

Longevity Preparedness Index

Americans are living longer than ever, but are they prepared?

To learn more, please visit our website at JohnHancock.com/PrepareForBetter.



The eight dimensions of a longer life

The 2026 Longevity Preparedness Index measures how ready Americans are to live longer, healthier, better lives across eight essential areas. This year’s findings reveal where Americans are making progress, where gaps remain, and where greater action is needed.

The average national score remains 60 out of 100, unchanged from 2025, highlighting the need to translate longevity insights into meaningful steps forward.



What the findings reveal

Connection is a strength

COMMUNITY — 71 & SOCIAL CONNECTION — 69

Access to services and supportive relationships are the two strongest areas of preparedness.

Beyond finances

FINANCE — 63

While Americans have a high awareness of the importance of financial planning, the score reflects the challenge many Americans face to save.

Where preparedness converges

LIFE TRANSITIONS — 63

Life transitions rose two points from 2025, but lack of preparedness in this area can have ripple effects across every domain.

Purpose can shape preparedness

DAILY ACTIVITIES — 59

Meaningful routines and purpose remain overlooked aspects of longevity preparedness.

Room for improvement

HEALTH — 56 & HOME — 56

Health and housing are critical to aging well, yet preparedness in both areas continues to lag.

The action-awareness gap persists

CARE — 43

Despite awareness, care remains the lowest-scoring dimension, underscoring one of the greatest unmet needs in preparedness.

“Awareness—while profoundly important—is not enough. The next chapter of longevity leadership must be about turning insight into action.”



– Brooks Tingle, President & CEO, John Hancock

“Preparedness for longer lives is one of the defining economic and social challenges of the 21st century.”



– Dr. Joe Coughlin, Founder & Director, MIT AgeLab

The opportunity: awareness can become action

The national results tell one story. Your results may tell another. Take the assessment to see how prepared you may be across all eight dimensions of longevity preparedness.

Take your next step