FOR IMMEDIATE RELEASE

Retirement Costs Soar Faster Than Inflation, Monthly Spend Hits HK$15,090: Over 72% of HK Retirees Wish They'd Acted Sooner

- *IFPHK x YF Life: Hong Kong–Macau Retirement Expense Index rises to 131.6 — Monthly Spending Reaches HK$15,090*
- *Retiree Living Costs Have Risen Nearly 3 Times Faster Than General Inflation Since 2020*

(Hong Kong — 27 August 2026) — The Institute of Financial Planners of Hong Kong (IFPHK), in collaboration with YF Life Trustees Ltd. (YF Life Trustees), today launched the "IFPHK x YF Life: Hong Kong–Macau Retirement Expense Index" (Index). While the Index has been tracking retiree living expenses since its inception in 2020, this year marks the first time IFPHK and YF Life Trustees have partnered to expand the study to cover both Hong Kong and Macau, providing a broader regional benchmark.

The findings show that retiree inflation in Hong Kong has continued to outpace general inflation. The Index rose to 131.6 in 2026, up from 127.0 in 2023 and 100 in 2020, while average monthly spending increased to about HK$15,090 in 2026. On an annualised basis, the Hong Kong Retirement Expense Index **grew by more than 5% per annum** from November 2020 to May 2026, compared with about 1.8% per annum for Hong Kong's Composite CPI over the same period, showing that retiree living costs have effectively appreciated close to **three times faster** than Hong Kong's general Composite CPI over the same period, underscoring how retirement-specific inflation — driven by travel and dining — is materially outpacing headline price trends.

Furthermore, the study reveals that more than 72% of retirees carry at least one regret regarding their retirement preparation. Most commonly, respondents feel they should have started saving or investing earlier and learned about financial planning sooner, while many continue to express concerns about medical costs, inflation, longevity risk and the risk of outliving their savings.

Dr. Paris Yeung, Chief Executive Officer of IFPHK, stated: "The findings show that satisfaction alone does not mean retirees are fully prepared. More than 72% say they have regrets, and the most common regrets point clearly to the need to start saving, investing and planning earlier. At the same time, retiree inflation has been rising faster than headline inflation, which means future retirees need more robust and flexible plans to protect their purchasing power over time. Through this expanded collaboration with YF Life, we aim to provide deeper regional insights to help future retirees plan with greater confidence."

He added: "Turning regret into action requires starting earlier, integrating healthcare protection into retirement planning, viewing MPF as a steady retirement paycheck, and engaging qualified financial planners to address estate planning gaps. More importantly, retirement planning should shift from a rigid, set-and-forget approach to a flexible plan that adapts to each retiree's evolving needs—what we call moving from a 'fixed plan' to a 'flexible, evolving strategy'. Our goal is to help future retirees achieve sustainable and well-planned golden years."

Mr. Alvin Tse, Chief Executive Officer of YF Life Trustees, stated: "As the exclusive Project Sponsor of this expanded regional study, YF Life is proud to collaborate with IFPHK on this critical benchmark for Hong Kong and Macau. The 2026 data clearly shows that while retirees desire active lifestyles, they are heavily squeezed by medical inflation and the fear of outliving their wealth. To bridge this gap, retirees must shift away from viewing retirement savings as a static lump sum. By maximizing the flexibility of the MPF through phased withdrawals and mixed-asset strategies, alongside pairing them with lifetime annuity-style income streams and robust medical protection, individuals can effectively convert accumulated assets into a predictable, lifelong paycheck. True financial peace of mind comes from building an integrated fortress that safeguards against both market volatility and longevity risk."

Key Highlights of the Study:

- **Retiree Inflation Has Outpaced General Inflation:** The Index rose from 100 in 2020 to 131.6 in 2026, with average monthly retiree expenses increasing to about HK$15,090 and the Index growing at more than 5% per annum versus about 1.8% for Hong Kong's Composite CPI for the same period. This escalation is driven partly by travelling and cross‑boundary transport—with roughly four out of five retirees visiting GBA Mainland cities and spending about RMB 1,100 per trip. This suggests that general inflation figures may understate retirees' actual cash‑flow needs, highlighting the importance of planning for inflation‑protected retirement income and periodically rebasing budgets using a retiree‑specific living expense index rather than general CPI so they can maintain their intended post‑retirement lifestyle.
- **Retirees' Satisfaction Masks Ongoing Financial Anxiety and Planning Gaps:** Although many retirees report being satisfied with their current retirement life, concerns remain widespread, with 51% worrying about unexpected medical expenses, 41% about inflation and 77% still lacking any form of estate or asset planning. This suggests that retirees should turn present satisfaction into future resilience by building healthcare and contingency reserves, setting clear drawdown rules to manage longevity risk, and putting in place basic estate and incapacity documents such as wills, enduring powers of attorney and advance directives well before potential health or family crises arise.
- **Conservative Spending but Widespread Regret—Especially Among Asset‑Rich Retirees** Actual retirement spending remains conservative, with average retirement expenses in 2026 equal to about 49% of pre‑retirement income. Yet more than 72% of retirees say they would have done something differently in preparing for retirement, most notably saving or investing earlier, learning financial planning earlier and communicating more openly with family about money and care needs. This pattern emphasizes that future retirees should start disciplined saving, investing and family financial discussions much earlier, even when their asset position appears comfortable.
- **MPF Transitioning Toward Income Support:** While most eligible retirees still treat MPF as a lump sum, with about 76% having fully withdrawn their benefits in 2026, the scheme is gradually shifting toward an income‑support role, as 22% now use MPF to fund monthly expenses, up from 12% in 2023. Retirees are encouraged to treat MPF as part of a structured retirement income strategy, considering phased withdrawals, annuity‑style income solutions, and planned drawdowns rather than a single cash‑out, converting accumulated MPF assets into a more predictable and sustainable retirement paycheck.

About " IFPHK x YF Life: Hong Kong–Macau Retirement Expense Index"

The “IFPHK x YF Life: Hong Kong–Macau Retirement Expense Index” was jointly launched in 2026 by the Institute of Financial Planners of Hong Kong (IFPHK) and YF Life Insurance International Limited. Since 2020, the Index has been the only long-term, retirement-specific benchmark tracking retirees’ actual living expenses. As the first study of its kind by IFPHK, the Index tracks and measures long-term changes in retirees’ actual living expenses with reference to the Composite Consumer Price Index (CPI) and the expenditure weightings published by the Government.

In the Hong Kong survey conducted in June 2026, NielsenIQ (NIQ) interviewed 304 retirees aged 55 to 74 with monthly personal income of at least HK$20,000 before retirement and not receiving means-tested social security or charitable support.

About IFPHK

IFPHK was established in June 2000 as a non-profit organization for the fast–growing financial industry. The Institute is the sole licensing body in Hong Kong authorized by Financial Planning Standards Board Limited to grant the much-coveted and internationally recognized CFP® certification and AFP® certification to qualified financial planning professionals in Hong Kong and Macau. Currently there are more than 236,000 CFP certificants in 29 regions; the majority of these professionals are in the U.S., China, Japan, Canada and Brazil. As at 28 February 2026, Hong Kong had approximately 3,238 CFP certificants.
At present, IFPHK has 5,298 members in Hong Kong including 956 Qualified Retirement Adviser (QRA) holders; and represents financial planning practitioners in diverse professional backgrounds such as banking, insurance, independent financial advisory, stock broking, accounting, and legal services.

About YF Life Trustees Ltd. & YF Life

YF Life Trustees is a member of YF Life Insurance International Limited (YF Life), and was among the first group of institutions approved as a Mandatory Provident Fund (MPF) scheme trustee. The company specializes in providing MPF services and is committed to creating long-term value for its scheme members.

The major indirect shareholders* of YF Life Insurance International Limited ("YF Life") include Massachusetts Mutual Life Insurance Company ("MassMutual"), which itself has over 170 years of experience and is one of the Five Largest US Life Insurance Companies**, as well as Yunfeng Financial Holdings Limited, among others. YF Life is a long-term strategic partner of Barings. We stay at the forefront of Hong Kong’s insurance industry with our superior global investment capabilities, extensive partnership network, and fintech innovation.
** MassMutual and Yunfeng Financial Holdings Limited have indirect shareholdings in YF Life.*
*** The “Five Largest US Life Insurance Companies” are ranked according to the results of “Insurance: Life, Health (Mutual)” and “Insurance: Life, Health (Stock)”on total revenues for 2025, and based on the FORTUNE 500 as published on June 3, 2026.*

For Media Enquiries:

- **Ms. Agnes Lee** — Tel: (852) 2982 7875 — Email: agneslee@ifphk.org
- **Ms. Cally Wong** — Tel: (852) 2982 7863 — Email: callistawong@ifphk.org

