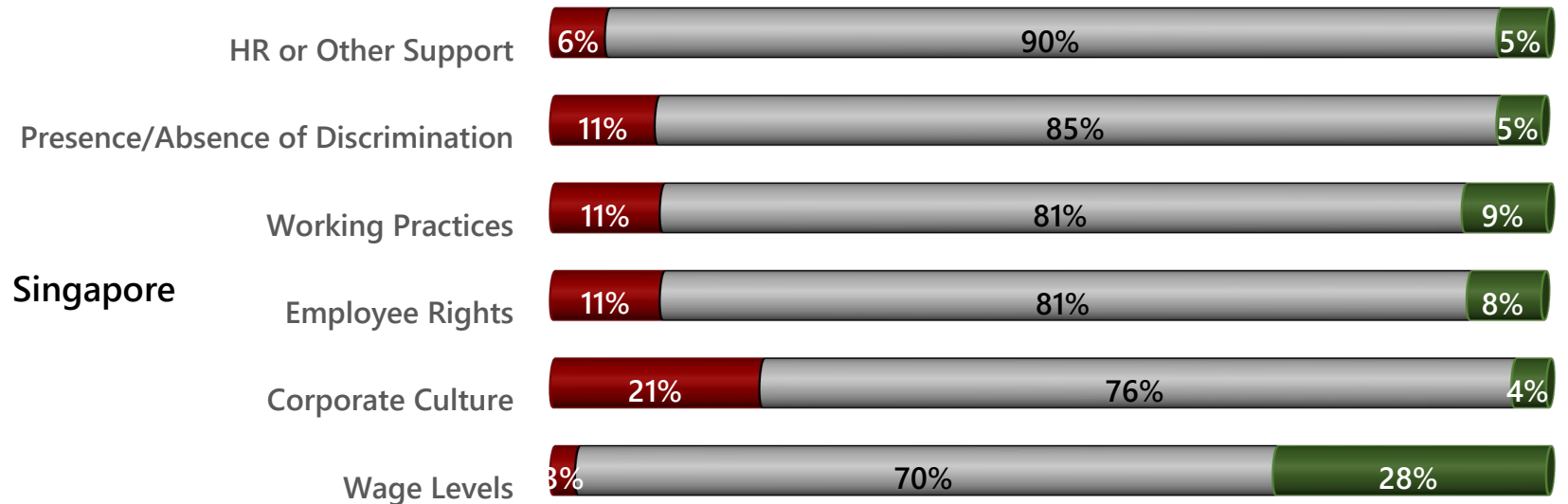
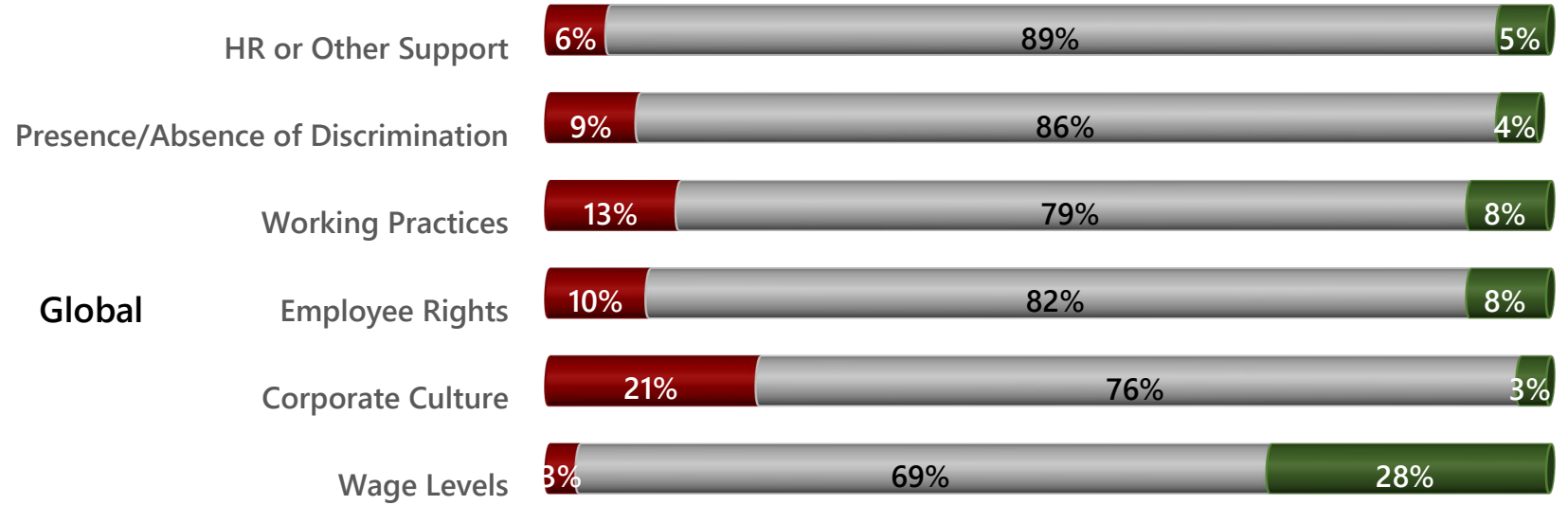
Better



Q: How would you rate the impact of the following things on your wellness and general health while living in...

Singapore

## Impact of Work on Wellbeing & Health

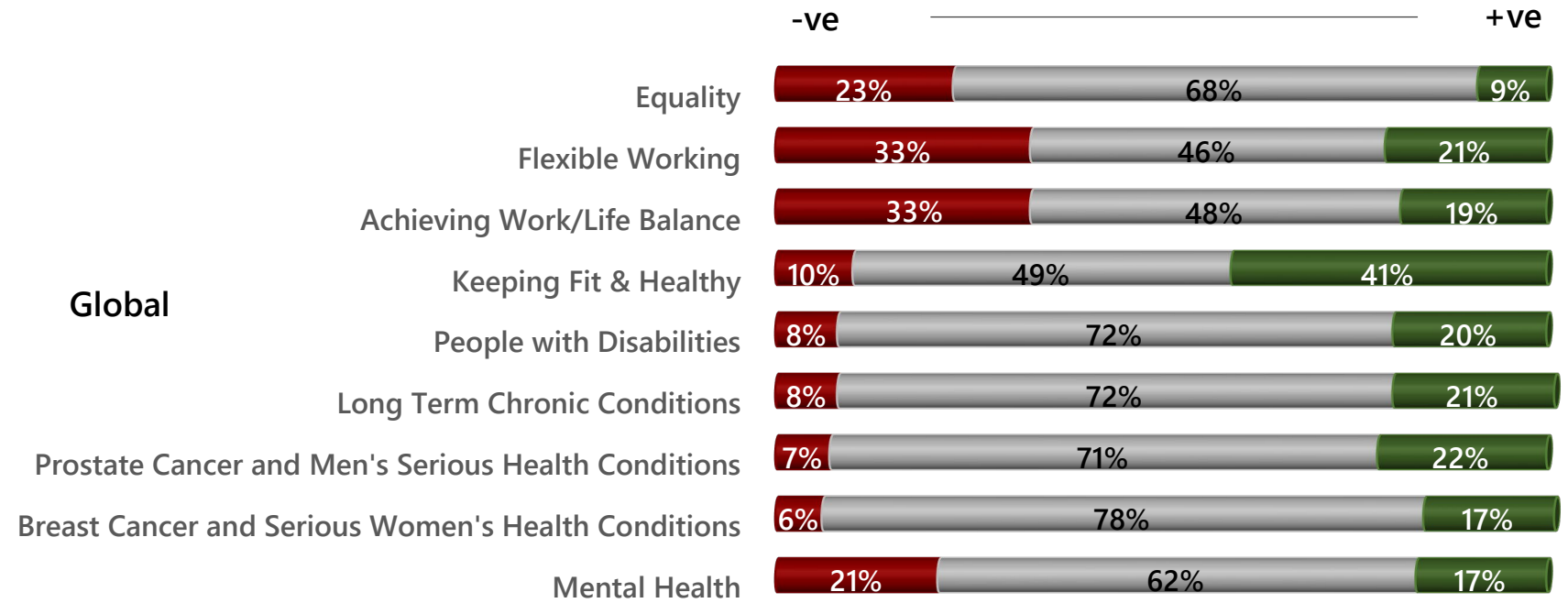


Q: Having moved to (Country), how has your overall well-being been impacted by each of the following factors related to your working life?

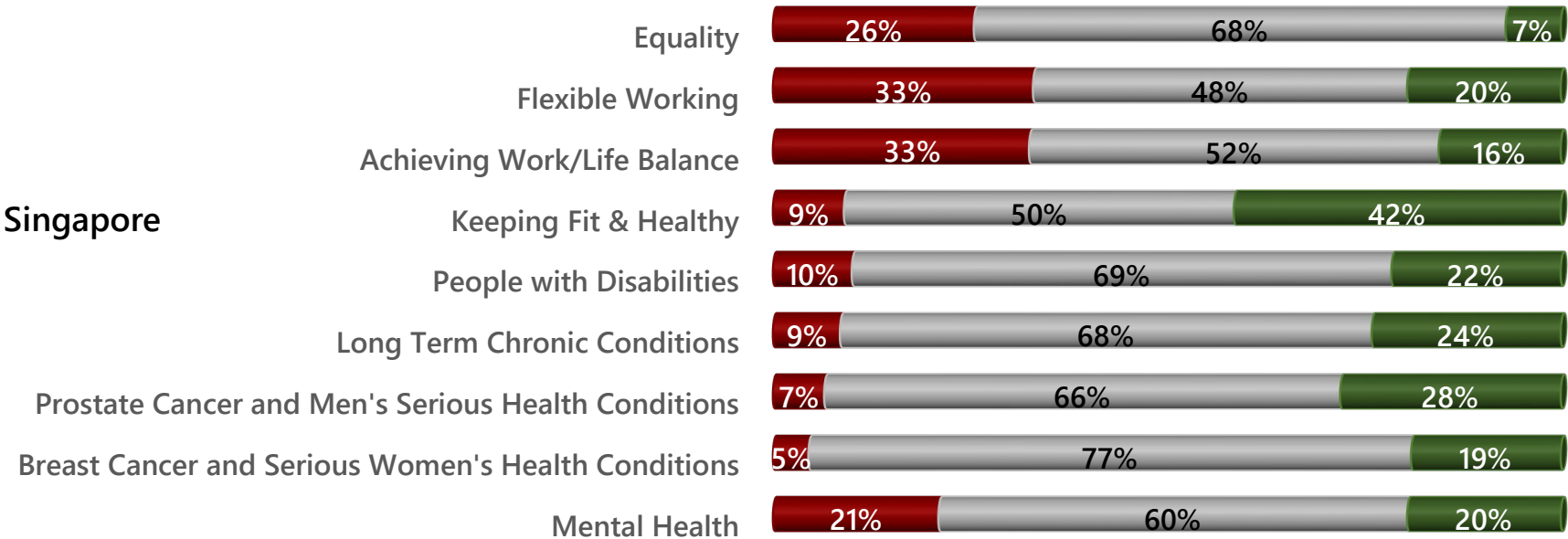
Singapore

## Attitudes in Host Country to...

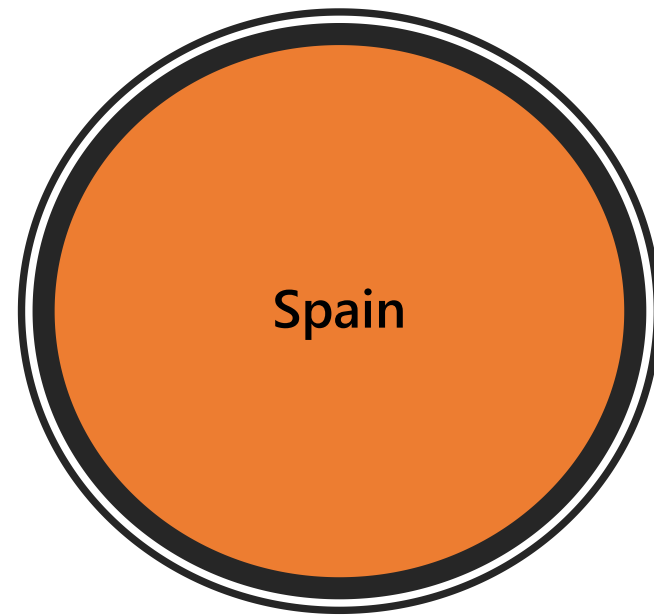
### Global



### Singapore



Q: How would you rate attitudes and level of support for each of the following in...

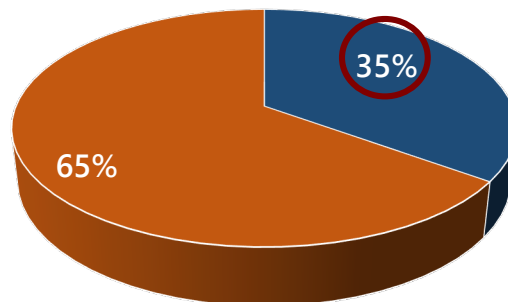




Spain

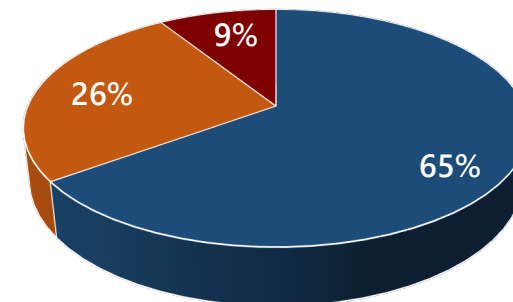
## Key Profiling Characteristics Health & Insurance

Health Insurance Holding



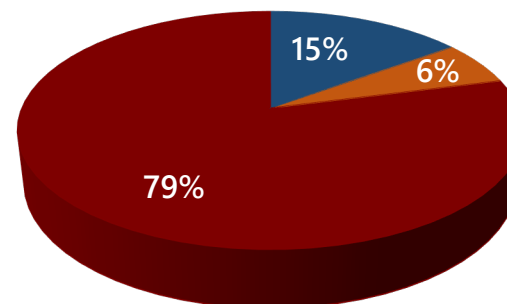
■ Yes ■ No

Type of Health Insurance



■ Group ■ Individual ■ Both

Travelled for Treatment Whilst Away?

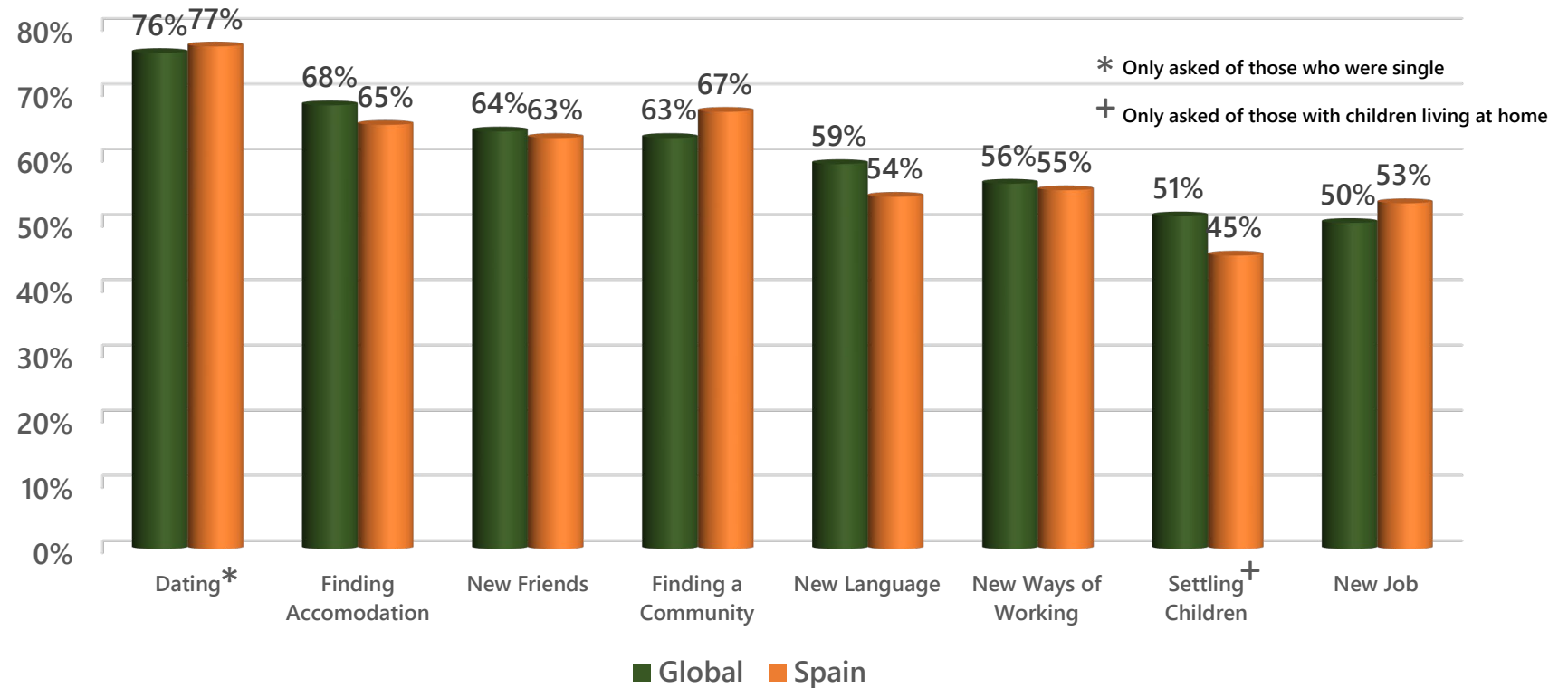


■ Yes, back home ■ Yes, to another country ■ No

Spain

## Most Challenging Aspects

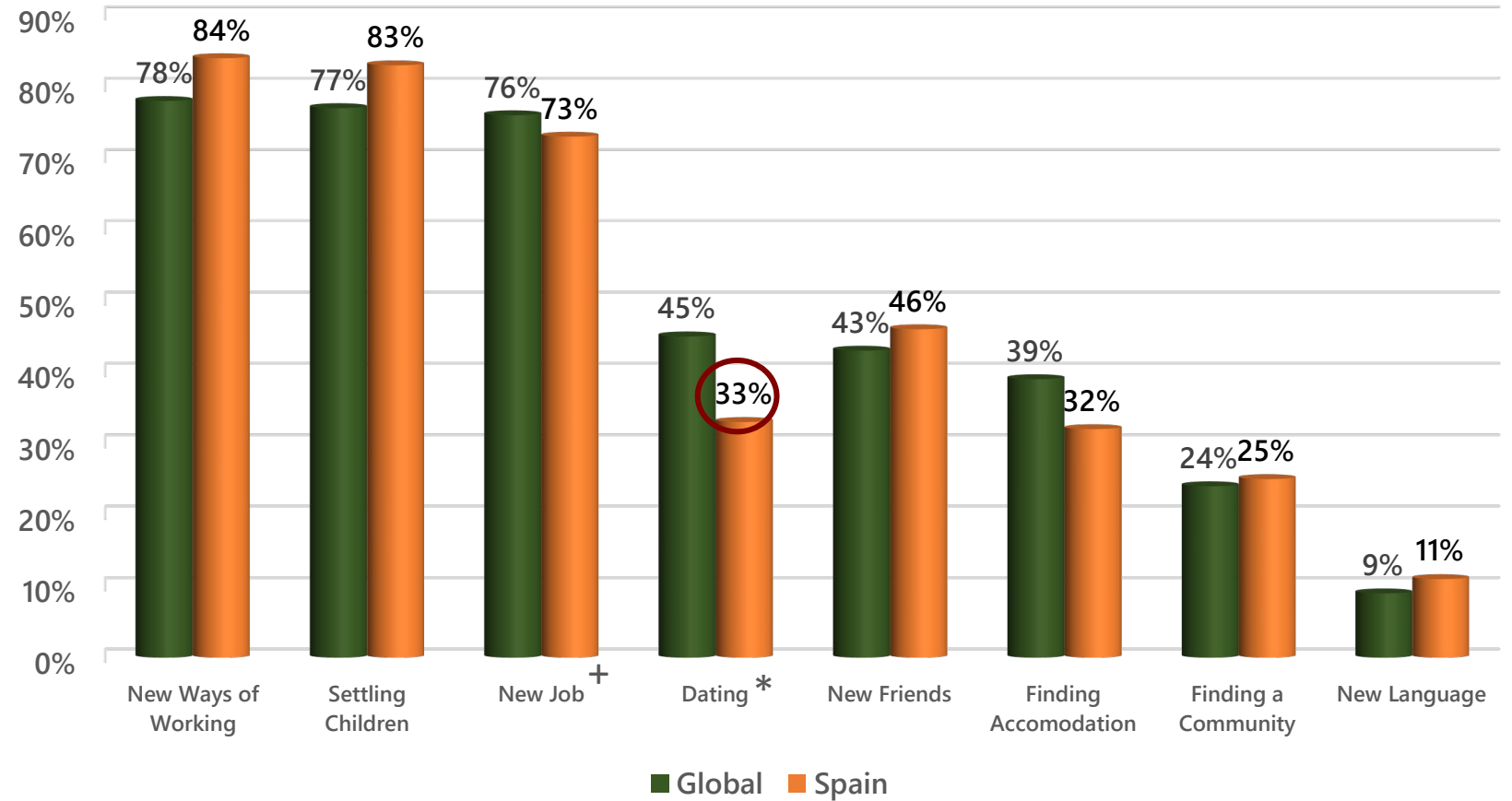
Percentage Finding Each Aspect Challenging  
(Quite or Very)



