



ST. JAMES'S PLACE
WEALTH MANAGEMENT

HEALTH AND WEALTH GUIDE AS AN EXPAT
IN MAINLAND CHINA

PARTNERS IN MANAGING YOUR WEALTH

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WELCOME TO MAINLAND CHINA



China has emerged as one of the leading destinations for expats worldwide in the last decade. Foreign workers have settled in the main Chinese cities, such as Beijing, Shanghai and Guangzhou because they offer the chance to capitalise on its thriving economy – but without moving completely beyond the comforts of home. It's exotic but not starkly unfamiliar, and while it maintains the flavour of its early roots, the transport, buildings and lifestyle are all very modern.

At St. James's Place Wealth Management, we appreciate that relocating to a new country can be daunting. This guide draws upon the experiences of many of our Mainland China Team who themselves have experienced this move first hand. Given our strong links within the international business community and years of experience serving the expatriate population in China, we think we are in a good position to help your transition into this great country.

One of the things that makes the main Chinese cities so popular with foreign workers is the ease with which comforts from home can be found. Expats may well embrace the local customs by taking an overly crowded train to work and enjoying dumpling noodle soup on their lunch break while watching elderly Chinese do Tai Chi in the many parks – but the plethora of supermarkets, shops and restaurants means that all the brands and activities from home are easily available. There are a number of English language newspapers available, including the China Daily and Shanghai Daily. Taxis are very inexpensive and readily available and a nice lunch in a Western restaurant definitely won't break the bank.

There's so much to see in this country of over 1.41 billion people – some ancient things, some new – but all will leave you with a better understanding and appreciation of the world's second largest by nominal GBP.

So welcome, enjoy and we look forward to bumping into you around town.

Regards

Spiros

Spiros Christoforatos

Head of Business, St. James's Place Wealth Management – Mainland China

THE FIRST WEALTH IS HEALTH

“*The first wealth is health,*” these words written by American philosopher Ralph Waldo Emerson in 1860 were already ahead of its time during a century that has seen growth and development is most of the time prioritised against health. It reminds us that good health is the foundation on which to build – a life, a community, and an economy.

No matter how modern times have radically changed the perspective of health and prosperity, both still share the same bedrock of success: time. Time is a quintessential and an unrecoverable resource. Building upon a valuable health requires early healthy habits and lifestyle. Likewise, wealth is also built and managed over time to preserve, protect and grow.

We believe, at St. James’s Place Wealth Management, advising individuals should not be the privilege of a few but the right of many. Building upon a society with responsible and sharpened individuals is a key success factor towards a better future.

That is why and in respect of the latter, we offer in the current brochure for the expatriate community, pieces of primordial advice on health and wealth to help individuals make better-educated decisions in their daily lives. We hope that you will enjoy the reading and seek further knowledge from professionals.



ABOUT ST. JAMES'S PLACE WEALTH MANAGEMENT

St. James's Place is one of the largest wealth management companies serving the expatriate community living and working in Asia. We have offices in Shanghai, Beijing, Shenzhen, Hong Kong and Singapore, and is well established as one of the UK's leading wealth management organisations.

It is an award-winning FTSE 100 company with a market capitalisation of c. £6 billion and funds under management over £103 billion. At the heart of the business is the St. James's Place Partnership, which is the advisory channel for St. James's Place Wealth Management. This brings together some of the most experienced, able, and highly-regarded professionals working in financial services today. We have 3,954 Partners globally within the Partnership, which is supported by more than 2,480 employees. Members of the St. James's Place Partnership have on average 18 years' experience in the industry and build long-term relationships founded on trust.

The strength of our business is underpinned by satisfied clients, their referrals and the dedication of our unrivalled team of St. James's Place Partners. Constantly evolving to meet the ever-changing needs of our diverse client base, we are personally committed to providing quality face-to-face advice and the very best client service.



Please get in contact if you would like to speak to one of our Partners and discuss your individual circumstances whilst you're in China.

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AIR QUALITY

The air quality in Mainland China is known to be not good but improving compared to years prior. Nonetheless, it cannot hurt to take protective measures, especially for those who are at risk. An easy way to understand the air quality is by using the Air Quality Index (AQI).

AQI	Air Pollution Level
0-50	Excellent
51-100	Good
101-150	Lightly Polluted
151-200	Moderately Polluted
201-300	Heavily Polluted
300+	Severely Polluted

What to do to minimise the effects of haze caused by air pollution?

