

PROTECT^{the} PROTECTOR

Let's beat
breast cancer
together



Navigating life together

Protect the women in your life

Women are strong protectors. It's time to protect them this Breast Cancer Month.

You may have insured your car, your last holiday abroad and perhaps even your home, but have you done everything you can to protect yourself and the ones you love most?



Preventative care saves lives

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



Women have a 1 in 8 chance (12%)¹ of developing breast cancer in their lifetime.

The good news is, if found in the earliest stages, the treatment options increase, and the survival rate is nearly 99%.

Whereas late detection can result in the breast cancer survival rate dropping to a worrying 27%.²

We offer multiple plan options to protect your family in the event of a cancer or critical illness diagnosis

You work hard to save for your future and your family. If life takes an unexpected turn on account of a major illness, critical illness cover can help protect your savings from unexpected expenses.

Medical insurance may not be enough

There are many indirect treatment costs that come with a critical illness 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








Contact us today or visit metlife.ae/protecttheprotectors to learn more about our broad range of critical illness solutions and life insurance bundles.



Beat It! Take proactive action

At MetLife, we believe in taking a proactive approach to beating breast cancer by arming women in the Gulf with the information and tools they need to prevent and treat breast cancer.

Our top tips for proactive breast healthcare:

-  Bi-yearly check-ups with a GP or specialist for women over 40
-  Ongoing, monthly self-checks, with doctor's advice
-  Maintain a healthy diet
-  An active lifestyle
-  Limit alcohol and avoid smoking

Recognizing the symptoms

Perhaps the most recognized symptom of breast cancer is a lump or mass in the breast tissue. However, every woman should also be aware of other changes to the breast, as many other symptoms of breast cancer go unnoticed. Recognizing symptoms early, can be life changing. Early detection saves lives by enabling treatment when the cancer is manageable and recoverable.

The early warning signs of breast cancer to look out for are³:

- New lump in the breast or underarm (armpit)
- Thickening, swelling or change of color of any part of the breast
- Irritation or dimpling of breast skin
- Redness or flaky skin in the nipple area or the breast
- Nipple discharge other than breast milk, including blood
- Any change in the size or the shape of the breast
- General pain in the breast

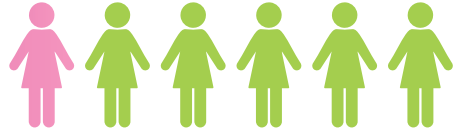
It's important to remember that other, benign, non-cancerous conditions may have caused these changes. Seeing a doctor quickly for an evaluation will help women determine whether something they've noticed is cause for concern. Rest assured that our MetLife solutions will ensure that women get access to the care they need early on and throughout any future treatment.

Critical Illness in the UAE

And although nobody wants to think about critical illness, it's something that can affect anyone, at any age, at any time.



1 in 5 men will develop **cancer** during their lifetime⁴



1 in 6 women will develop **cancer** during their lifetime⁴

Critical Illnesses⁵

45

Average age of heart attack or stroke in UAE

45

Average age of cancer diagnosis in UAE

36%

Deaths through cardiovascular disease in UAE

9,700

Deaths through cancer in UAE

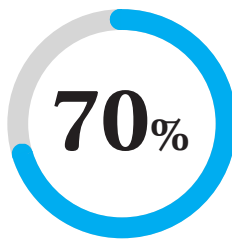
8,000

Incidence of strokes per year in UAE



17%

the risk of premature death in the UAE⁶



of the UAE population either has some form or is at risk of cardiovascular disease⁷



4,500

new cases of cancer per year in the UAE and over 18 million globally⁸



Our experience and superior standards demonstrate our commitment to paying claims quickly and fairly.

We make customers' lives easier

We're constantly working to make sure our customers have the right tools and personal support to submit and track a claim—quickly, conveniently, seamlessly.

We go above and beyond

We're not only committed to paying our claims; we're also passionate about helping customers prevent illness to further protect their wellbeing.

We have proven experience

We've been providing transparent, customer-centric insurance services to individuals and businesses across the Middle East since 1962.

For more information please visit metlife.ae/claims

Citations

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4. World Health Organization, 2018
5. Sources: 2018 data - WHO, World Cardiac Conference, UAE, Gulf News, Health Dept of Abu Dhabi and IARC, Global Burden of Disease Study, Gulf News
6. World Health Organization, NCD Profile 2018
7. Gulf News 2018
8. Health Department Abu Dhabi; WHO

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Founded in 1868, MetLife has operations in more than 40 countries and holds leading market positions in the United States, Japan, Latin America, Asia, Europe and the Middle East. For more information, visit www.metlife.com.

MetLife is a pioneer of life insurance with a presence of nearly 65 years in the Gulf. Through its branches and distribution partners, MetLife offers life, accident and health insurance along with retirement and savings products to individuals and corporations.

For more information, visit www.metlife-gulf.com.

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