Q: How have you felt about each of the following aspects of moving and living abroad, since you made the move. Please rate on the following scale from 1 to 4 where: 1 = Very challenging 2 = Quite challenging 3 = Quite easy 4 = Very easy

## Impact on Wellbeing

Impact on Wellbeing of those aspects found challenging



\* Only asked of those who were single

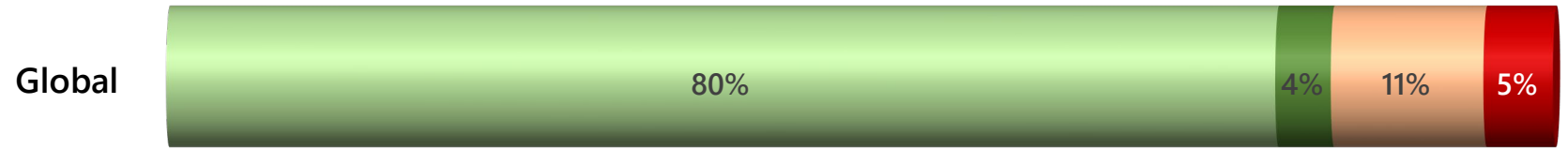
+ Only asked of those with children living at home

Q: For each of those aspects that you have found challenging, can you say to what extent this has impacted your sense of wellbeing. Please rate on a scale from 1 to 3 where: 1 = Significant negative impact 2 = Limited negative impact 3 = No negative impact

Spain

## Local Attitudes & Impact on Expats

### Attitudes towards 'Expats'

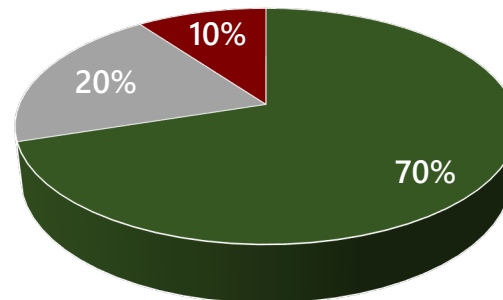


Remain Good Getting Better Remain Bad Getting Worse



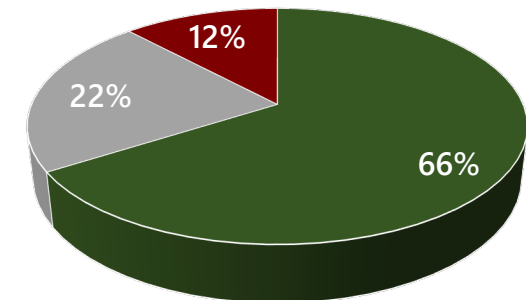
Remain Good Getting Better Remain Bad Getting Worse

### How they feel about being away Global



Glad I moved Neutral - No better or worse than home Wish I was at home

### How they feel about being away Spain



Glad I moved Neutral - No better or worse than home Wish I was at home

Q: Since you've been living in (Country), how do you feel attitudes to expats have changed there?

Q: Which of the following best describes how you feel about living in (Country) at the moment?

Spain

## Expats Firsts

First...	1 Month		2 to 6 Months		7 to 12 Months		Over 12 Months		Not Yet Happened	
	Global	Spain	Global	Spain	Global	Spain	Global	Spain	Global	Spain
Foreign Friend	24%	28%	42%	49%	4%	5%	8%	7%	22%	11%
Expat Friend	27%	30%	44%	45%	2%	4%	9%	12%	18%	9%
Friend of Same Nationality	21%	25%	49%	47%	2%	4%	9%	11%	19%	14%
Conversational Language Use	41%	54%	28%	35%	2%	2%	4%	2%	26%	7%
Local Dish (not from home)	28%	23%	46%	51%	2%	2%	5%	5%	19%	20%
Trip to the Doctor*	34%	58%	48%	35%	4%	3%	5%	2%	10%	3%
Foreign Date (Potential Partner)	12%	16%	28%	32%	3%	1%	5%	7%	53%	43%
Felt Part of Local Community	24%	28%	41%	40%	4%	5%	9%	7%	22%	18%

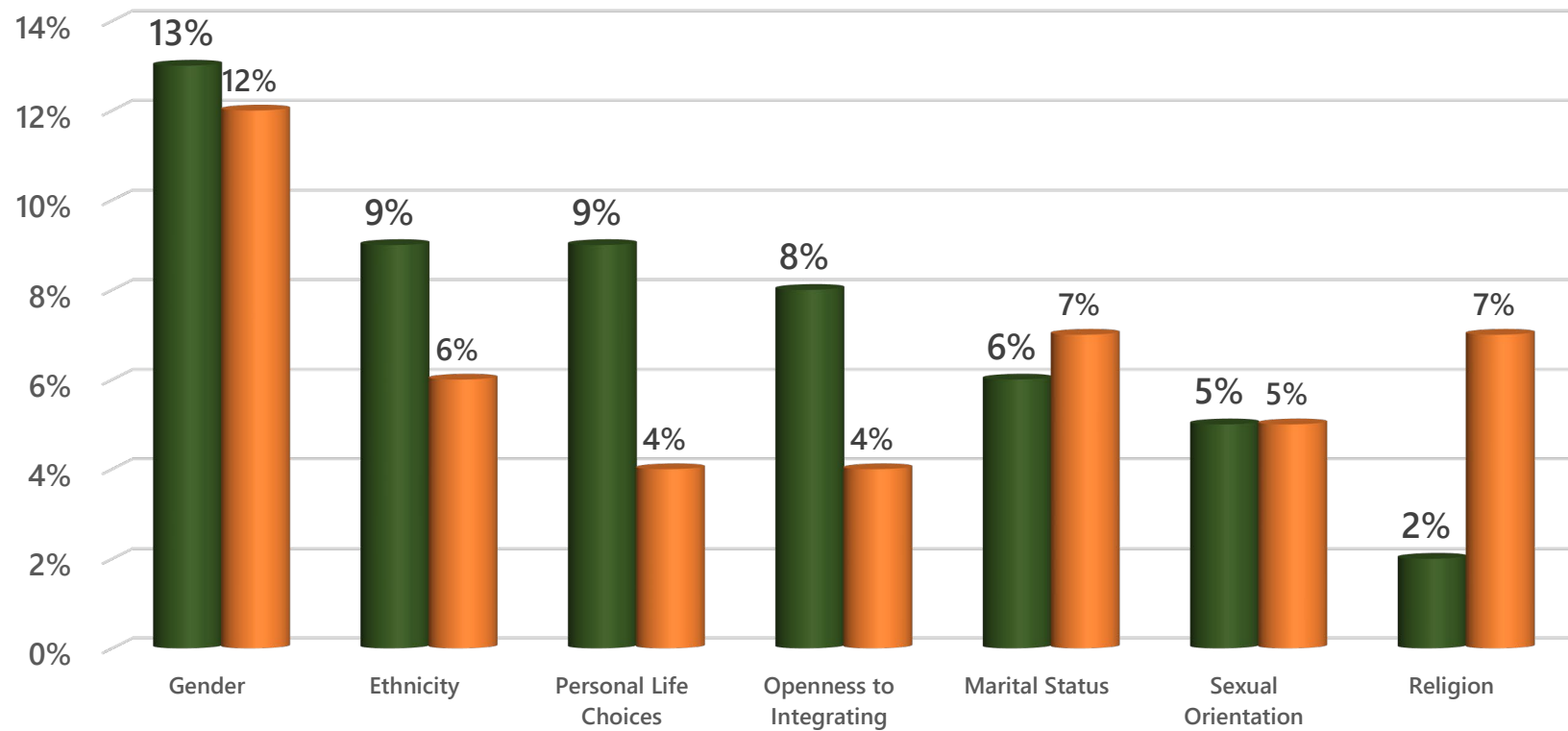
Q: Thinking now about each of the following, how long did it take to reach each 'milestone', after your move abroad?

\* Only asked of those who were single

Spain

## Barriers to Settling

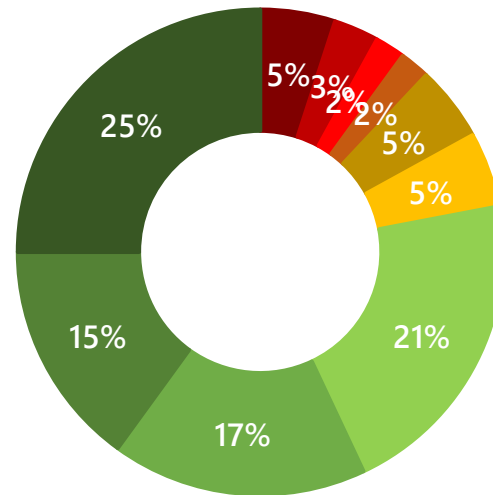
Barriers to Settling in Host Country



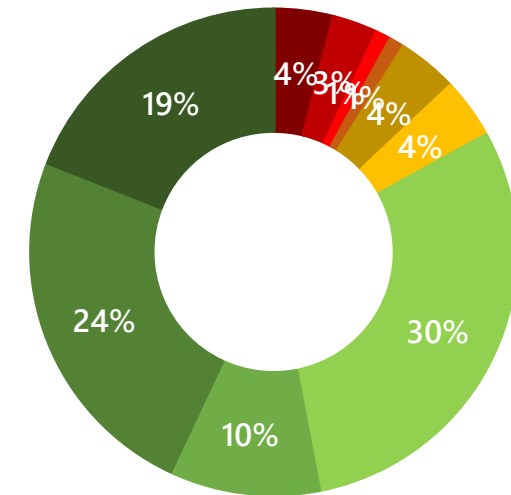
Q: Do you think that any of the following personal characteristics and profiles have been barriers to you settling in...

vHealth

Global  
Likelihood of Using Virtual Healthcare Services  
(1 = Not at all to 10= Extremely Likely)



Spain  
Likelihood of Using Virtual Healthcare Services  
(1 = Not at all to 10= Extremely Likely)



1 2 3 4 5 6 7 8 9 10

Q: We are interested in your views on virtual health care. This can be defined as the delivery of primary care services through the use of technology, such as tablets or smartphones . It can help to maintain a patient's health and well being, provide consultations for acute illness and improve monitoring and management of chronic conditions. How likely would you be to use a virtual healthcare service (such as telephone or online doctor consultations) to access health care on a scale of 1 to 10, where 1 - Not at all likely and 10 - extremely likely? Likelihood of using virtual health care service...

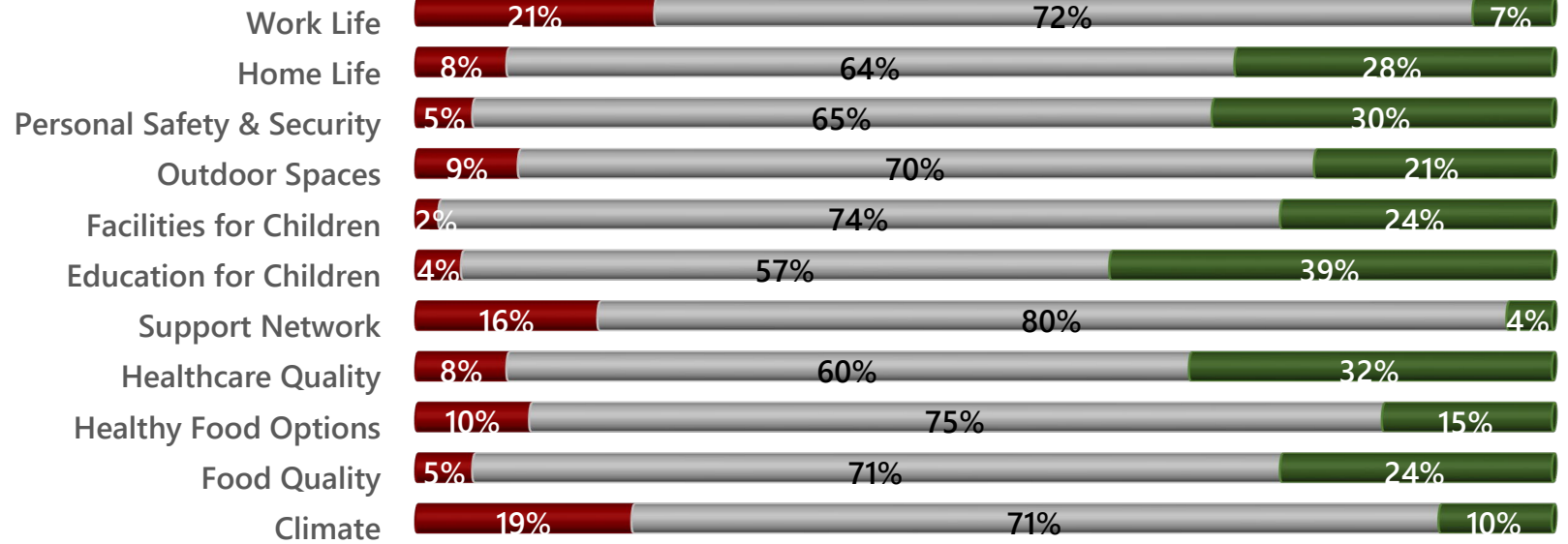
Spain

Impact on  
Wellbeing  
from...

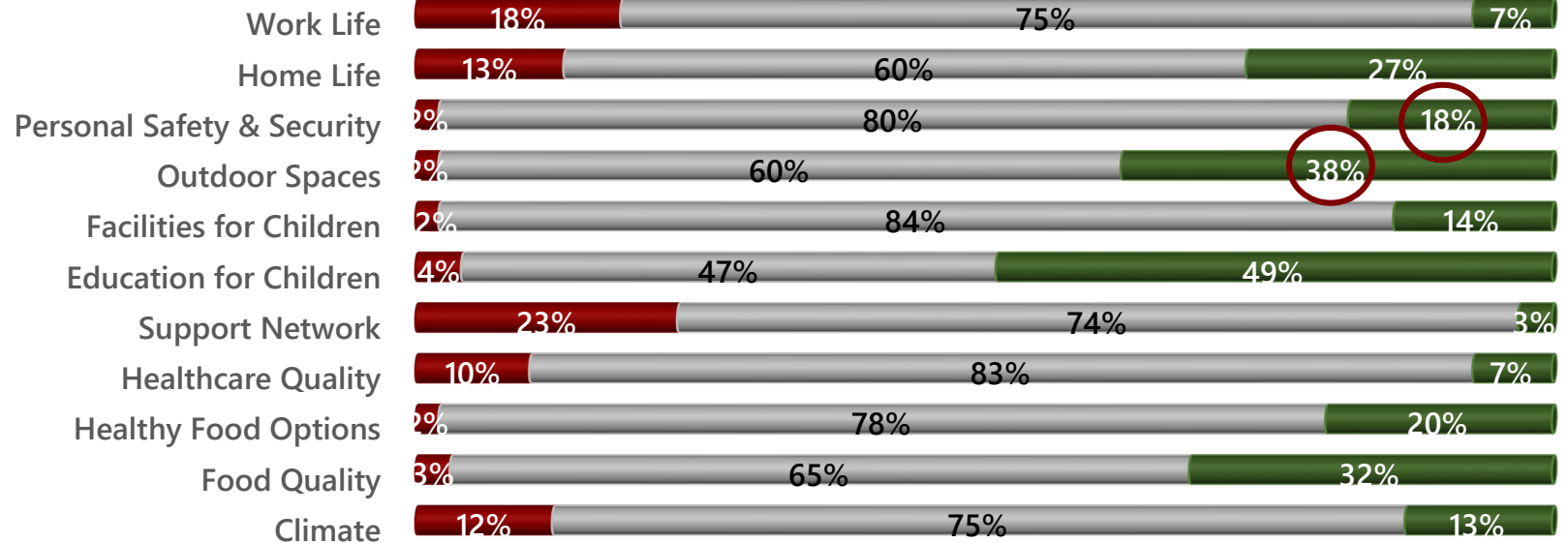
Global

Worse

Better



Spain

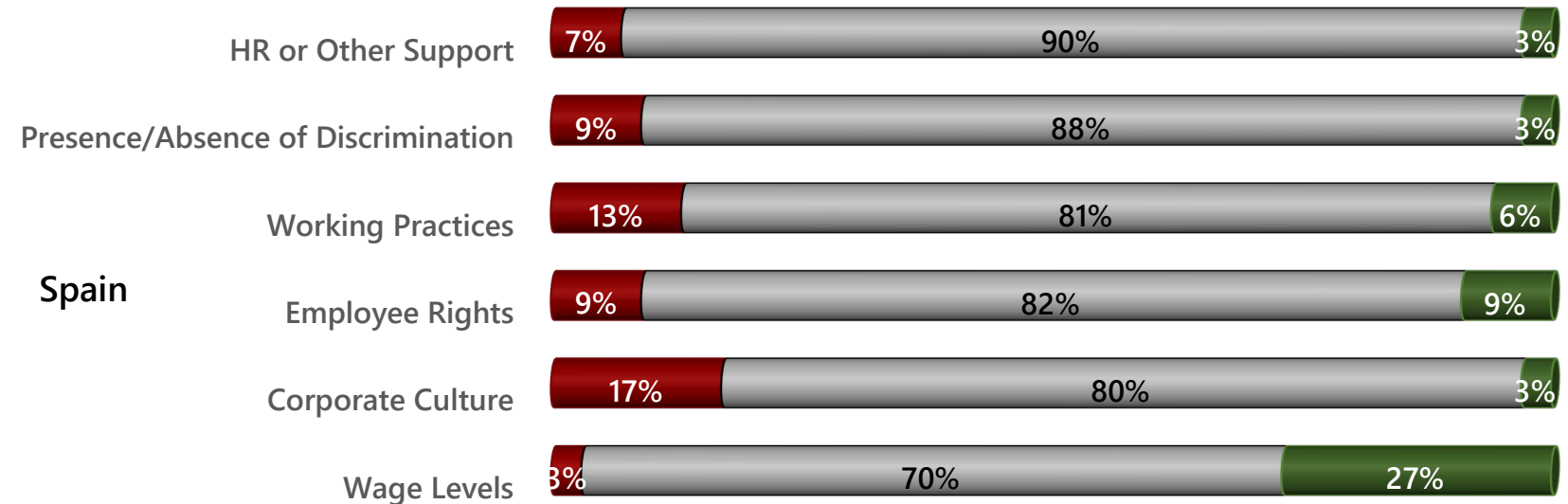
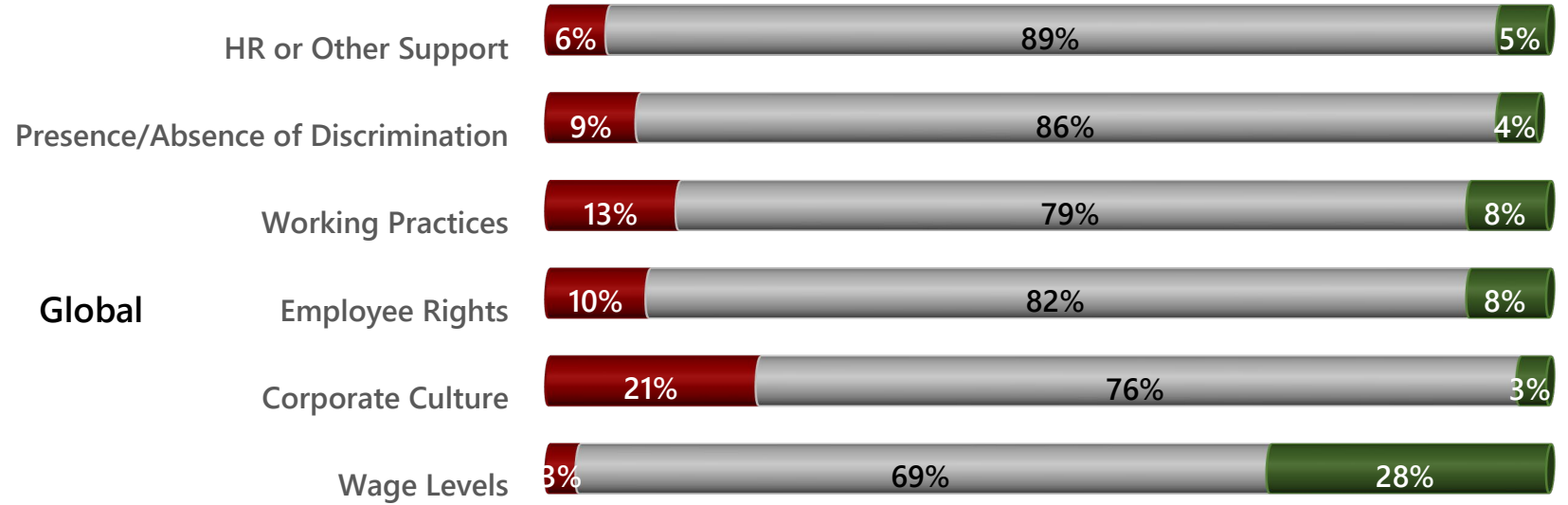


Q: How would you rate the impact of the following things on your wellness and general health while living in...