How to **Minimise** the **Effects of Haze** on your **Health?**

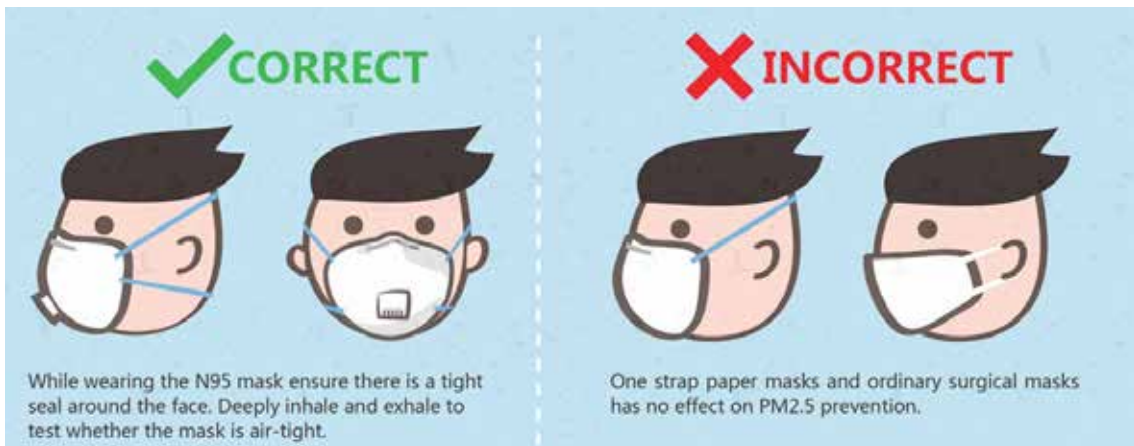
- Reduce outdoor activities and wash your hands and face frequently if you partake in them**
- Avoid smoking**
- Keep your indoor environment clean**
- Keep an adequate supply of medicine if you have asthma or heart diseases**
- Wear a N95 mask when outdoors**
- See your doctor immediately if your health worsens**

Drink More Water!
It is advisable to drink more water during hazy periods. As your body will produce more mucus to expel the inhaled haze particles, water will thin the mucus, making it easier to be removed from the body.

(Source: Raffles Medical Group)

MASK AGAINST THE HAZE

The most common way of reducing the intake of the haze is by wearing a face mask, the most common and affordable mask are known that the 3M N95 masks (picture below is for the 3M 9501 model).



Despite being an affordable price, the 3M N95 are always among the top performing masks for particulate matter pollution, as the “N95” label stands for the mask ability to filter out at least 95% of airborne particles larger than 0.3 microns. For reference, PM2.5 particles are 2.5 microns large.

WATER QUALITY

Even though tap water in Mainland China has improved in quality over the past few years, it is still considered unsafe to drink water both directly and after boiling it. The main pollutant in the water is chlorine, rust and toxic metals. The addition of chlorine to the water is necessary to disinfect it however consequently damages our skin and hair.

In order to protect your health from the quality of the water there are several ways available to you. You can consider buying a water dispenser, in which you can put large bottles of water or simply buy water bottles. Commonly trusted water brands are Nestle and Watsons. You can also consider installing a water purification system which cost is over RMB3,000. Using a water filter in your home removes most parts of chlorine, pesticides and metals.



HOW TO LOOK AFTER YOUR MENTAL HEALTH

It's important to take care of yourself and get the most from life whilst living in China. Below are 10 practical ways to look after your mental health. Making simple changes to how you live doesn't need to cost a fortune or take up loads of time.

TALK ABOUT
YOUR FEELINGS

KEEP ACTIVE

EAT WELL

DRINK SENSIBLY

KEEP IN TOUCH

ASK FOR HELP

TAKE A BREAK

DO SOMETHING
YOU ARE GOOD AT

ACCEPT WHO
YOU ARE

CARE FOR OTHERS



LIST OF MEDICINE

Antibiotics	
Amoxicillin (Amoxil)	阿莫西林 ā mò xī lín
Penicillin	青霉素 qīng méi sù
Antifungals	
Diflucan (Fluconazole)	大扶康(氟康唑) Dà fú kāng(fú kāng zuò)
Antihistamines	
Cetirizine (Zyrtec)	二盐酸(西替利嗪) Èr yán suān (xī tì lì qín)
Benadryl	苯海拉明 běn hǎi lā míng
Loratadine (Claritin)	氯雷他顶 lù léi tā dǐng
Asthma	
Albuterol (Ventolin)	沙丁胺醇 shā dīng àn chún
Diabetes	
Insulin	胰岛素 yí dǎo sù
Symptomatic	
Aspirin	阿斯匹林 ā sī pī lín
Ibuprofen	布洛芬 bù luò fēn
Phenergan	非那根 fēi nà gēn
Topicals	
Antifungals	抗真菌药 kàng zhēn jùn yào
Eye Drops (general term)	眼药水 yǎn yào shuǐ

