

#BalanceForBetter

To support the International Women's Day #BalanceForBetter campaign, we asked our colleagues how they strive to achieve work-life balance and what impacts it most.

75%
of respondents
find fulfilment
in their career



86%
of respondents enjoy a
good quality of life most
of the time



86%
of respondents
believe society treats
men and women
equally in relation
to healthcare



68%
of women believe society
favours men on the
question of pay



69%
of women respondents believe
society is more favourable
towards men for career
progression



60%
of respondents believe
their career did not
impact their decision to
start a family



+50%
of respondents choose
exercise as a stress
reliever and exercise at
least 1 time per week



70%
of respondents first
choice is to talk to family
and friends when
they are feeling
stressed



but only **62%**
of the age range 18-25
would choose to talk to
family and friends when
feeling stressed



470 responses
23 countries
5,736 participants invited, 12% response rate
Female 60.64% responses and male 38.94% responses

Allianz  Care

Source : Allianz Care Survey - 2019