Spain

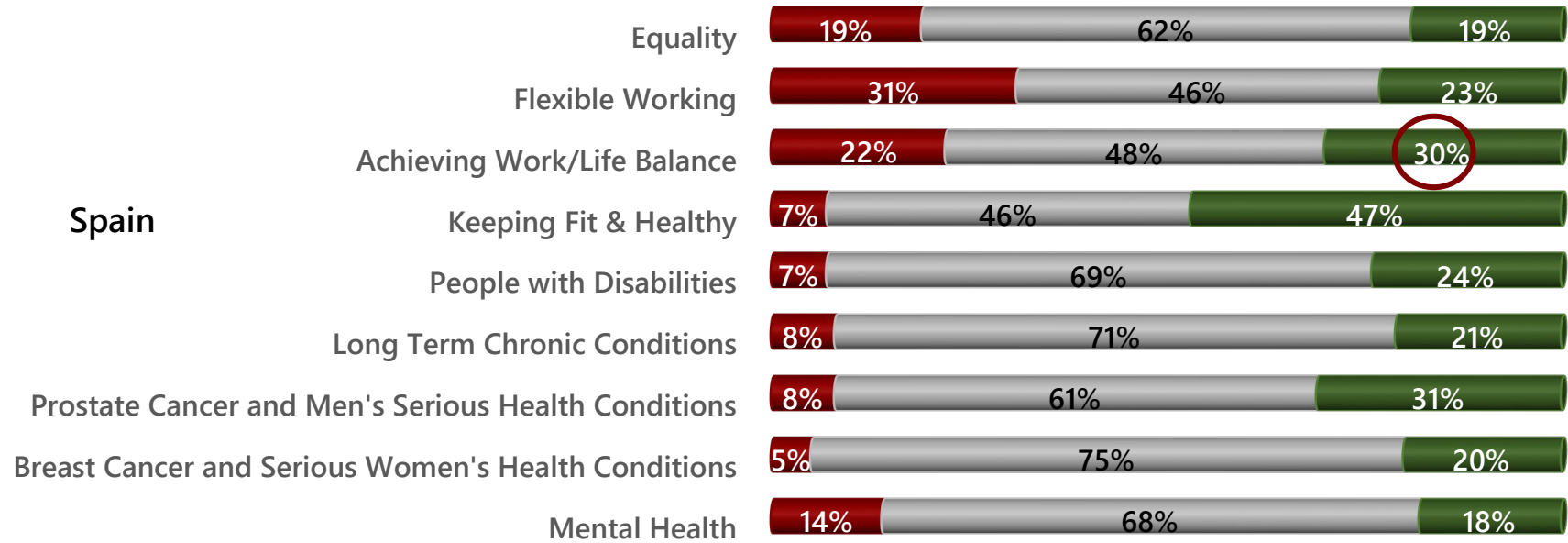
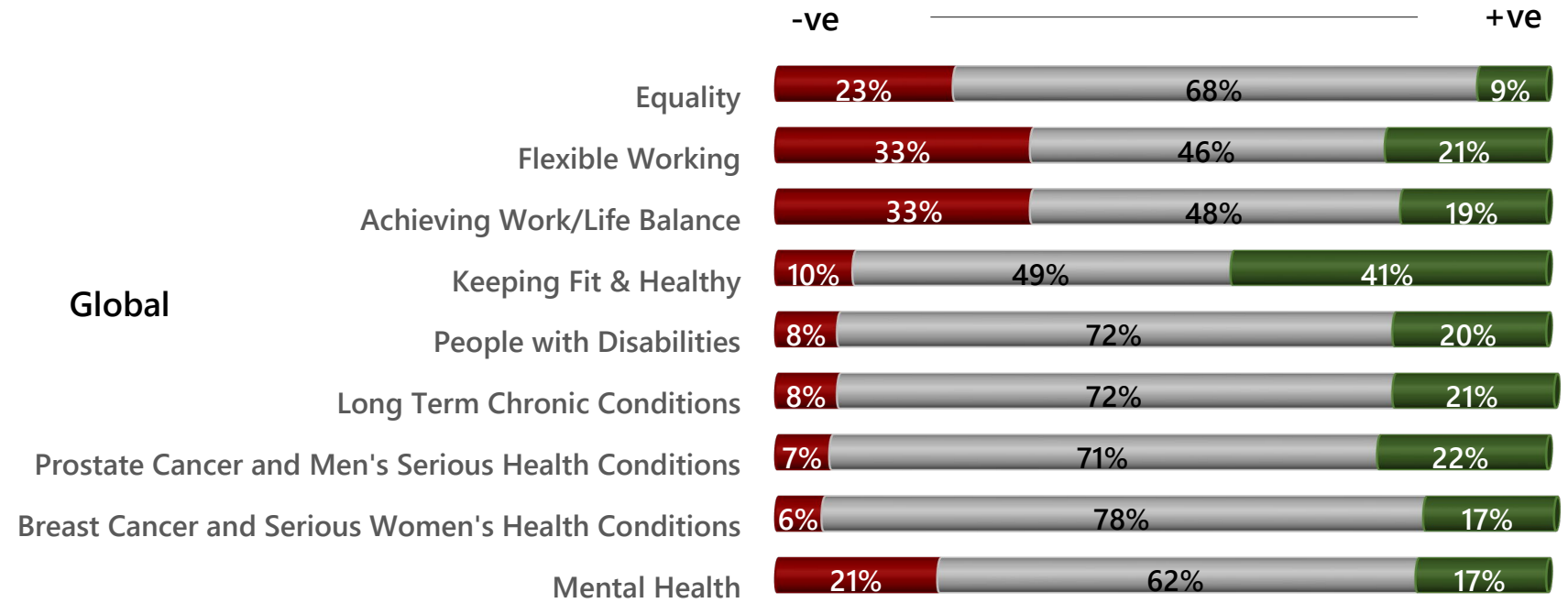
## Impact of Work on Wellbeing & Health



Q: Having moved to (Country), how has your overall well-being been impacted by each of the following factors related to your working life?

Spain

## Attitudes in Host Country to...



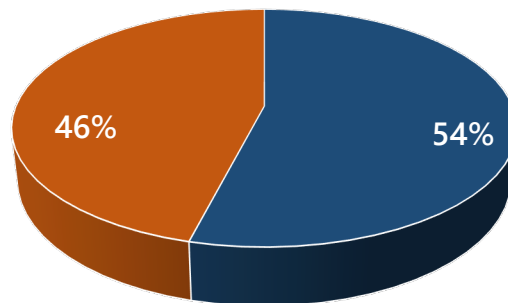
Q: How would you rate attitudes and level of support for each of the following in...



Thailand

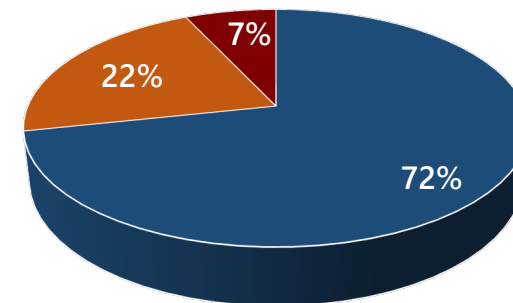
## Key Profiling Characteristics Health & Insurance

Health Insurance Holding



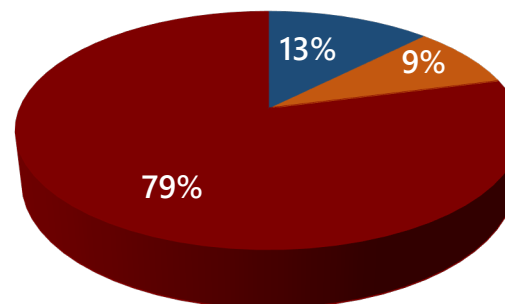
■ Yes ■ No

Type of Health Insurance



■ Group ■ Individual ■ Both

Travelled for Treatment Whilst Away?

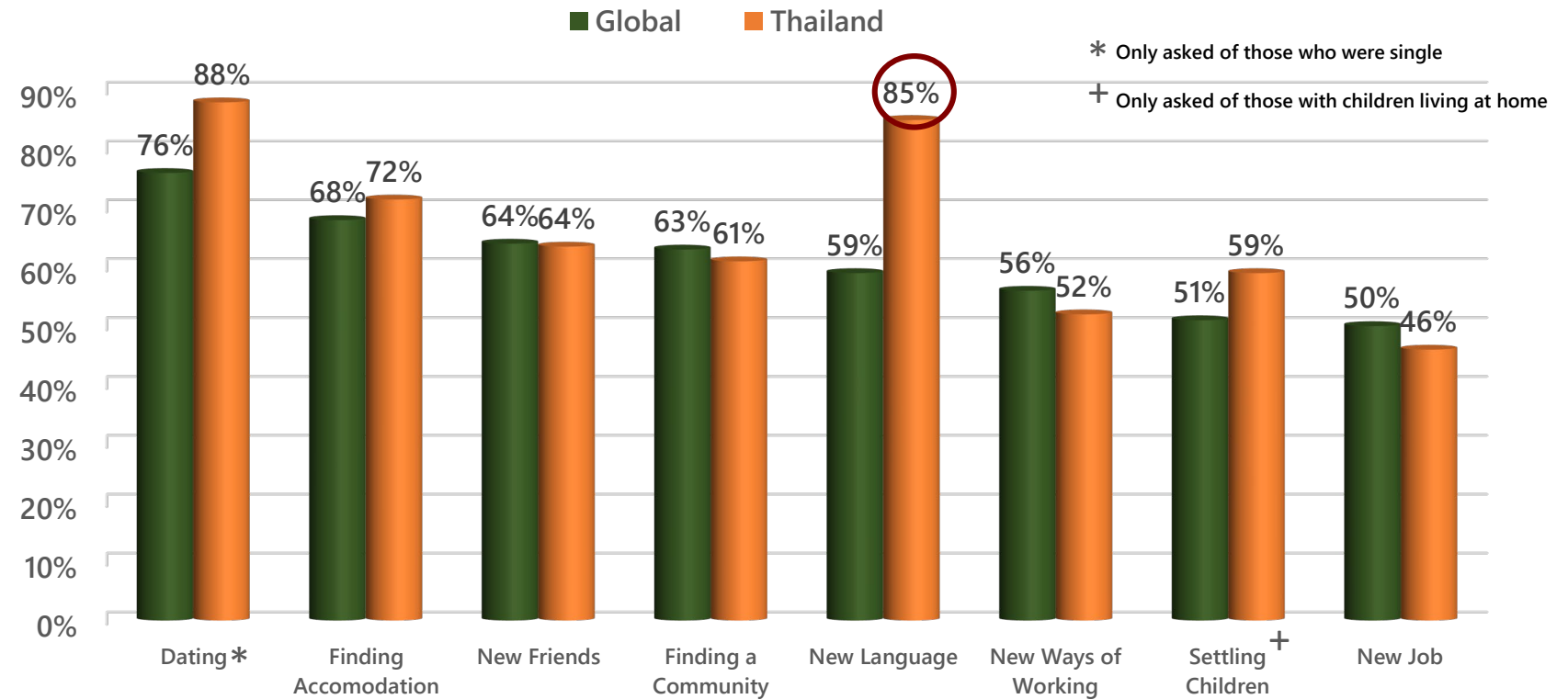


■ Yes, back home ■ Yes, to another country ■ No

## Thailand

### Most Challenging Aspects

Percentage Finding Each Aspect Challenging  
(Quite or Very)

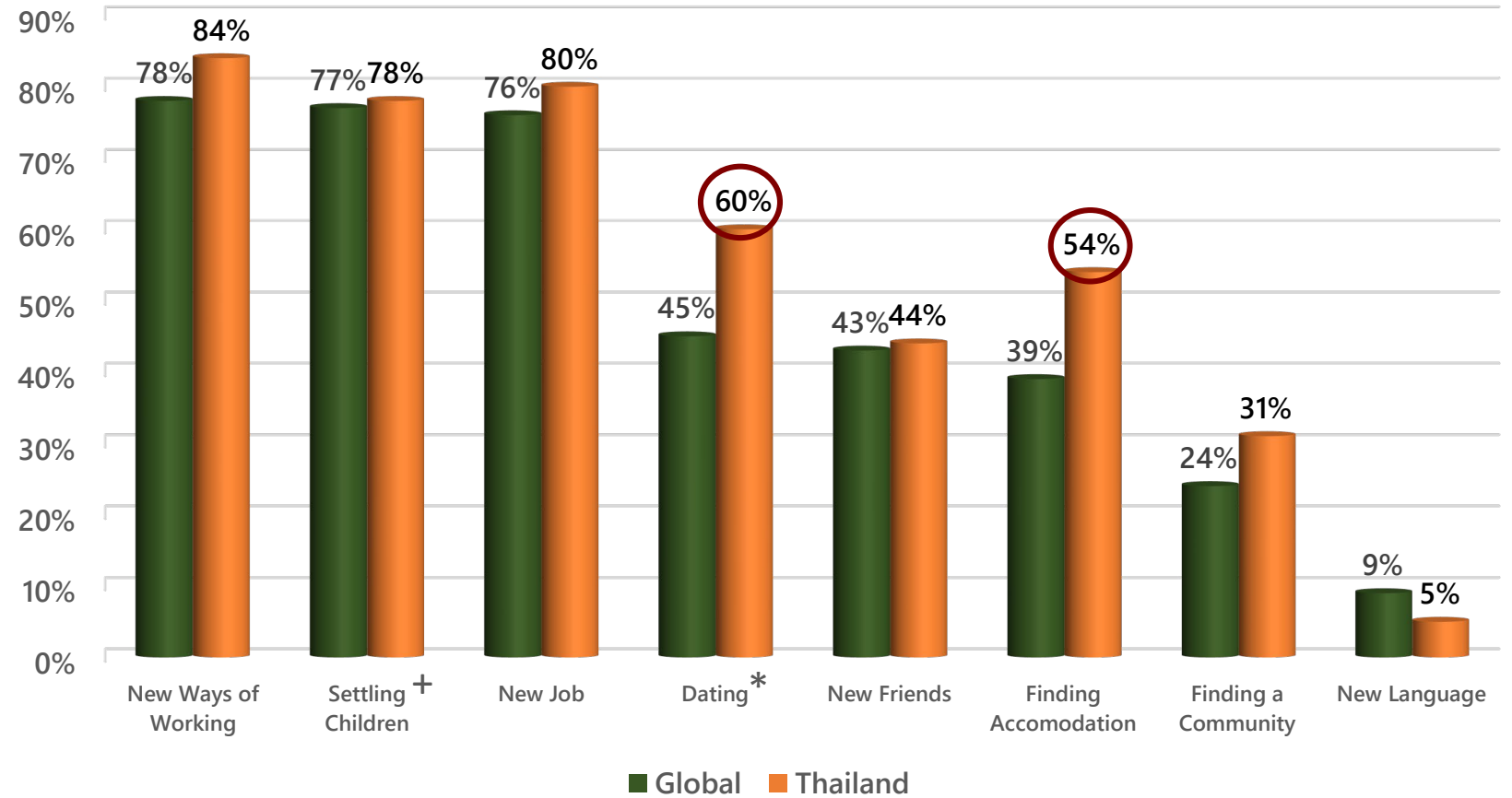


Q: How have you felt about each of the following aspects of moving and living abroad, since you made the move. Please rate on the following scale from 1 to 4 where: 1 = Very challenging 2 = Quite challenging 3 = Quite easy 4 = Very easy

## Thailand

### Impact on Wellbeing

Impact on Wellbeing of those aspects found challenging



\* Only asked of those who were single

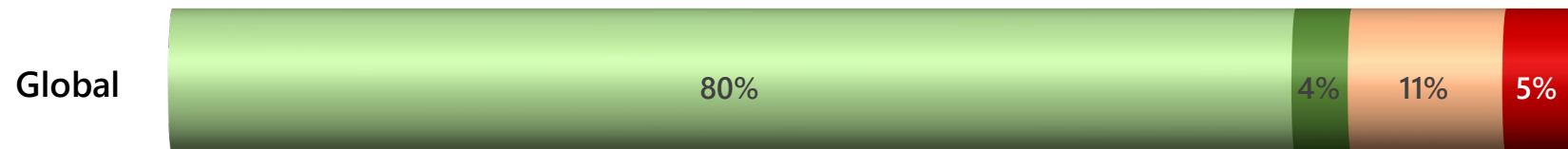
+ Only asked of those with children living at home

Q: For each of those aspects that you have found challenging, can you say to what extent this has impacted your sense of wellbeing. Please rate on a scale from 1 to 3 where: 1 = Significant negative impact 2 = Limited negative impact 3 = No negative impact

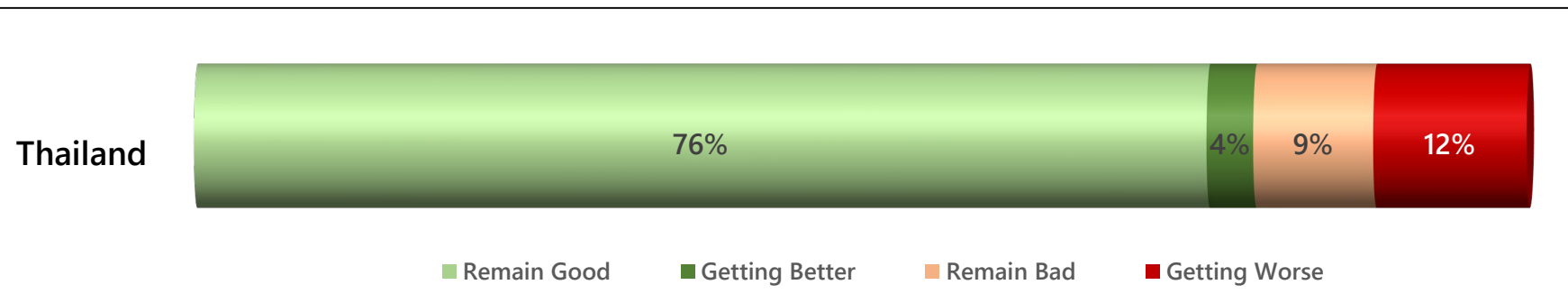
Thailand

## Local Attitudes & Impact on Expats

### Attitudes towards 'Expats'

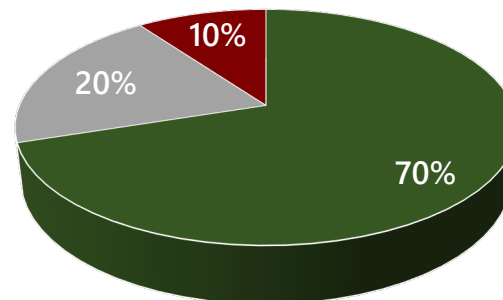


Remain Good Getting Better Remain Bad Getting Worse



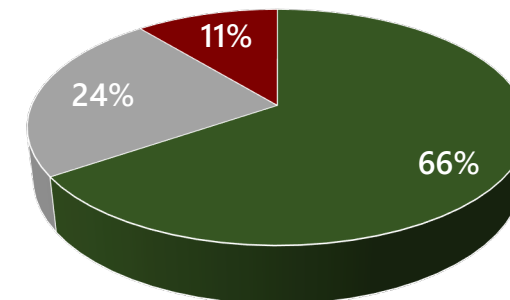
Remain Good Getting Better Remain Bad Getting Worse

### How they feel about being away Global



Glad I moved Neutral - No better or worse than home Wish I was at home

### How they feel about being away Thailand



Glad I moved Neutral - No better or worse than home Wish I was at home

Q: Since you've been living in (Country), how do you feel attitudes to expats have changed there?

Q: Which of the following best describes how you feel about living in (Country) at the moment?