LIST OF USEFUL MEDICAL PHRASES

English	Mandarin (Pinyin)
Doctor	医生 yī shēng
I am not feeling well	我感觉不舒服 wǒ bù shū fú
It hurts here	这里很痛 zhè lǐ hěn téng
I need a doctor	我需要医生 wǒ dēi kàn yī shēng
Is there a doctor here who speaks English?	这里有医生说英语吗? zhè yǒu huì jiǎng yīng yǔ de yī shēng ma
I'm asthmatic	我有哮喘病 wǒ yǒu xiào chuǎn bìng
I'm diabetic	我是糖尿病患者 wǒ yǒu táng niào bìng

LIST OF USEFUL NUMBERS

Department	Phone number
Police phone call / text message	110 / 12110
First-aid ambulance	120
Fire department	119
Traffic accidents	122

VACCINES WHILST IN CHINA

Even though our immune systems are more developed than that of babies and children, we are still vulnerable to certain vaccine-preventable diseases. Several considerations include age, pre-existing medical conditions, occupation and vaccination history play a part in determining our health.

As such, even adults are advised to discuss their vaccination needs and suitability to receive the recommended adult vaccines with their doctors.

All travelers	Mandatory vaccines
Routine vaccines	Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, varicella (chickenpox) vaccine, HPV vaccine for younger persons, and your yearly flu shot.
Most travelers	Highly recommended vaccines
Hepatitis A	Hepatitis A may be found in contaminated food or water, regardless of where you are eating or staying. It is highly recommended to get vaccinated to prevent all risks.
Typhoid	Typhoid may be found in contaminated food or water, mostly, by visiting smaller cities or rural areas, or if you are an adventurous eater.
Some travelers	Geographical and occupational based vaccines
Hepatitis B	You can get hepatitis B through sexual contact, contaminated needles, and blood products, so it is highly recommended to get vaccinated if you might get a tattoo or piercing, or have any medical procedures planned.
Yellow Fever	There is no risk of yellow fever in China. The government of China requires proof of yellow fever vaccination only if you are arriving from a country with risk of yellow fever. A list of countries at risk of yellow fever according to Chinese authorities can be found online.
Malaria	When traveling in China, you should avoid mosquito bites to prevent malaria. You may need to take prescription medicine before, during, and after your trip to prevent malaria, depending on your travel plans, such as where you are going, when you are traveling, and if you are spending a lot of time outdoors or sleeping outside.
Rabies	Rabies can be found in dogs, bats, and other mammals in China, so it is highly recommended to get this vaccine if your daily activities involve or may involve contact with potential vectors.
Polio	Polio vaccine is recommended in China if you are visiting the Xinjiang province, especially if you are working in a health care facility, refugee camp, or humanitarian aid setting. This work might put you in contact with someone carrying the pathogen.
Japanese Encephalitis	Should you visit rural areas in China or be spending a lot of time outdoors, then this vaccine is recommended even for a short period of stay.

HOW TO PROTECT YOURSELF IN CHINA

TERM PROTECTION

Term assurance pays a lump sum of money in the event of death or, in some cases, Total and Permanent Disability. Term plans are typically used when covering a financial liability that will reduce or end at a specified date in the future and offer an affordable method of providing significant amounts of cover. For example, repayment of a mortgage or to provide a sum to cover the cost of educating your children. As the name suggests, this type of protection offers coverage for a specified period of time.

CRITICAL ILLNESS COVER

Critical illness plans provide a lump sum in the event of you being diagnosed with one of a large number of specified illnesses within an agreed term. It is particularly useful when looking to repay any debts, make home alterations or pay for treatment in the event of a critical illness. As we are more likely to suffer a serious illness than to die before we retire, it is a protection plan that should not be overlooked.

HEALTH INSURANCE

A private cover will typically pay for some, or all, of your private medical bills in the event you need private care and do not want to rely on state-run hospitals. It gives you access to increased medical resources, reduced waiting times and a wider range of specialist treatments, as well as a private room. There are different levels of coverage with options to purchase additional riders. These range from just covering inpatient treatments to a more comprehensive plan including specialist treatments.