Photo caption:

Photo 1 	IFPHK and YF Life jointly released the “Hong Kong-Macau Retirement Expense Index”. (From left to right) Mr. Alvin Tse, CFP®, Chief Executive Officer of YF Life Trustees Mr. Edwin Cheung, CFP®, Chairman of IFPHK Dr. Paris Yeung, Chief Executive Officer of IFPHK
Photo 2 	IFPHK and YF Life jointly released the “Hong Kong-Macau Retirement Expense Index”. (From left to right) Dr. Paris Yeung, Chief Executive Officer of IFPHK Mr. Edwin Cheung, CFP®, Chairman of IFPHK Mr. Alvin Tse, CFP®, Chief Executive Officer of YF Life Trustees
Photo 3 	Mr. Edwin Cheung, CFP®, Chairman of IFPHK
Photo 4 	Mr. Alvin Tse, CFP®, Chief Executive Officer of YF Life Trustees
Photo 5 	Dr. Paris Yeung, Chief Executive Officer of IFPHK

IFPHK 香港財務策劃師學會 INSTITUTE OF FINANCIAL PLANNERS OF HONG KONG

YF Life 萬通保險

IFPHK x YF LIFE

HONG KONG - MACAU RETIREMENT EXPENSE INDEX

Hong Kong retirees are satisfied today—but retirement costs and future-planning gaps mean many do not feel fully prepared for tomorrow.

SUMMARY
Survey period: June 2026
Sample size: 304
Respondents: Hong Kong retirees aged 55-74
Personal income before retirement: At least HK$20,000 per month
Objectives:

- To delineate the current retirement life of retirees
- To establish an index to reflect the cost of living level of retirees
- To understand their sources of funds

Hong Kong Survey

MONTHLY RETIREMENT EXPENSES

HK$15,090

MONTHLY EXPENSE INDEX

131.6 (↑31.6)

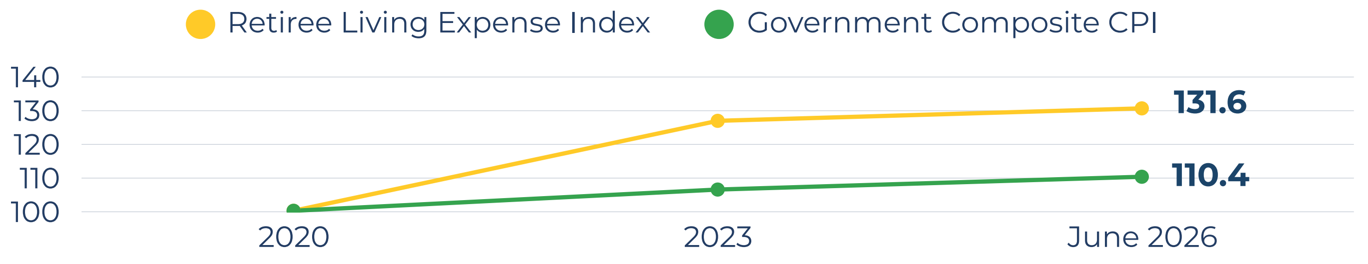
RETIREE INDEX

MORE THAN 5% PER ANNUM

GOVERNMENT CPI

1.8% PER ANNUM

rose 3x faster than CPI over the period



The Retirement Expense Index and Composite CPI use different methodologies and are not directly comparable.