## Thailand

### Expats Firsts

First...	1 Month		2 to 6 Months		7 to 12 Months		Over 12 Months		Not Yet Happened	
	Global	Thailand	Global	Thailand	Global	Thailand	Global	Thailand	Global	Thailand
Foreign Friend	24%	25%	42%	44%	4%	3%	8%	6%	22%	23%
Expatriate Friend	27%	25%	44%	47%	2%	3%	9%	7%	18%	19%
Friend of Same Nationality	21%	18%	49%	49%	2%	2%	9%	8%	19%	24%
Conversational Language Use	41%	25%	28%	35%	2%	1%	4%	3%	26%	36%
Local Dish (not from home)	28%	31%	46%	43%	2%	4%	5%	6%	19%	17%
Trip to the Doctor*	34%	29%	48%	51%	4%	3%	5%	5%	10%	12%
Foreign Date (Potential Partner)	12%	8%	28%	27%	3%	2%	5%	8%	53%	54%
Felt Part of Local Community	24%	25%	41%	42%	4%	4%	9%	8%	22%	22%

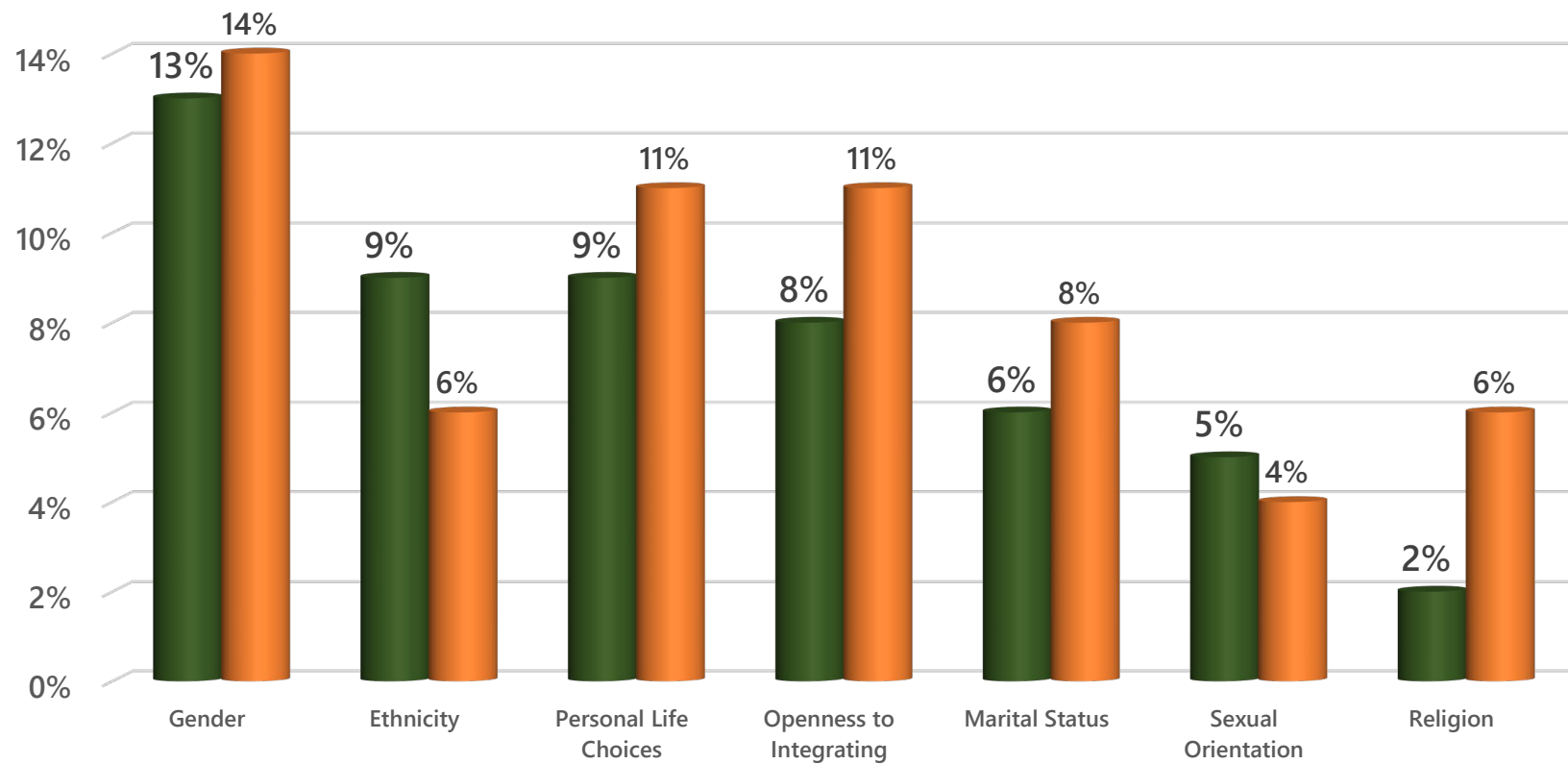
Q: Thinking now about each of the following, how long did it take to reach each 'milestone', after your move abroad?

\* Only asked of those who were single



## Barriers to Settling

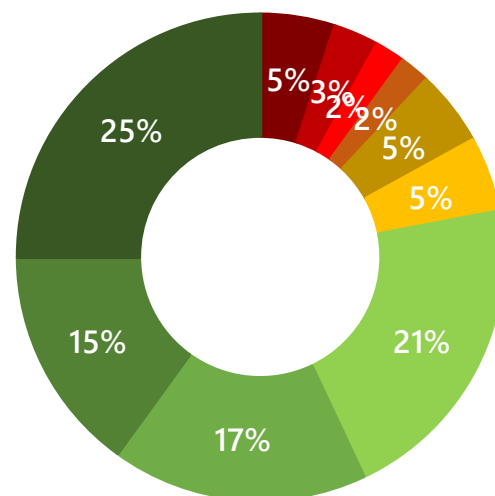
Barriers to Settling in Host Country



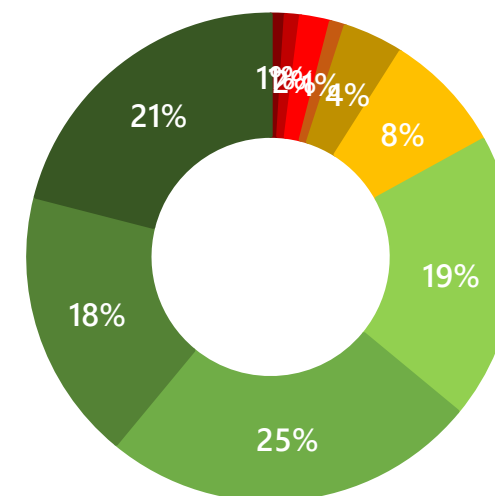
Q: Do you think that any of the following personal characteristics and profiles have been barriers to you settling in...

vHealth

Global  
Likelihood of Using Virtual Healthcare Services  
(1 = Not at all to 10= Extremely Likely)



Thailand  
Likelihood of Using Virtual Healthcare Services  
(1 = Not at all to 10= Extremely Likely)



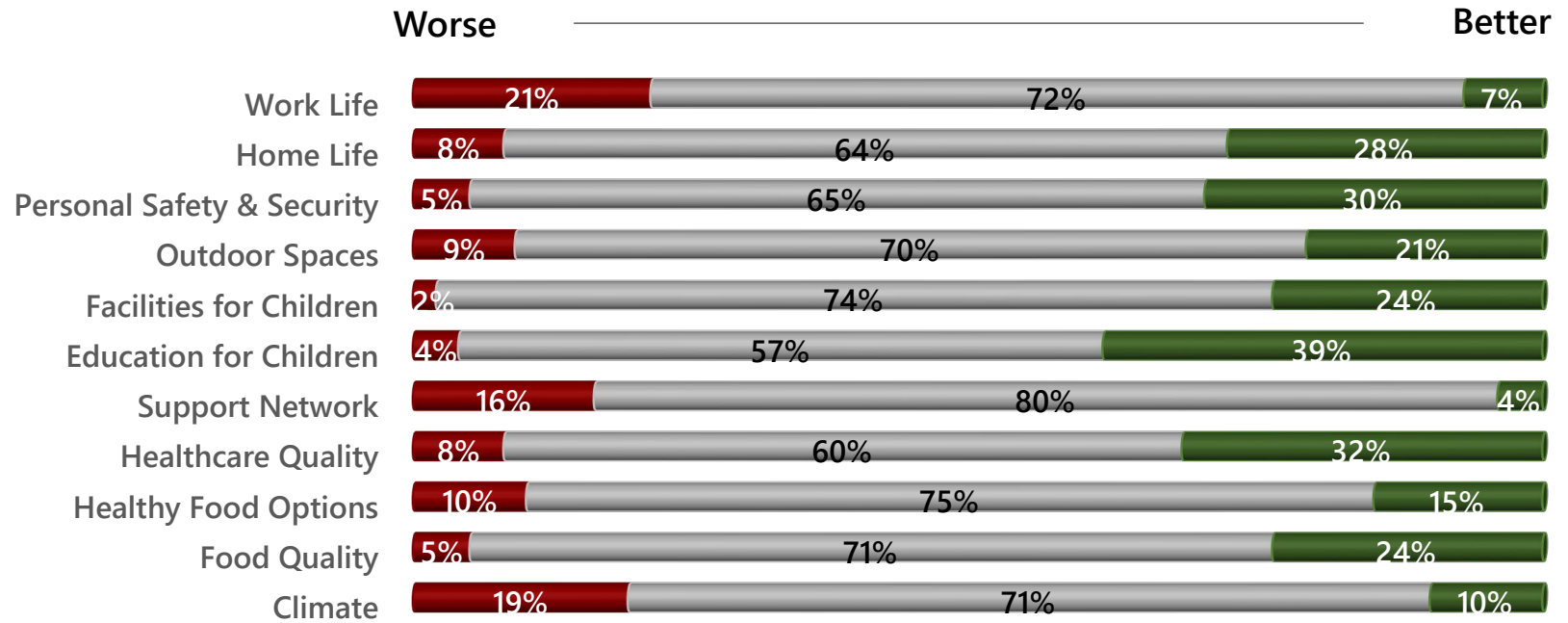
1 2 3 4 5 6 7 8 9 10

Q: We are interested in your views on virtual health care. This can be defined as the delivery of primary care services through the use of technology, such as tablets or smartphones . It can help to maintain a patient's health and well being, provide consultations for acute illness and improve monitoring and management of chronic conditions. How likely would you be to use a virtual healthcare service (such as telephone or online doctor consultations) to access health care on a scale of 1 to 10, where 1 - Not at all likely and 10 - extremely likely? Likelihood of using virtual health care service...

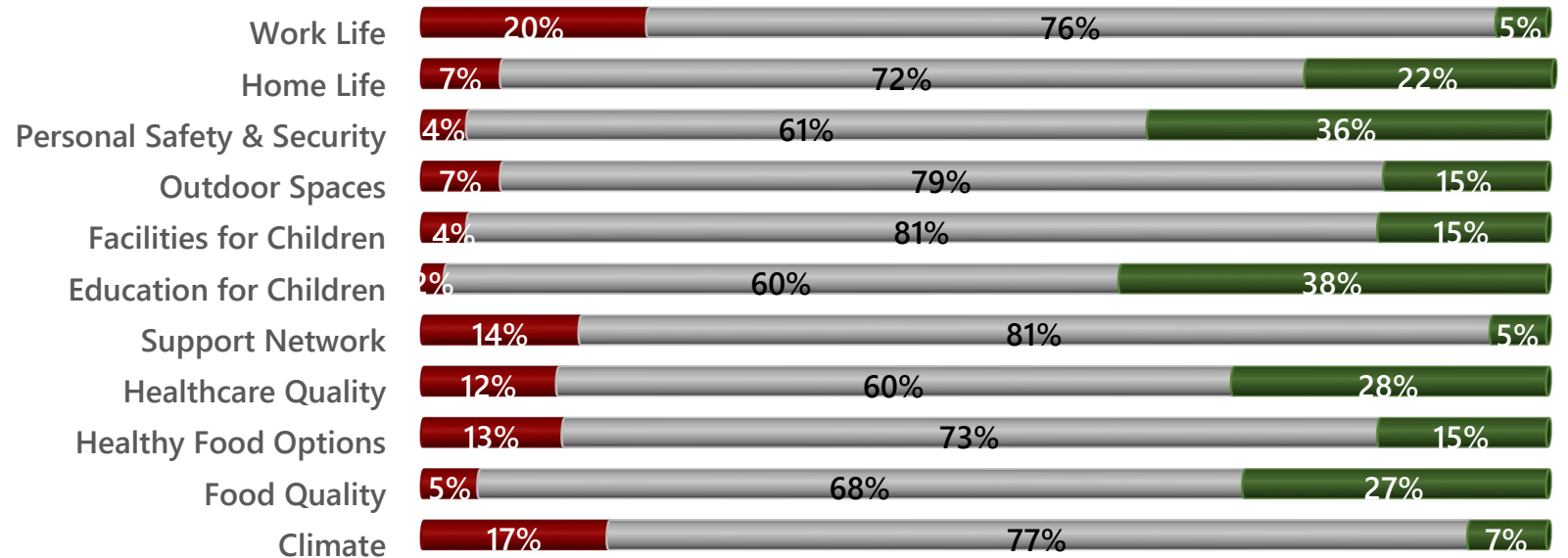
## Thailand

### Impact on Wellbeing from...

#### Global



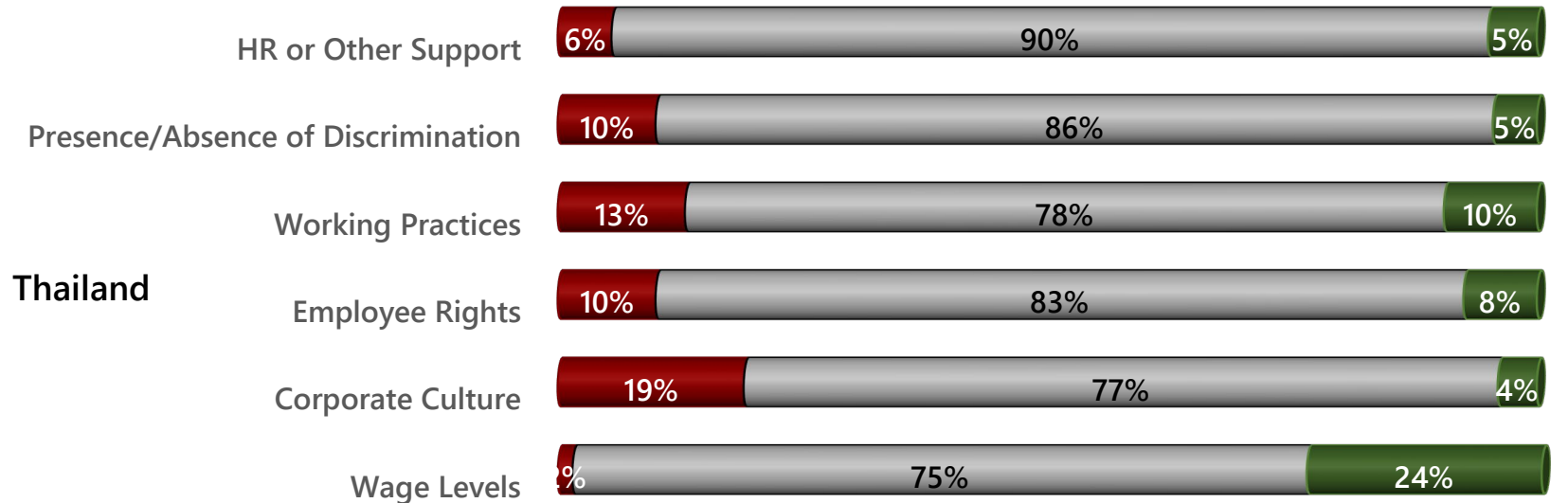
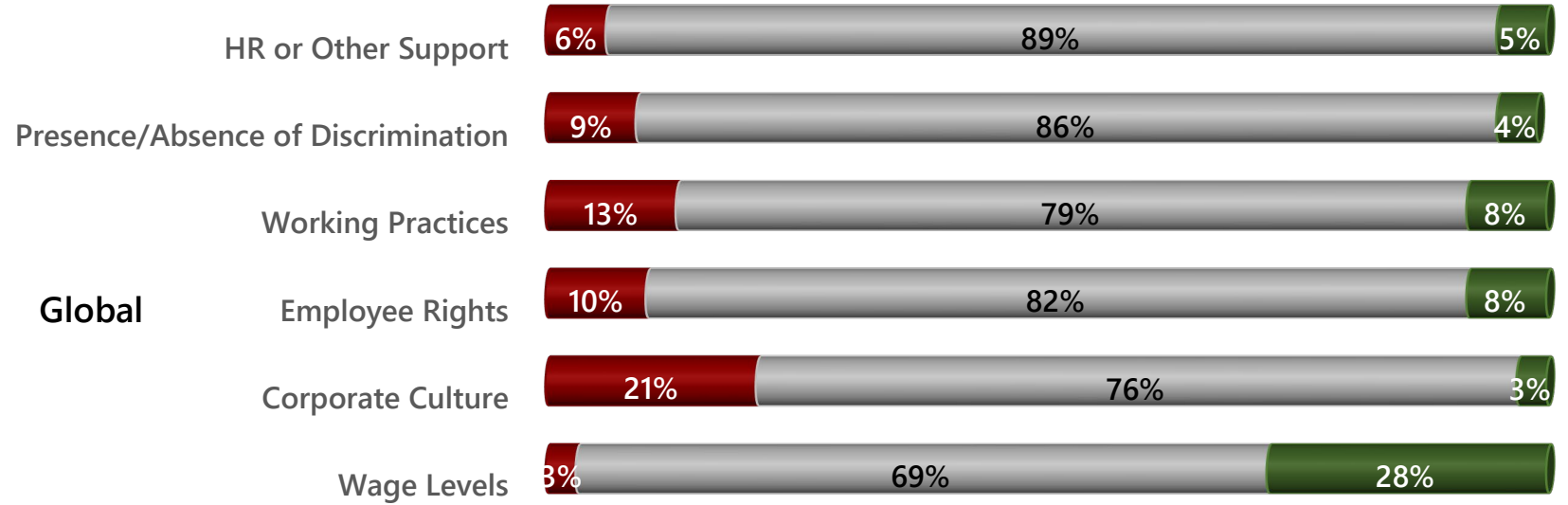
#### Thailand



Q: How would you rate the impact of the following things on your wellness and general health while living in...