WHOLE OF LIFE

Whole of life is a permanent life insurance that provides a lump sum in the event of death. With a guaranteed payout, the premiums are more costly than other forms of protection. It is commonly used to cover an expected inheritance tax liability and is usually written in trust.

THE IMPORTANCE OF AN INTERNATIONAL WILL

A will aims to honour your final wishes. Those wishes usually cover to whom you pass your assets, who is responsible for ensuring this happens and how your remains will be dealt with.

There is no right of survivorship in the case of China joint tenancy property. Thus, upon death of one joint tenant, unless there is a valid will recognised in the People’s Republic of China, his or her rights and interests will be inherited by all legal heirs according to China Inheritance Law. With no valid will in place (see table below), the decisions of a deceased individual in China may not be upheld.

Here are few consequences of no valid will in place, according to Chinese statutory laws:

Area of matter	Consequences of no legal will in place
Dispute	<p>If Chinese statutory succession rules apply, then a beneficiary can challenge a will. A non-beneficiary of the will who is related to the deceased can also challenge a will.</p> <p>For example, a spouse can challenge a will under the Chinese community property regime. In addition, heirs can challenge a will under the limited forced heirship regime.</p>
Guardianship of children	In the case of no legal guardian remaining, children under 18 are placed under Chinese Authorities care and sent in most cases to an orphanage for a limited period of time.
Assets succession planning	<p>Under the Chinese Inheritance laws, the first half of the estate is distributed to the spouse of the deceased as community property.</p> <p>The rest is divided to the parents and the children of the deceased in equal shares.</p>

(Source: Scmp Law practice 2018)

Note: China can recognise a foreign will if it is notarised in the country where the will is made and is legalised by the Chinese embassy or consulate office in that country.

Thinking about financial protection today is one of the most important steps in preparing for the years ahead. The older you get, the more expensive it may be to ensure you have adequate levels of protection.

The first step is to get professional advice to find the right sort of protection for you and your family.

Please note advice relating to a will and matters of guardianship involves the referral to a service that is separate and distinct to those offered by St. James’s Place.

GIVING YOUR KIDS A HEAD START

We all want the best for the children in our lives. We don't know what their future will hold, but we do want to make sure they have every opportunity to do well and be happy, whatever they eventually decide to do.

For expatriate families, the demand for places at international schools is growing rapidly across China. As a result, competition between schools for the best teachers is high and thus a knock-on effect for school fees takes place. Additionally, Shanghai tops the list of cities with the most expensive average monthly cost of sending your child to an international school (source: International Schools Database, 2018).

Below are the average costs of international schooling fees in Shanghai as an example. Think about how much you may need to save on a monthly basis to offer to your children the best opportunity.

International Schooling types	Average fees per Child
Kindergarten	120,000RMB / year
Primary school	200,000RMB/year
Secondary schooling (Middle school and High-school)	300,000RMB/year

(Source: Expat Finder, 2018)

Money is not everything, but it is one way to give children a head start in life. Money can give children a good education, open-up opportunities and help them become established when they grow up. Starting to save money now might be the difference whether they can afford to do what they would like when the time comes.

Without a helping hand, their hopes and dreams might remain just that, but with sensible financial planning, you can help make them a reality.

One thing is certain. The earlier you start to save, the better their start will be.



HELPING TO ACHIEVE FINANCIAL FREEDOM

You receive not only the potential growth on your original investments, but also interest on any dividends, and capital gains that accumulate – so your money has the potential to grow faster and faster as the years roll on. Leverage on the power of compounding by making your money work for you and growing your wealth exponentially over time. In other words, the key success factor that drives the effects of compounding and ultimately snowballing your earnings, is time.

How much do you need to invest?

Simply, as much as you can afford – the important thing is to start investing as soon as you can so that your money has plenty of time to potentially grow. This is true whether you save on a regular basis or are investing lump sums.

To give you an idea, the table below shows how much a regular investment could be worth. Figures are in RMB unless specified.