MPF Behavior

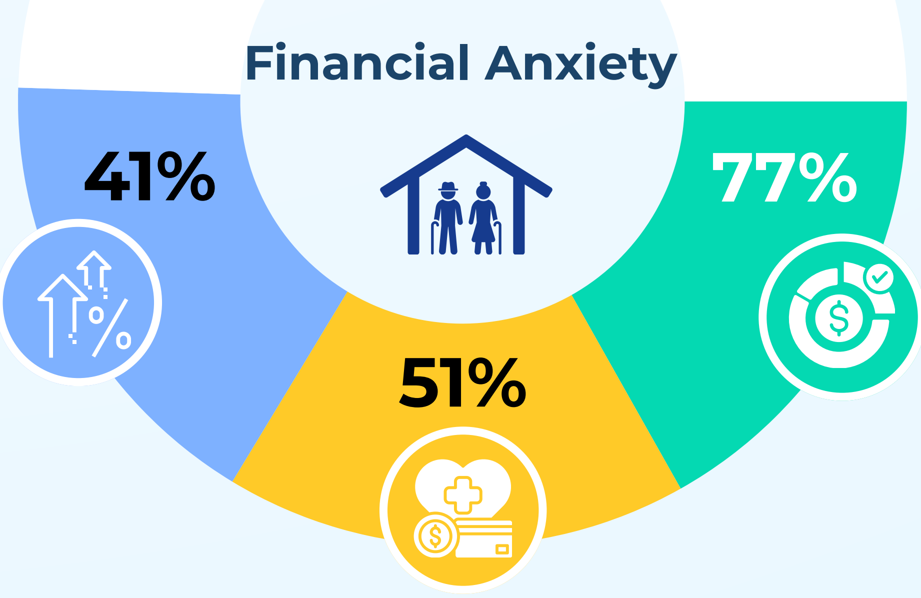
76%
Fully withdrawn their benefits

22%
Use MPF to fund monthly expenses

87%
Satisfied with retirement life

72%
Would do something differently in preparing for retirement

Financial Anxiety



Worry about inflation

Worry about medical expenses

Have not considered estate or asset planning

Four Simple Steps for a More Secure Retirement

1. Keep up with inflation: Create a “retirement salary”
2. Plan healthcare early: Do not let one illness affect retirement savings
3. Make better use of property and policy equity : Turn assets into extra retirement cash flow
4. Plan ahead for the family: Do not leave difficult decisions until later

Institute of Financial Planners of Hong Kong
2982 7888
marketing@ifphk.org

About “Hong Kong - Macau Retirement Expense Index”

IFPHK 香港財務策劃師學會 INSTITUTE OF FINANCIAL PLANNERS OF HONG KONG

YFLife 萬通保險

IFPHK x 萬通積金 港澳退休開支指數

退休人士對現狀滿意，對未來缺乏完整準備：退休開支與長遠規劃現落差

摘要
調查日期：2026年6月
受訪人數：304
受訪對象：55至74歲之香港退休人士
退休前收入：每月至少港幣$20,000
目的：

- 反映退休人士現時的生活情況
- 制定指數以反映退休的真實開支
- 剖析退休人士的收入模式

香港調查

退休人士每月開支

HK$15,090

退休開支指數

131.6 (31.6)

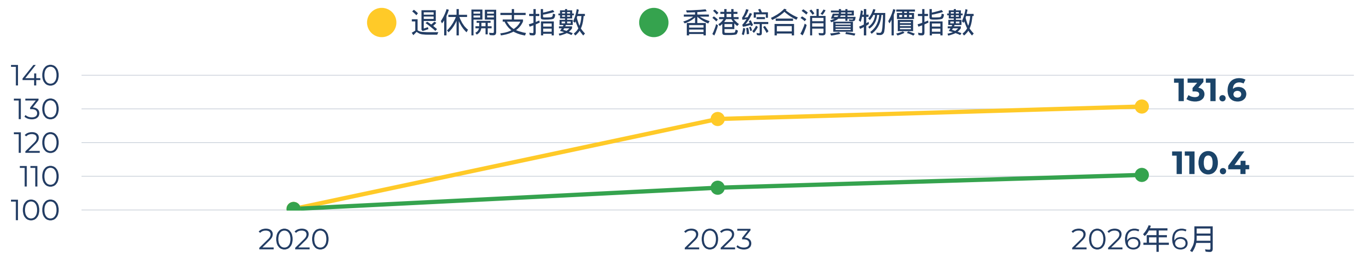
退休開支指數

每年增加超過5%

香港綜合消費物價指數

每年增加1.8%

開支升幅：
期間退休開支指數升幅，達消費者物價指數的三倍



退休開支指數與消費者物價指數的編製方法不同，兩者不能直接相比。

強積金使用及提取

76%
全數提取

22%
利用強積金以應付每月開支

87%
對退休生活感滿意

72%
如有機會，會在退休準備上採取不同做法

財務焦慮

41%
憂慮通脹

51%
憂慮醫療開支

77%
仍未開展任何遺產或資產策劃

退休規劃四大部署

1. 對抗通脹：建立穩定的「退休月薪」
2. 預早部署醫療保障，避免因病蠶食退休儲備
3. 善用物業及保單權益，轉化資產為額外退休現金流
4. 及早做好規劃，為家人分憂，不留遺憾決定

香港財務策劃師學會
2982 7888
marketing@ifphk.org

有關「港澳退休開支指數」