Thailand

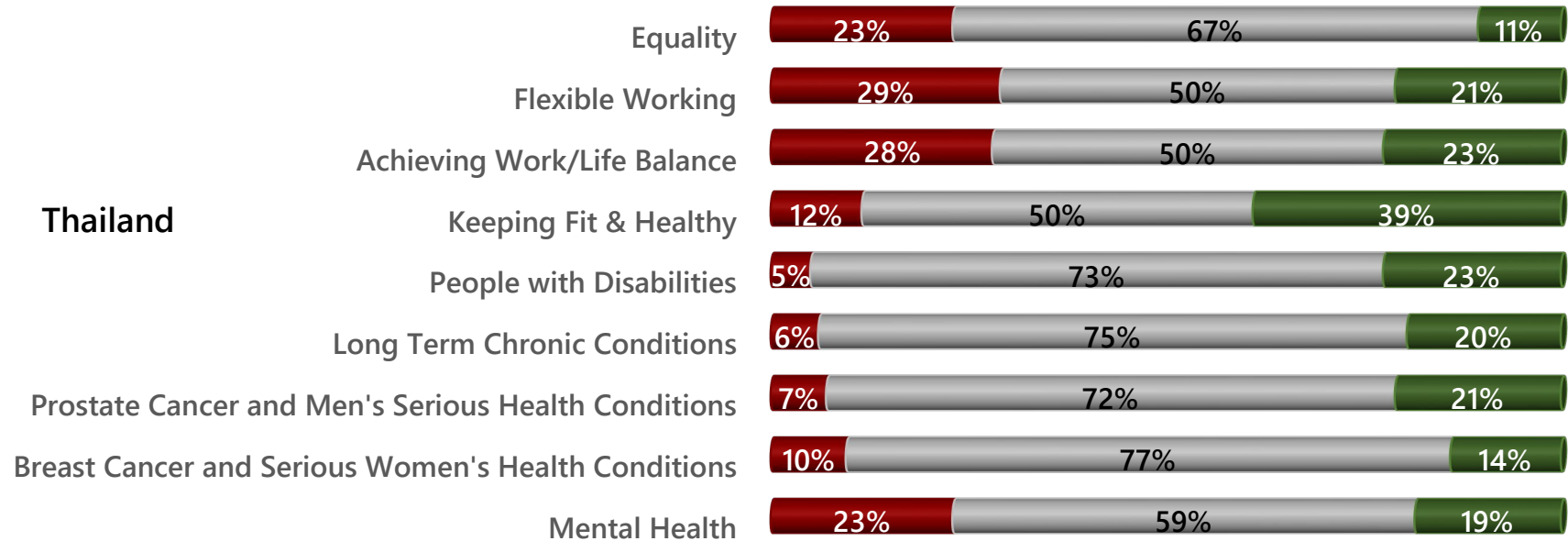
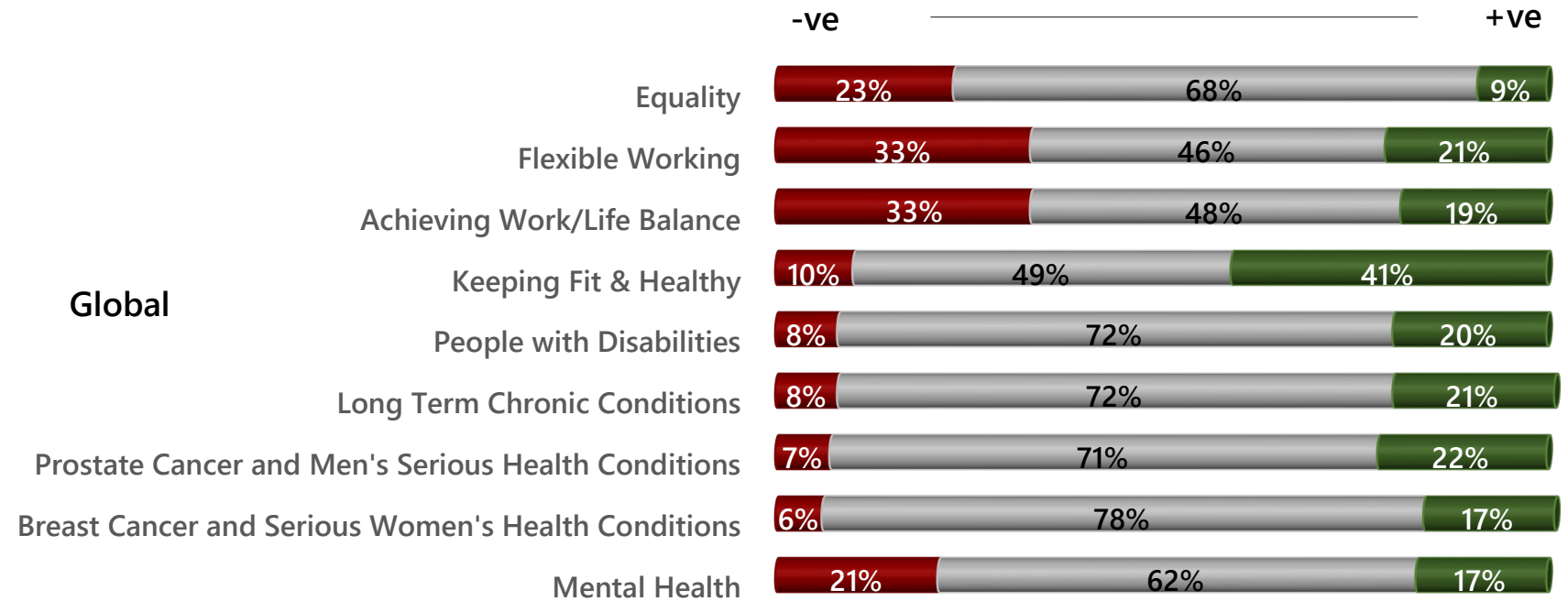
## Impact of Work on Wellbeing & Health

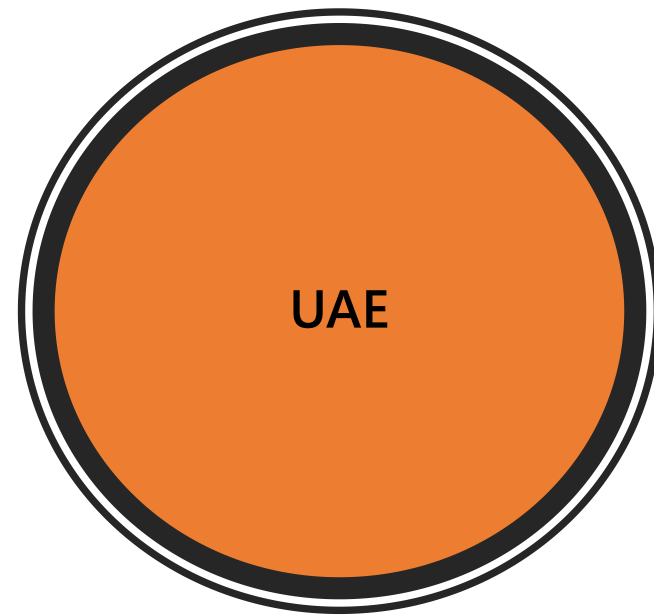


Q: Having moved to (Country), how has your overall well-being been impacted by each of the following factors related to your working life?

## Thailand

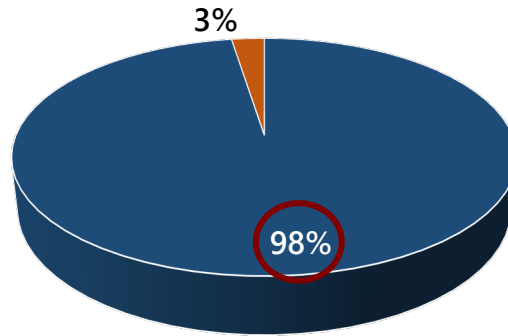
### Attitudes in Host Country to...





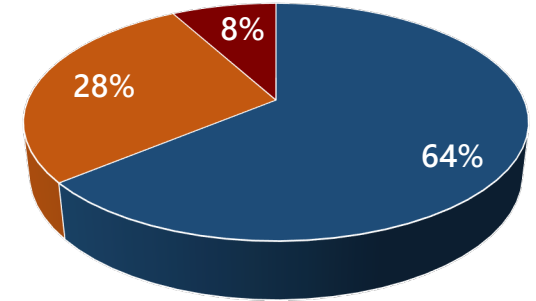
## Key Profiling Characteristics Health & Insurance

Health Insurance Holding



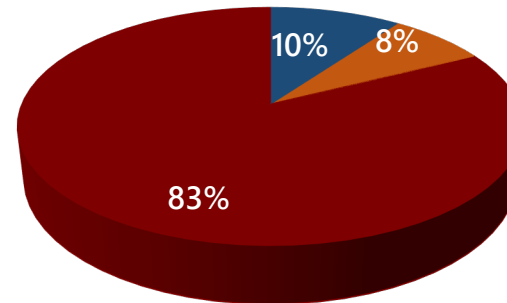
■ Yes ■ No

Type of Health Insurance



■ Group ■ Individual ■ Both

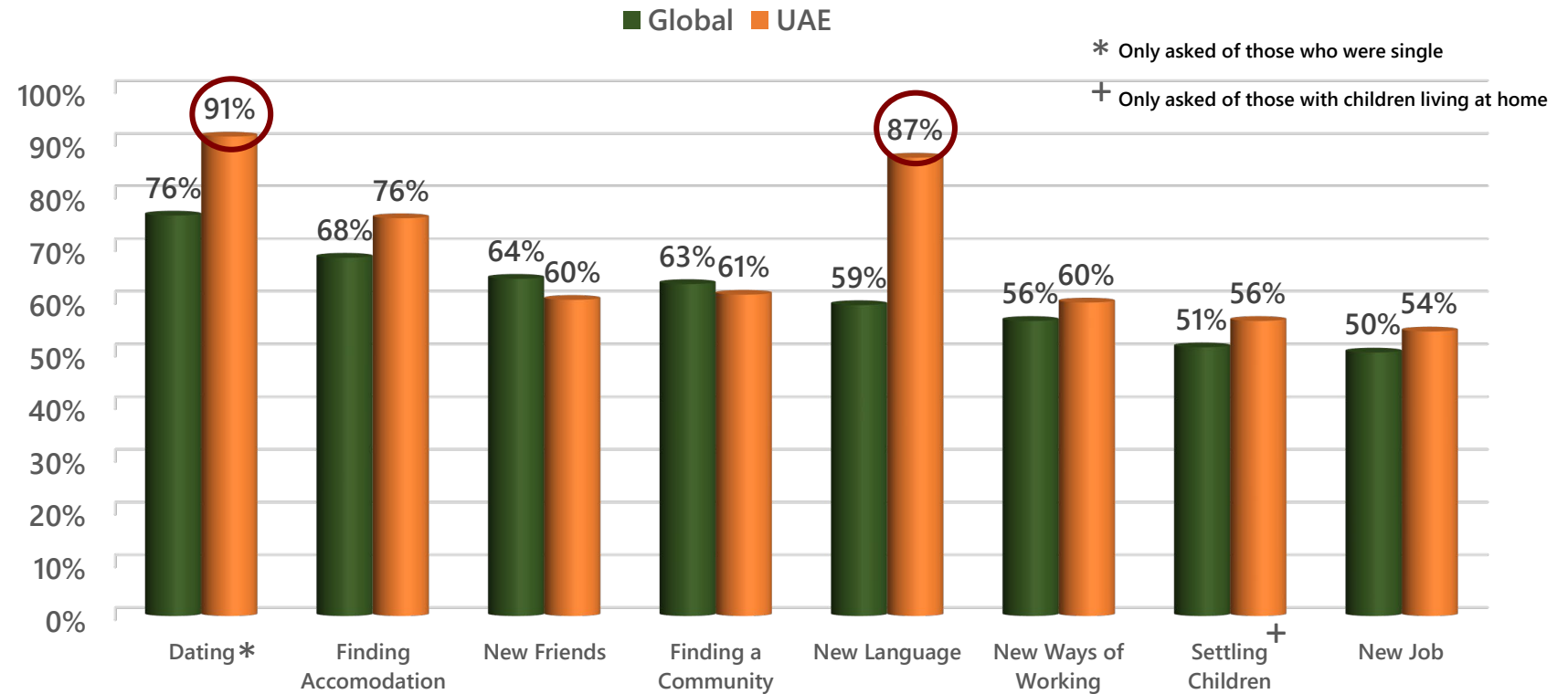
Travelled for Treatment Whilst Away?



■ Yes, back home ■ Yes, to another country ■ No

## Most Challenging Aspects

Percentage Finding Each Aspect Challenging (Quite or Very)

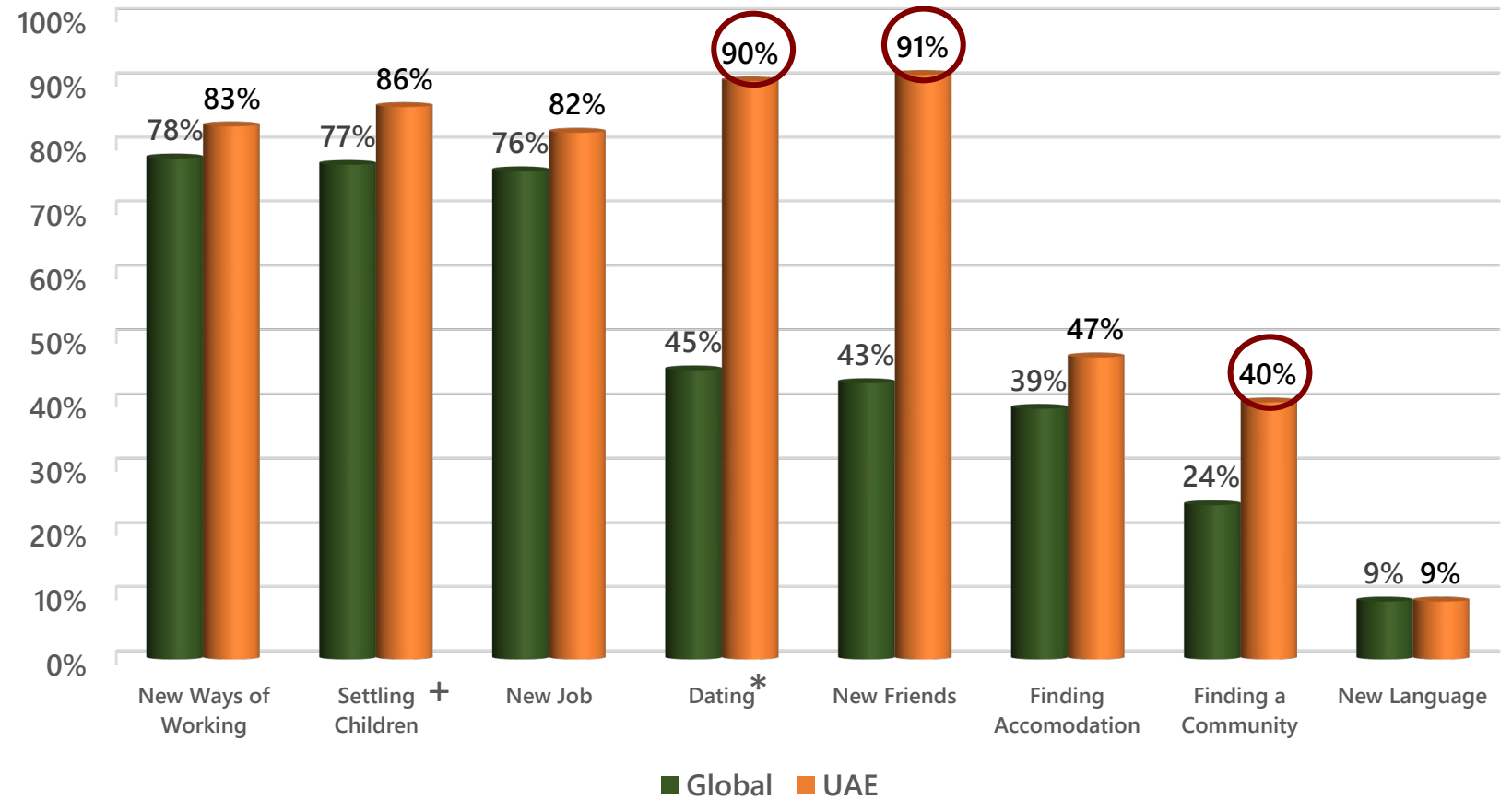


Q: How have you felt about each of the following aspects of moving and living abroad, since you made the move. Please rate on the following scale from 1 to 4 where: 1 = Very challenging 2 = Quite challenging 3 = Quite easy 4 = Very easy



## Impact on Wellbeing

Impact on Wellbeing of those aspects found challenging



\* Only asked of those who were single

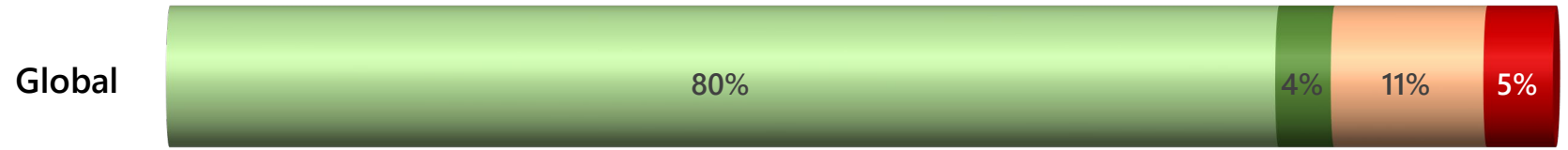
+ Only asked of those with children living at home

Q: For each of those aspects that you have found challenging, can you say to what extent this has impacted your sense of wellbeing. Please rate on a scale from 1 to 3 where: 1 = Significant negative impact 2 = Limited negative impact 3 = No negative impact

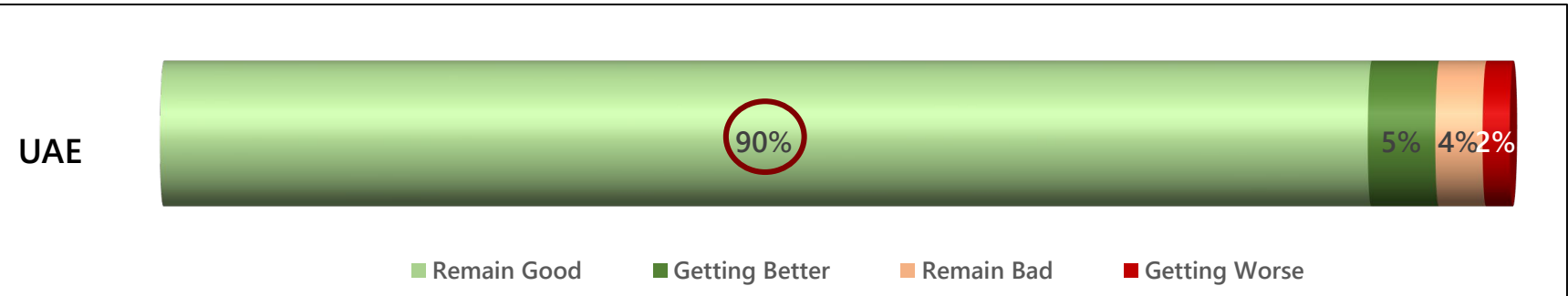
UAE

## Local Attitudes & Impact on Expats

### Attitudes towards 'Expats'

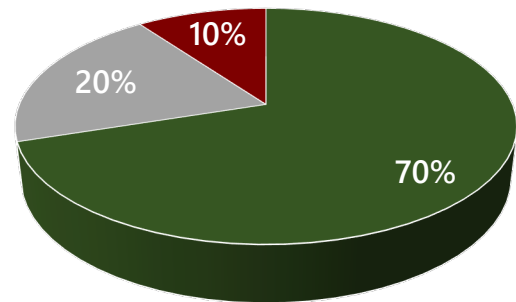


Remain Good Getting Better Remain Bad Getting Worse



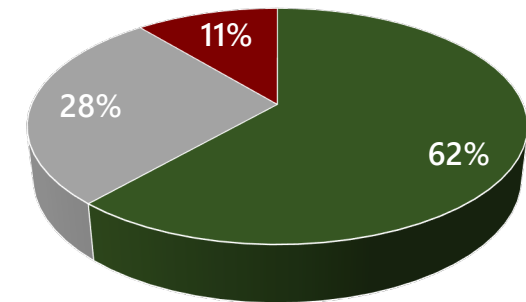
Remain Good Getting Better Remain Bad Getting Worse

### How they feel about being away Global



Glad I moved Neutral - No better or worse than home Wish I was at home

### How they feel about being away UAE



Glad I moved Neutral - No better or worse than home Wish I was at home

Q: Since you've been living in (Country), how do you feel attitudes to expats have changed there?

Q: Which of the following best describes how you feel about living in (Country) at the moment?