Amount invested each month (RMB)	5 years (RMB)	10 years (RMB)	15 years (RMB)
5,000	341,447	779,646	1,342,013
15,000	1,024,342	2,338,939	4,026,040
30,000	2,048,683	4,677,879	8,052,079

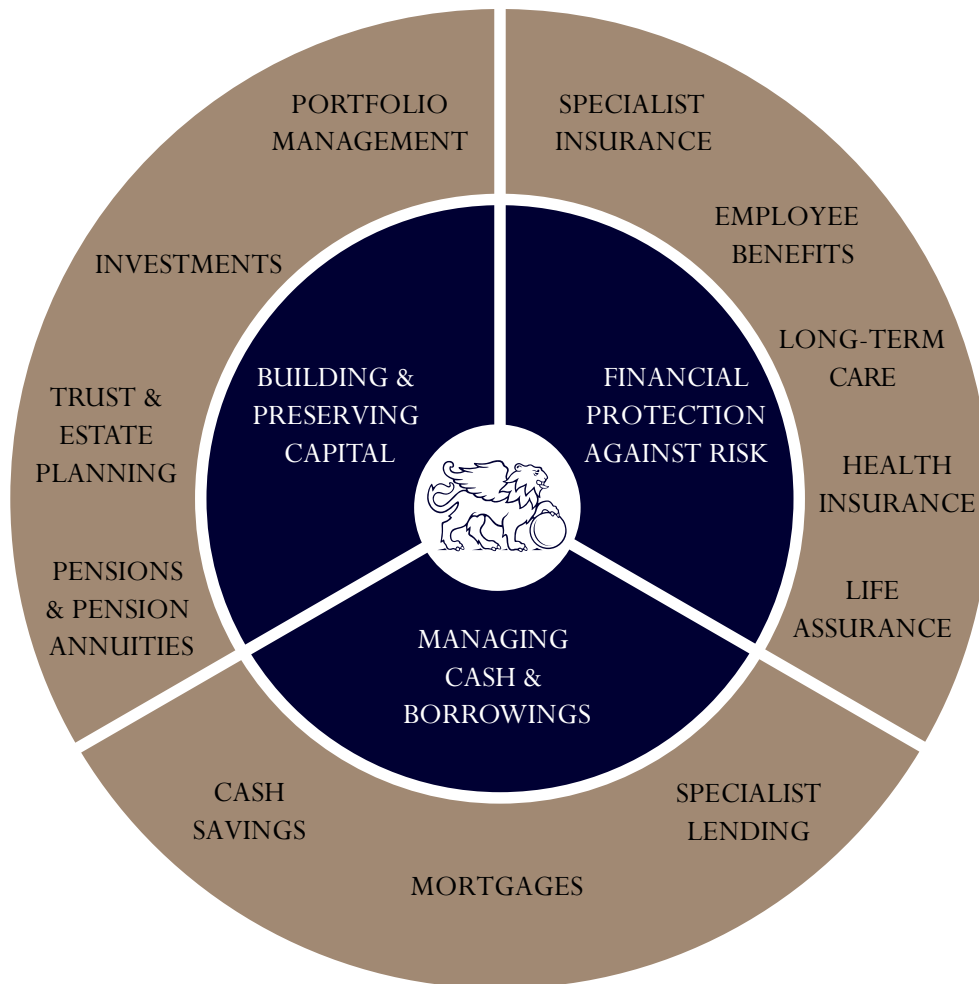
These figures are purely for illustrative purposes and assume you had invested in a fund that grew by 5% net of charges each year and investments are made at the start of each month. These figures are only examples and are not guaranteed – they are not minimum or maximum amounts.

What you will get back depends on how your investment grows and on the tax treatment of the investment. You could get back more or less than this.

You can shape the future of the children in your life and help make their dreams a reality. Why not give them that chance today?

The value of an investment with St. James's Place will be directly linked to the performance of the funds selected and may fall as well as rise. You may get back less than you invested.

HOW CAN ST. JAMES'S PLACE HELP?



In addition to our experience and expertise, products and services from other providers have been carefully selected to complement and enhance the range of St. James's Place products on offer. We believe the providers represent the 'best of breed' in their respective categories and can deliver the high standards you would expect.

This chart is provided to you for general information only and it does not constitute a recommendation or an offer or solicitation for the purchase or sale of any investment. It does not constitute investment advice and does not have any regard to your specific investment objectives, financial situation and needs. St. James's Place Wealth Management makes no representation that the activities reflected in the chart represent the regulated activities conducted by itself and/or its representatives. You should obtain financial advice before making any commitment.

Your home may be repossessed if you do not keep up repayments on your mortgage.

The value of an investment with St. James's Place will be directly linked to the performance of the funds selected and may fall as well as rise. You may get back less than you invested.

*Putting a plan in place today will help you
have a better future in your lives.*



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