UAE

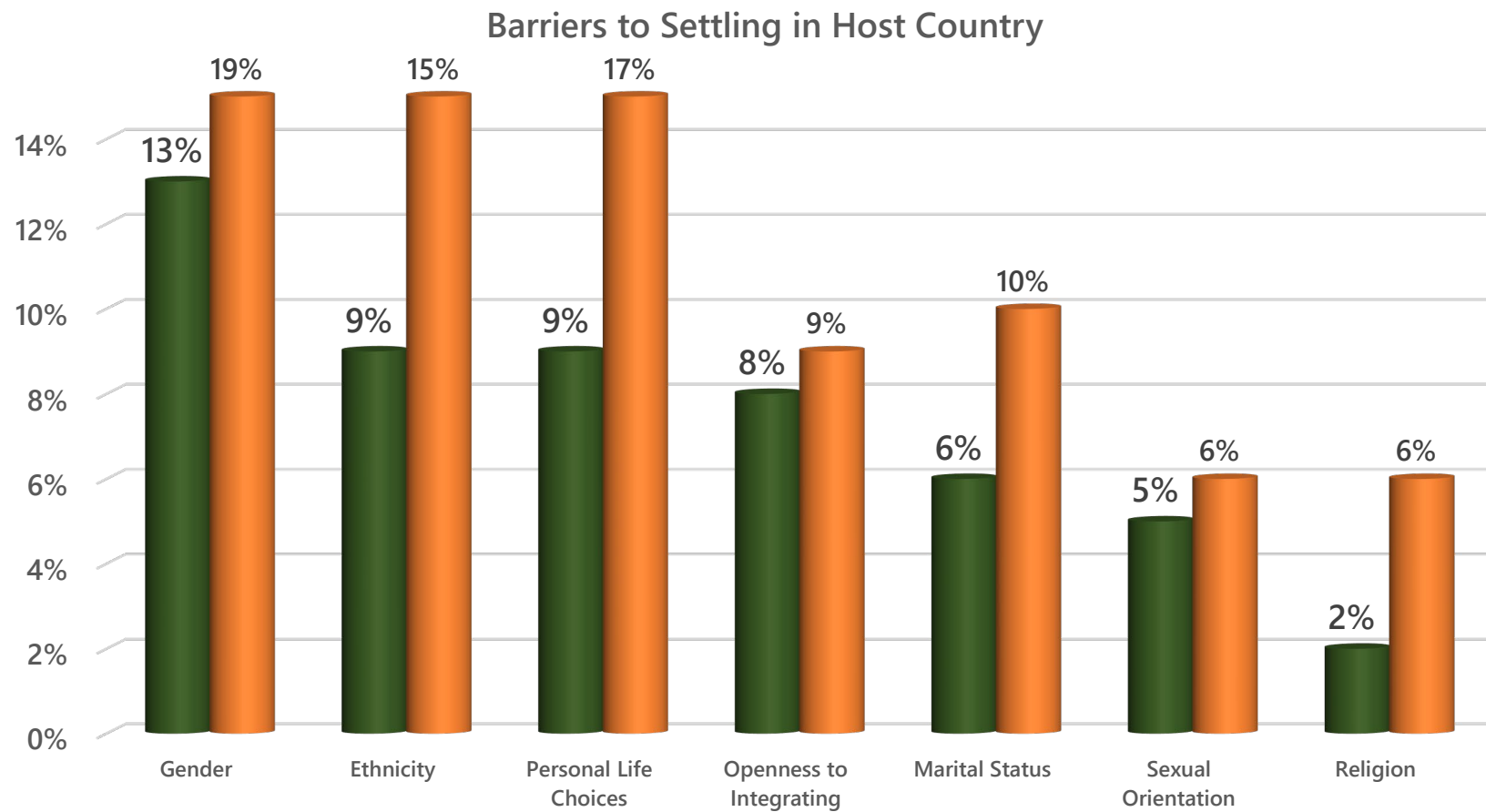
## Expat Firsts

First...	1 Month		2 to 6 Months		7 to 12 Months		Over 12 Months		Not Yet Happened	
	Global	UAE	Global	UAE	Global	UAE	Global	UAE	Global	UAE
Foreign Friend	24%	15%	42%	38%	4%	6%	8%	8%	22%	34%
Expat Friend	27%	33%	44%	48%	2%	2%	9%	10%	18%	8%
Friend of Same Nationality	21%	24%	49%	53%	2%	2%	9%	10%	19%	11%
Conversational Language Use	41%	29%	28%	35%	2%	2%	4%	5%	26%	29%
Local Dish (not from home)	28%	34%	46%	44%	2%	3%	5%	5%	19%	15%
Trip to the Doctor*	34%	35%	48%	49%	4%	3%	5%	4%	10%	11%
Foreign Date (Potential Partner)	12%	7%	28%	13%	3%	0%	5%	2%	53%	78%
Felt Part of Local Community	24%	15%	41%	31%	4%	7%	9%	7%	22%	41%

Q: Thinking now about each of the following, how long did it take to reach each 'milestone', after your move abroad?

\* Only asked of those who were single

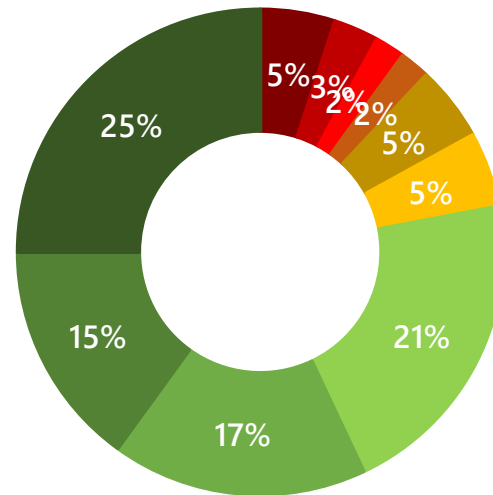
## Barriers to Settling



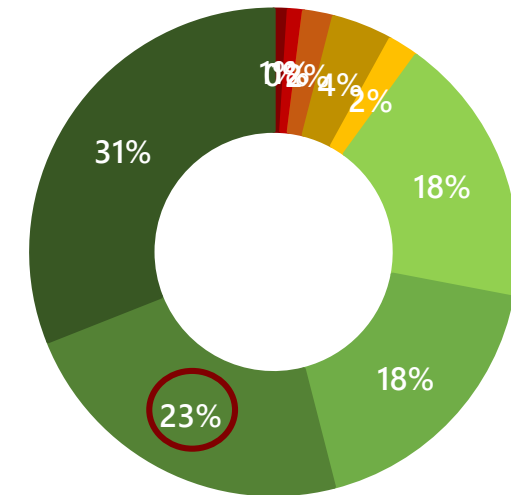
Q: Do you think that any of the following personal characteristics and profiles have been barriers to you settling in...

vHealth

Global  
Likelihood of Using Virtual Healthcare Services  
(1 = Not at all to 10= Extremely Likely)



UAE  
Likelihood of Using Virtual Healthcare Services  
(1 = Not at all to 10= Extremely Likely)



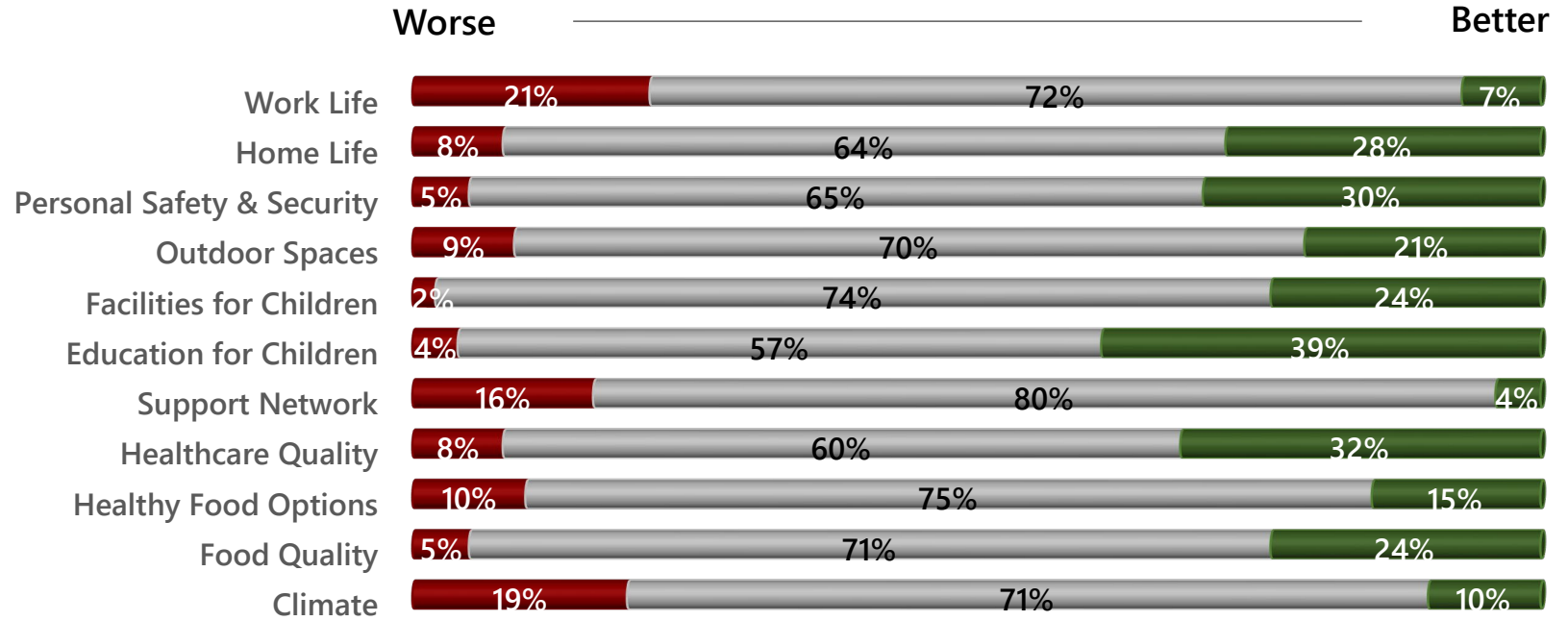
1 2 3 4 5 6 7 8 9 10

Q: We are interested in your views on virtual health care. This can be defined as the delivery of primary care services through the use of technology, such as tablets or smartphones . It can help to maintain a patient's health and well being, provide consultations for acute illness and improve monitoring and management of chronic conditions. How likely would you be to use a virtual healthcare service (such as telephone or online doctor consultations) to access health care on a scale of 1 to 10, where 1 - Not at all likely and 10 - extremely likely? Likelihood of using virtual health care service...

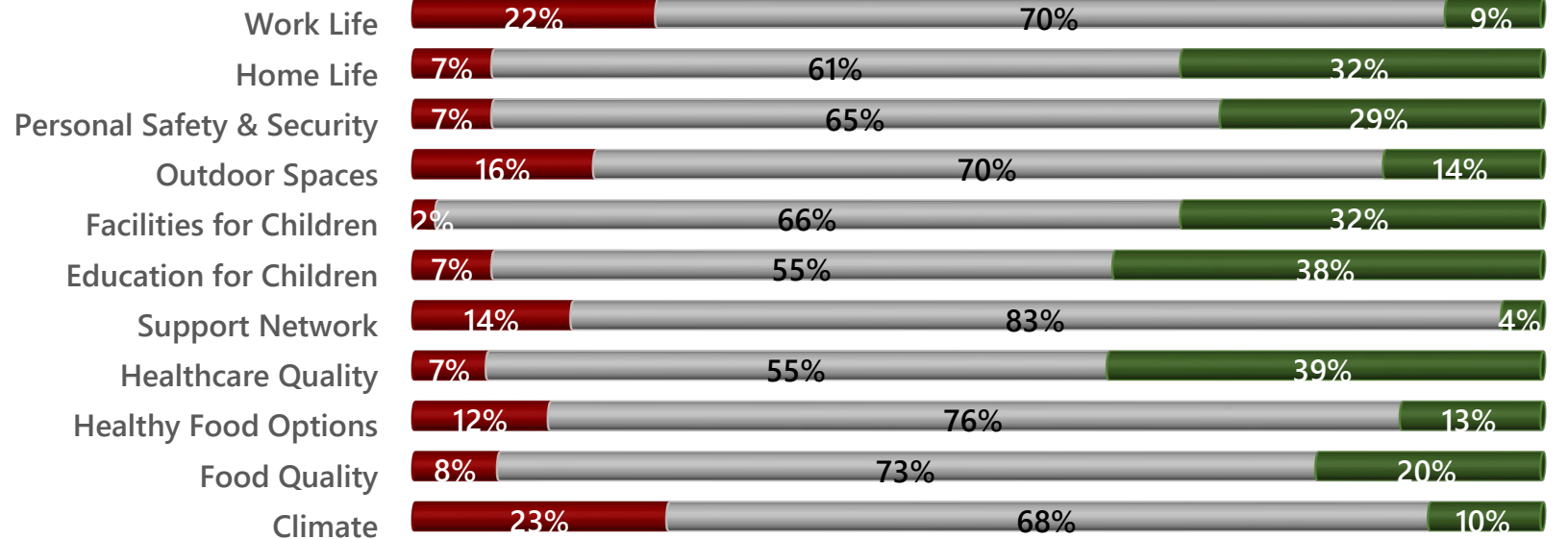
UAE

## Impact on Wellbeing from...

Global



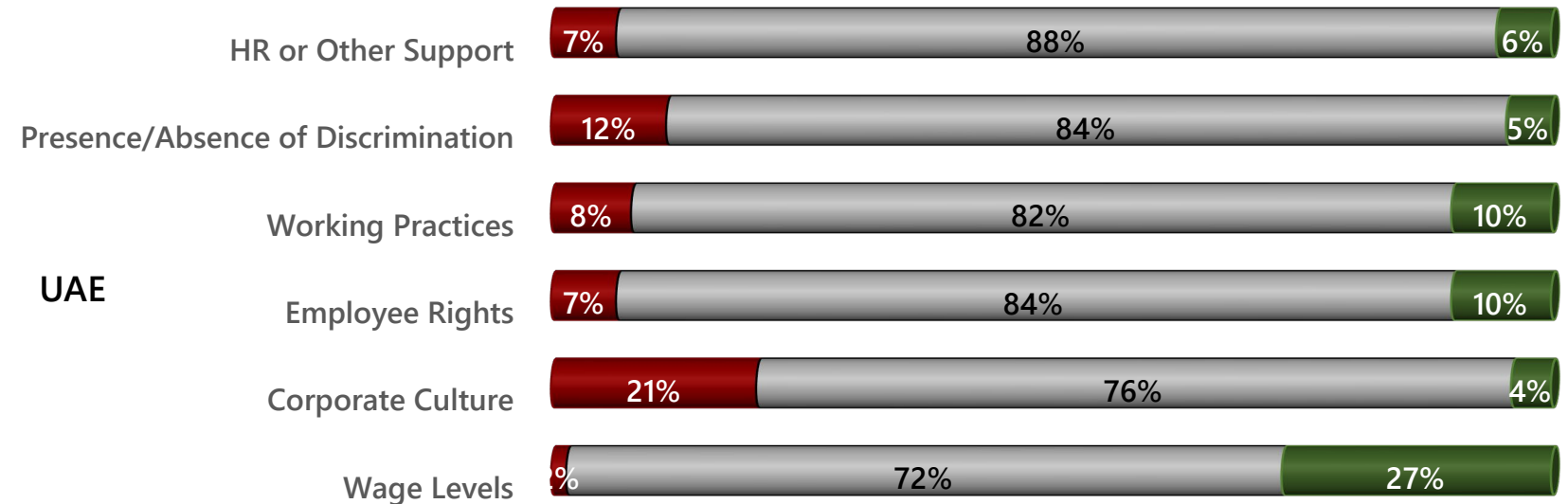
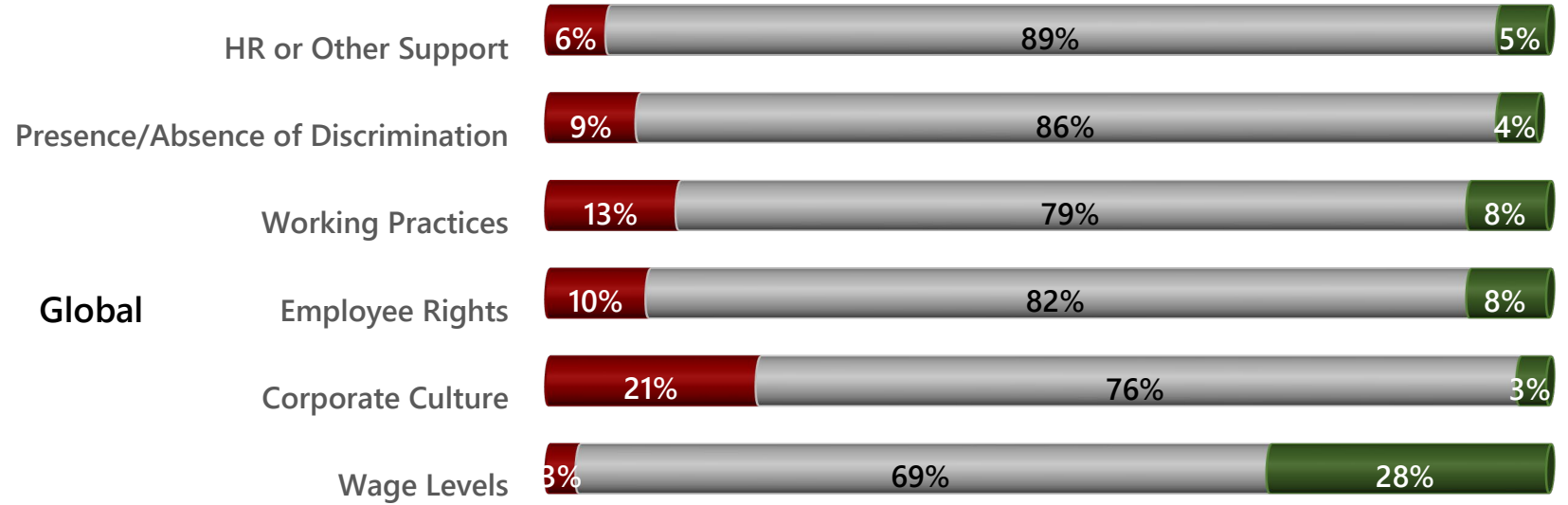
UK



Q: How would you rate the impact of the following things on your wellness and general health while living in...

UAE

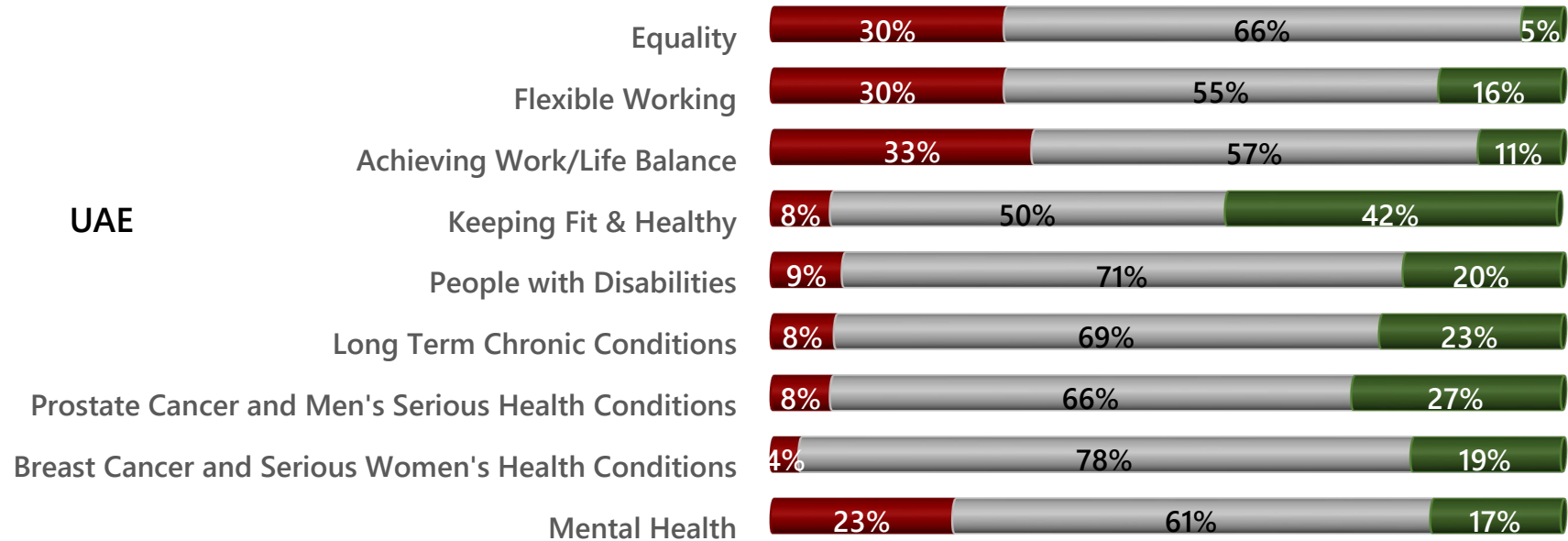
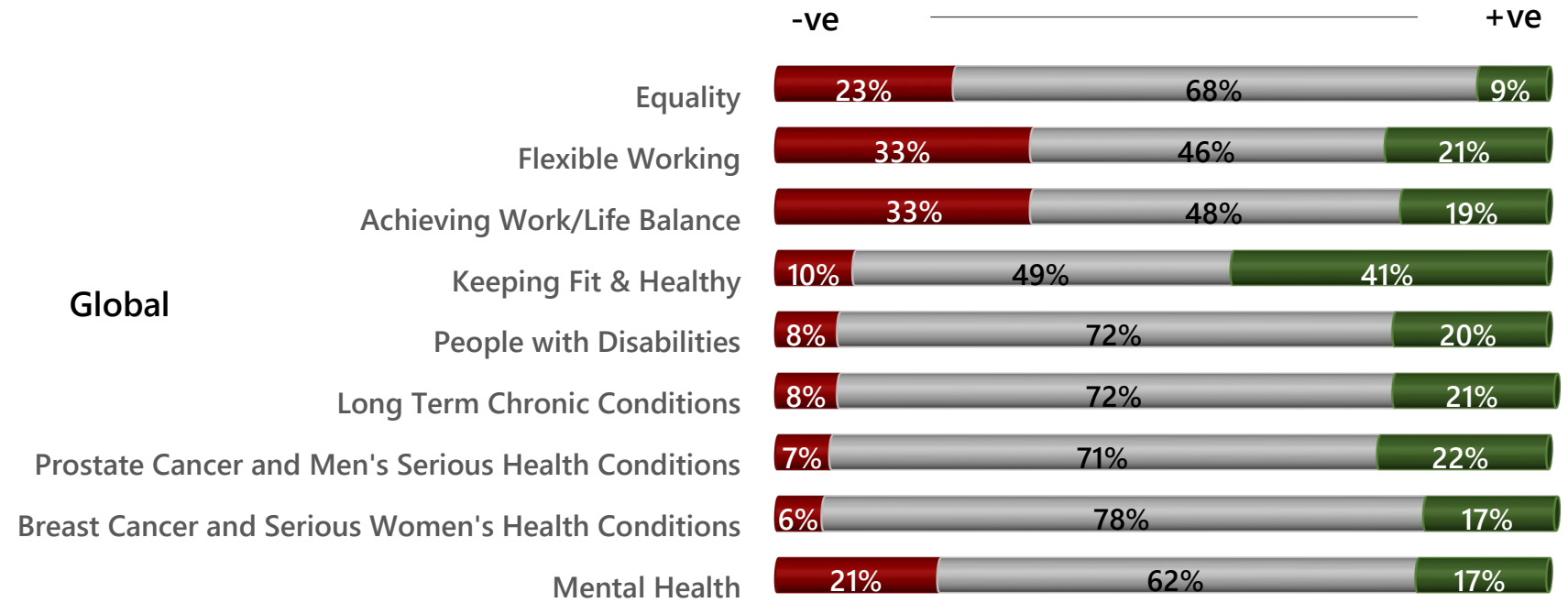
## Impact of Work on Wellbeing & Health



Q: Having moved to (Country), how has your overall well-being been impacted by each of the following factors related to your working life?

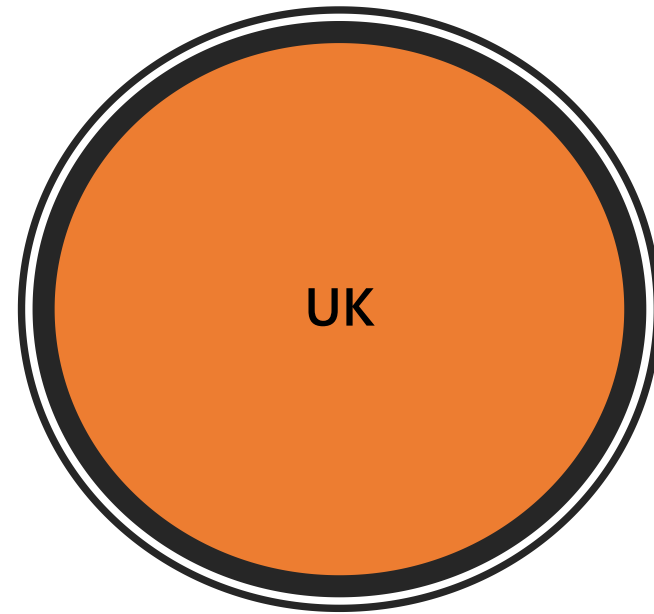
UAE

## Attitudes in Host Country to...



Q: How would you rate attitudes and level of support for each of the following in...

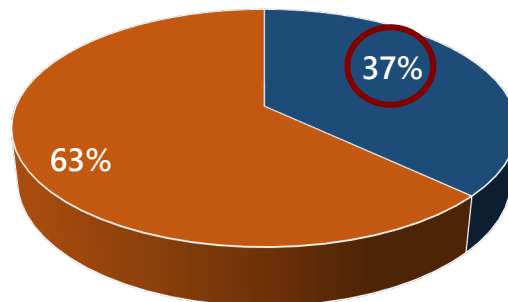




UK

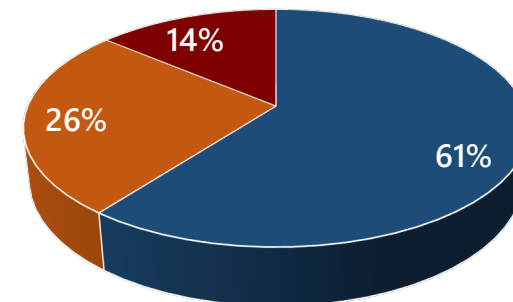
## Key Profiling Characteristics Health & Insurance

Health Insurance Holding



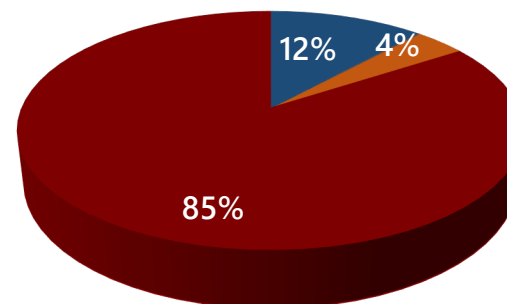
■ Yes ■ No

Type of Health Insurance



■ Group ■ Individual ■ Both

Travelled for Treatment Whilst Away?

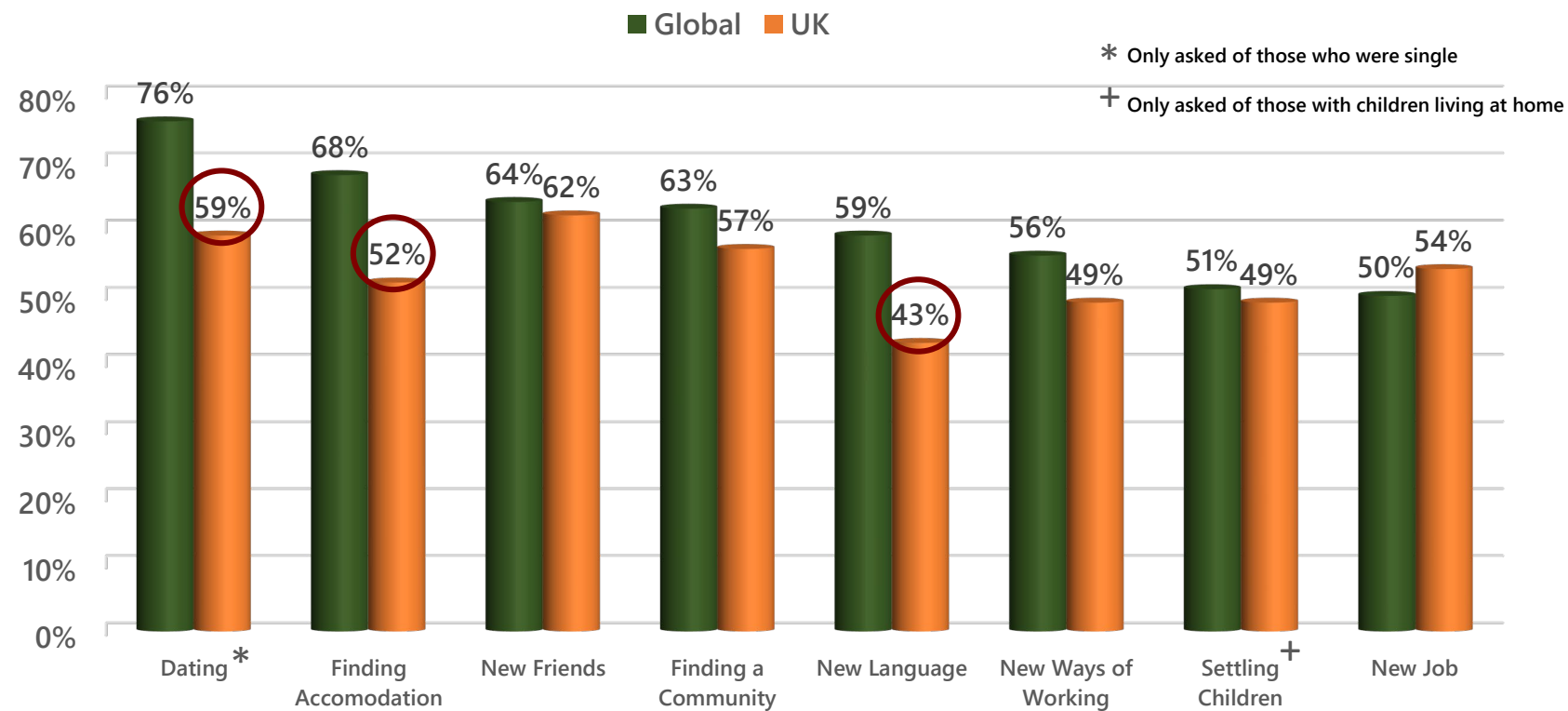


■ Yes, back home ■ Yes, to another country ■ No

UK

## Most Challenging Aspects

Percentage Finding Each Aspect Challenging  
(Quite or Very)

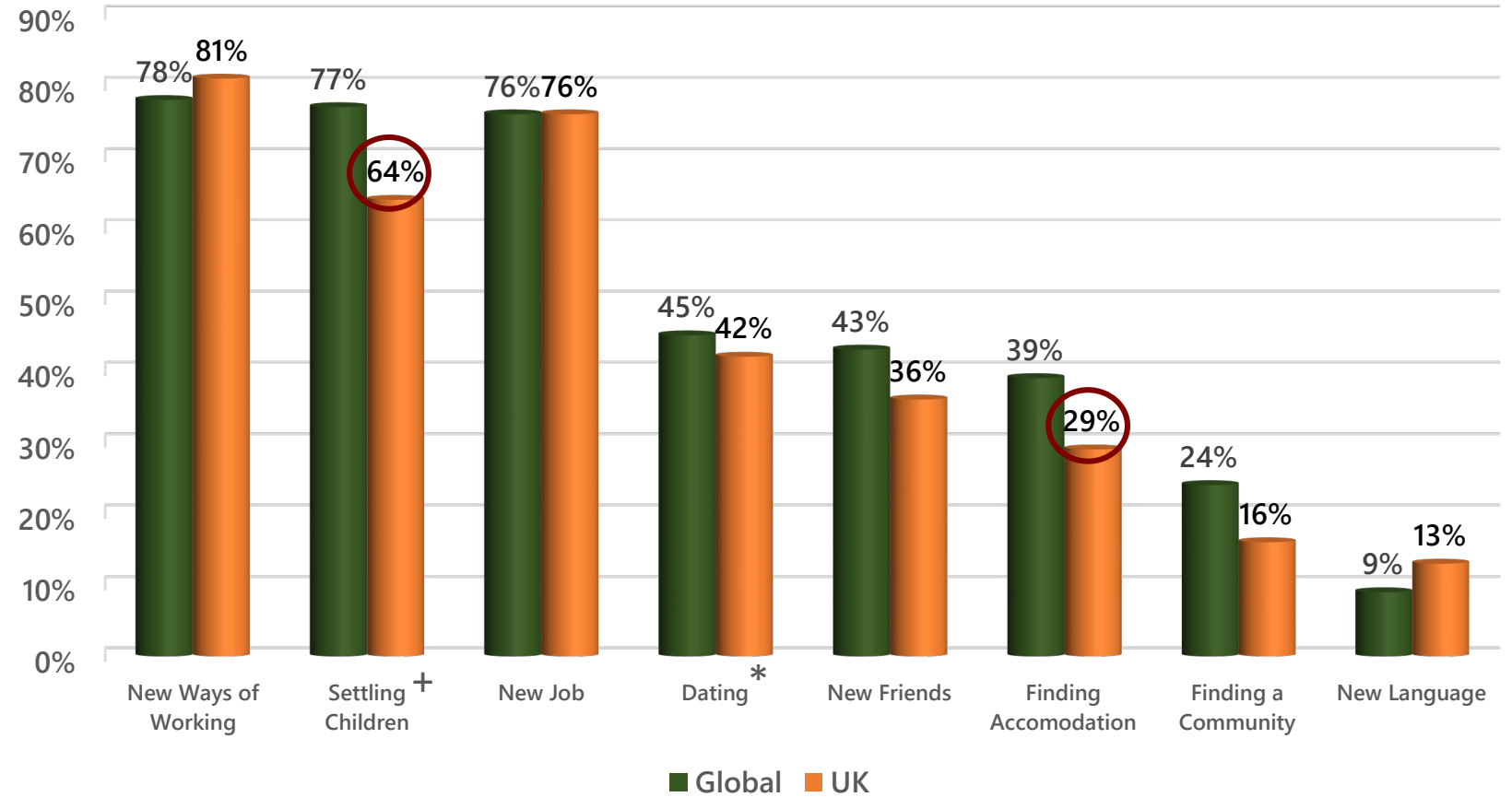


Q: How have you felt about each of the following aspects of moving and living abroad, since you made the move. Please rate on the following scale from 1 to 4 where: 1 = Very challenging 2 = Quite challenging 3 = Quite easy 4 = Very easy

UK

## Impact on Wellbeing

Impact on Wellbeing of those aspects found challenging



\* Only asked of those who were single

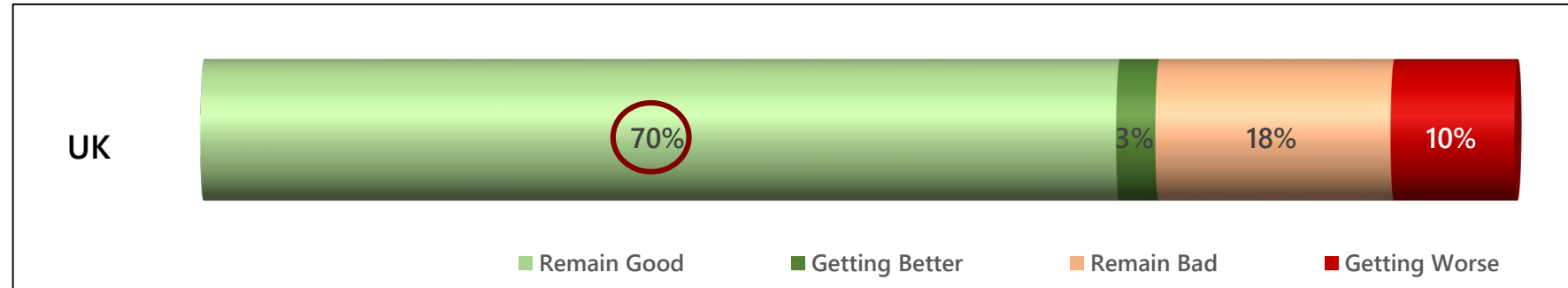
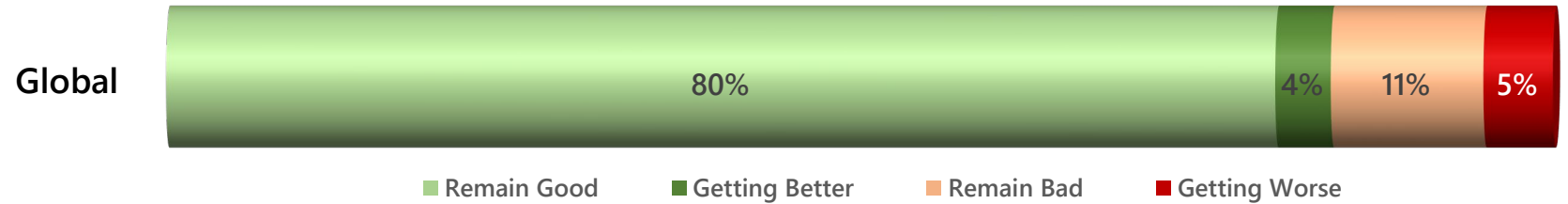
+ Only asked of those with children living at home

Q: For each of those aspects that you have found challenging, can you say to what extent this has impacted your sense of wellbeing. Please rate on a scale from 1 to 3 where: 1 = Significant negative impact 2 = Limited negative impact 3 = No negative impact

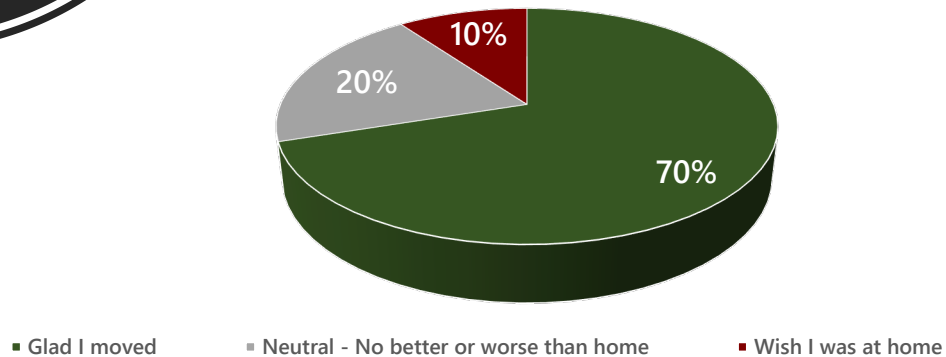
UK

## Local Attitudes & Impact on Expats

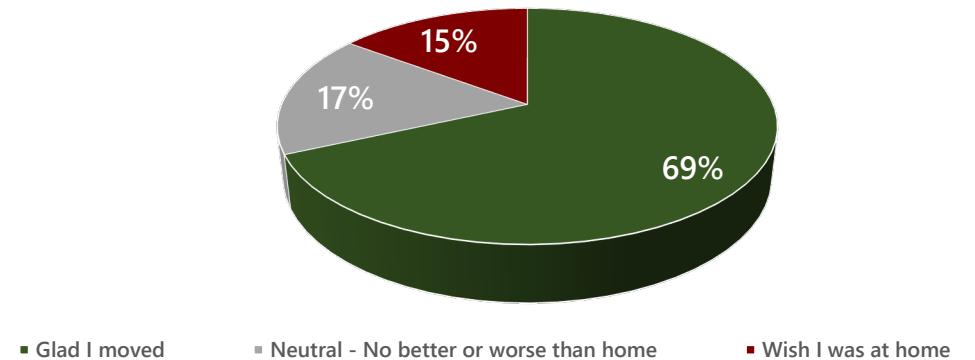
### Attitudes towards 'Expats'



### How they feel about being away Global



### How they feel about being away UK



Q: Since you've been living in (Country), how do you feel attitudes to expats have changed there?

Q: Which of the following best describes how you feel about living in (Country) at the moment?

UK

## Expat Firsts

First...	1 Month		2 to 6 Months		7 to 12 Months		Over 12 Months		Not Yet Happened	
	Global	UK	Global	UK	Global	UK	Global	UK	Global	UK
Foreign Friend	24%	29%	42%	46%	4%	3%	8%	6%	22%	17%
Expat Friend	27%	26%	44%	49%	2%	2%	9%	7%	18%	18%
Friend of Same Nationality	21%	23%	49%	48%	2%	1%	9%	8%	19%	21%
Conversational Language Use	41%	65%	28%	34%	2%	0%	4%	1%	26%	1%
Local Dish (not from home)	28%	29%	46%	42%	2%	2%	5%	3%	19%	25%
Trip to the Doctor*	34%	30%	48%	51%	4%	3%	5%	7%	10%	10%
Foreign Date (Potential Partner)	12%	13%	28%	23%	3%	2%	5%	5%	53%	58%
Felt Part of Local Community	24%	26%	41%	38%	4%	3%	9%	10%	22%	24%

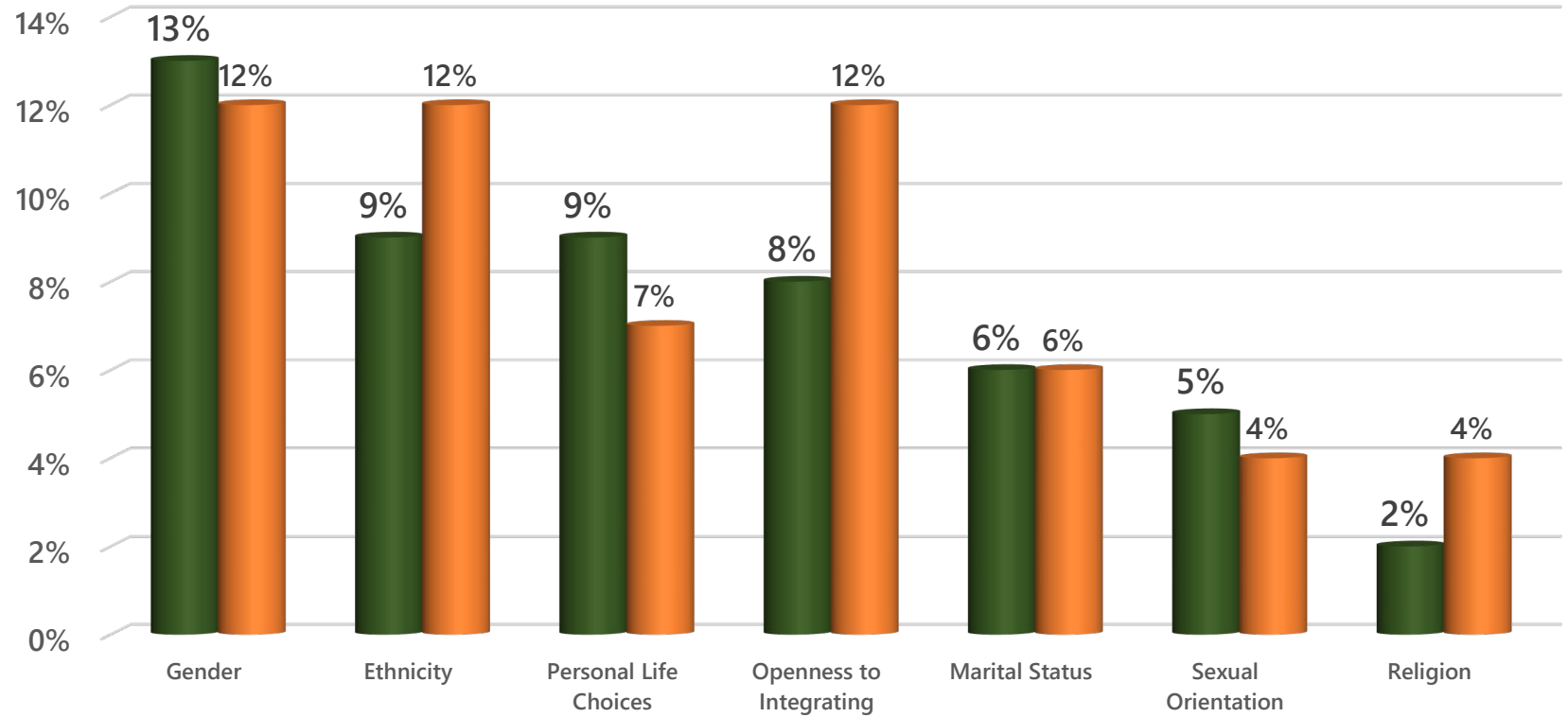
Q: Thinking now about each of the following, how long did it take to reach each 'milestone', after your move abroad?

\* Only asked of those who were single

UK

## Barriers to Settling

### Barriers to Settling in Host Country

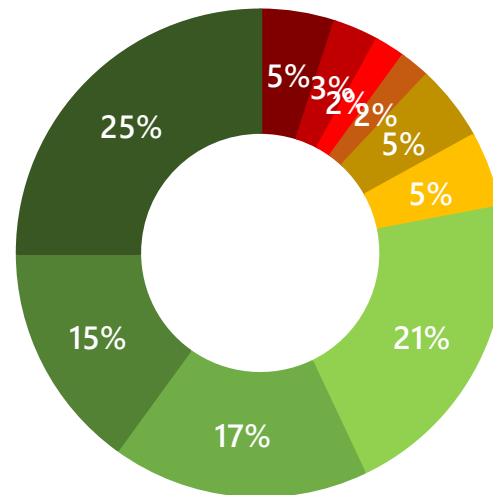


Q: Do you think that any of the following personal characteristics and profiles have been barriers to you settling in...

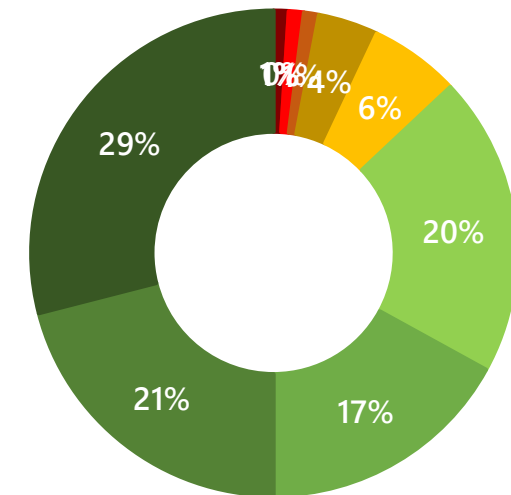
UK

vHealth

Global  
Likelihood of Using Virtual Healthcare Services  
(1 = Not at all to 10= Extremely Likely)



UK  
Likelihood of Using Virtual Healthcare Services  
(1 = Not at all to 10= Extremely Likely)



1 2 3 4 5 6 7 8 9 10

Q: We are interested in your views on virtual health care. This can be defined as the delivery of primary care services through the use of technology, such as tablets or smartphones . It can help to maintain a patient's health and well being, provide consultations for acute illness and improve monitoring and management of chronic conditions. How likely would you be to use a virtual healthcare service (such as telephone or online doctor consultations) to access health care on a scale of 1 to 10, where 1 - Not at all likely and 10 - extremely likely? Likelihood of using virtual health care service...



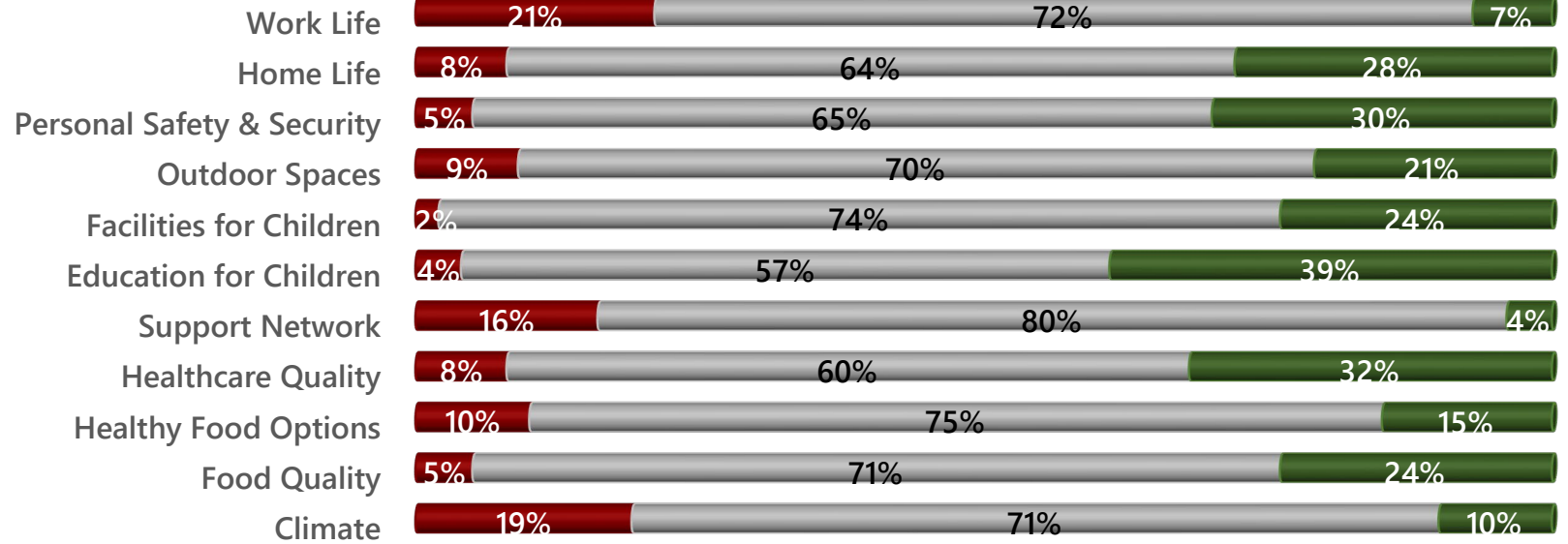
UK

## Impact on Wellbeing from...

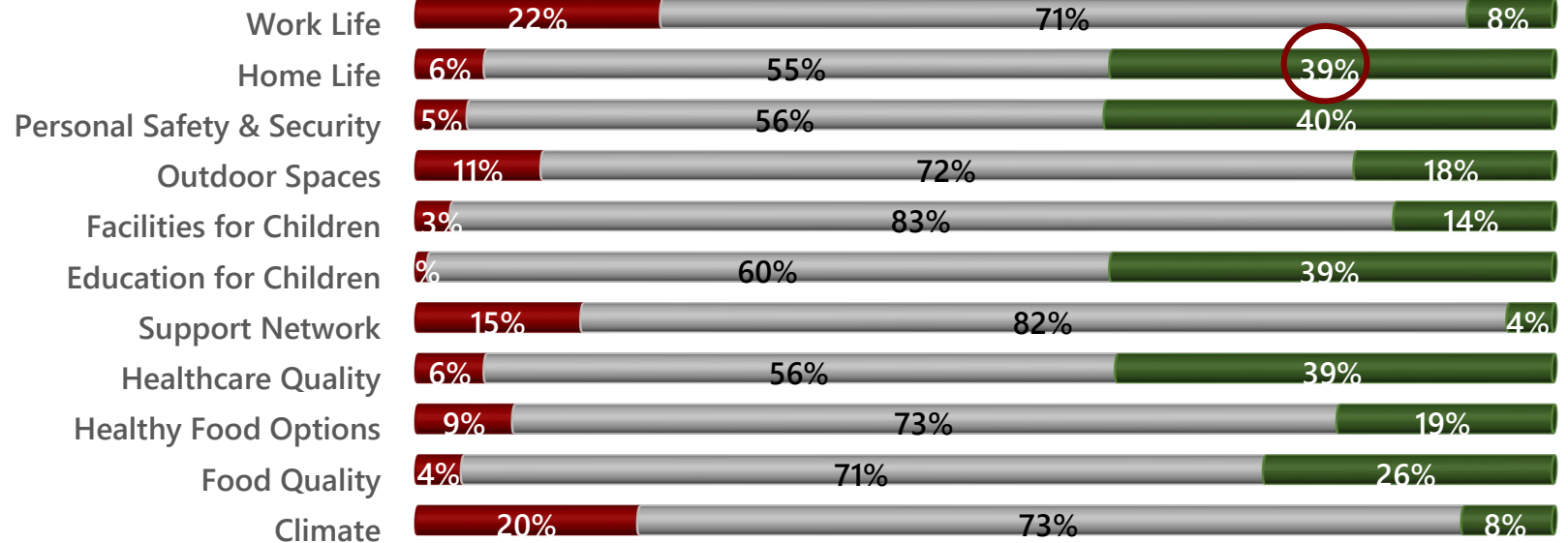
Global

Worse

Better



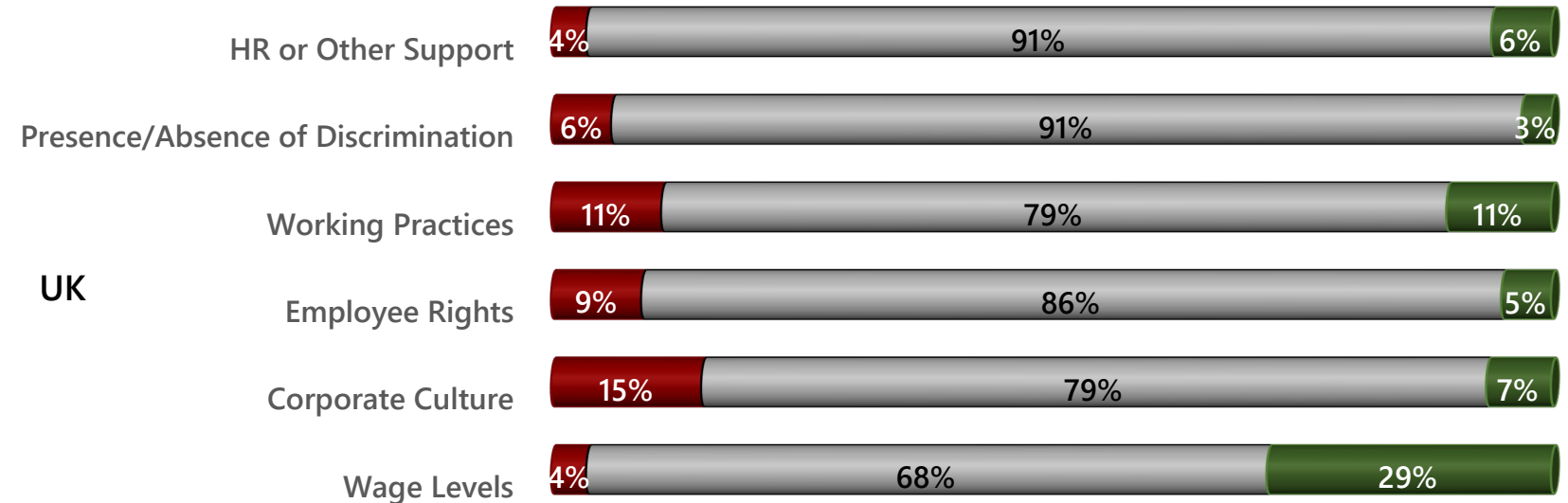
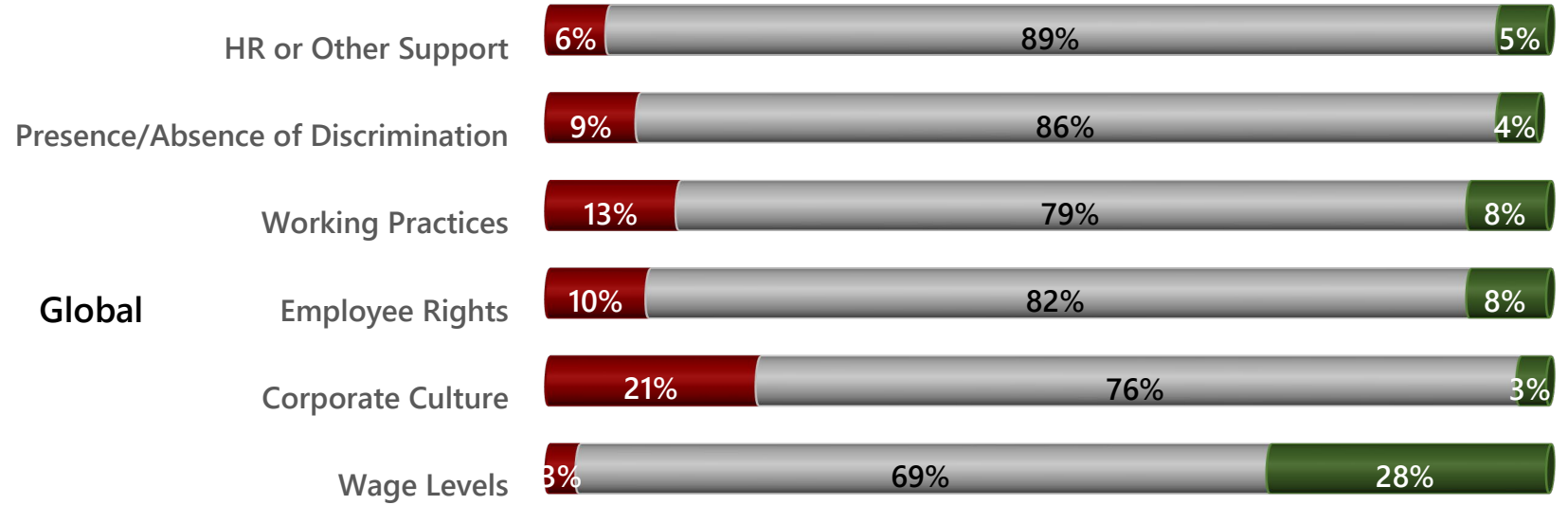
UK



Q: How would you rate the impact of the following things on your wellness and general health while living in...

UK

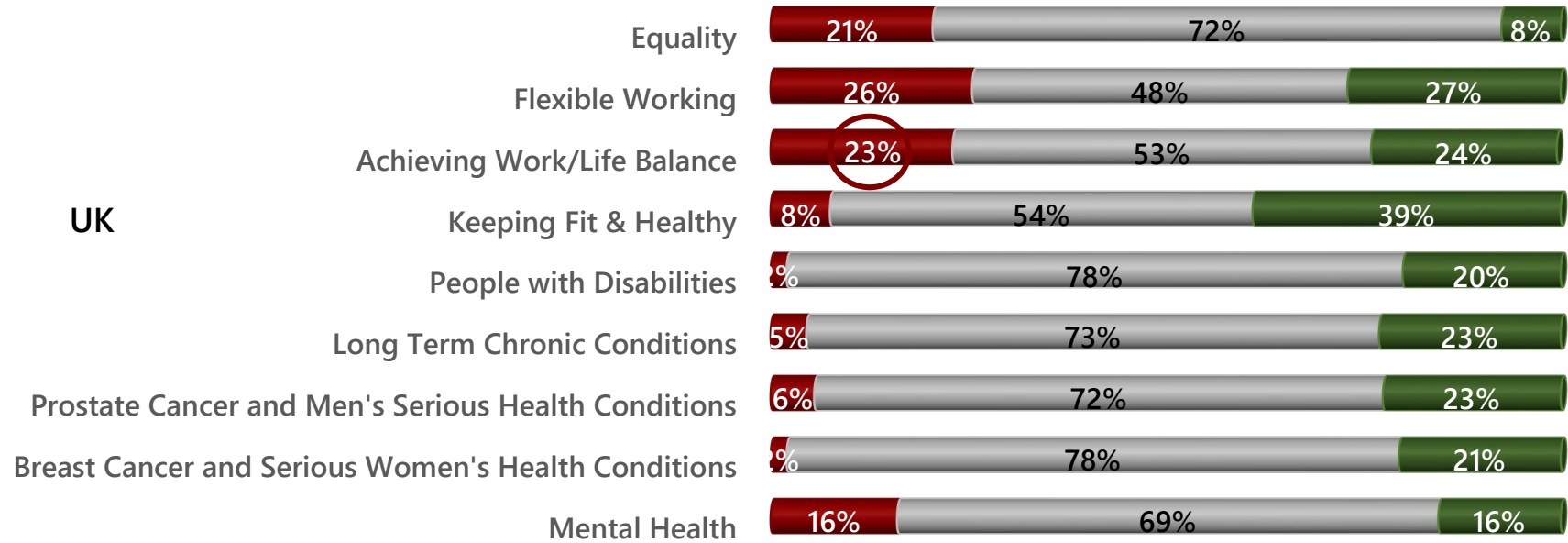
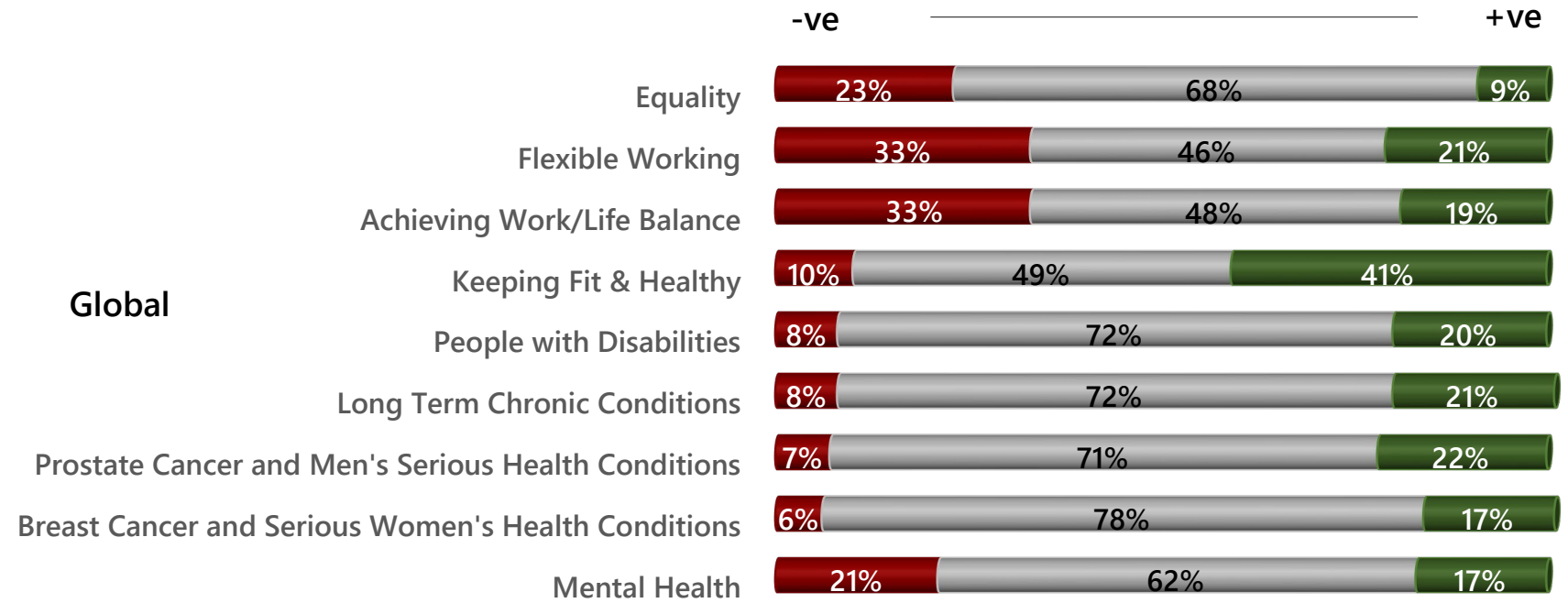
## Impact of Work on Wellbeing & Health



Q: Having moved to (Country), how has your overall well-being been impacted by each of the following factors related to your working life?

UK

## Attitudes in Host Country to...



Q: How would you rate attitudes and level of support for each of the following in...

