



## Manulife *Vitality*: Getting Started with Manulife *Vitality* Group Benefits Transcript

### **Manulife *Vitality* Group Benefits**

(Displays the Manulife and Vitality logos then moves down screen on a solid navy-blue background. The words The Manufacturers Life Insurance Company (Manulife) appear on screen.)

#### **gives you the tools**

(The word tools show on screen from the top then rotates off.)

#### **and motivation you need**

(The word motivation show on screen then rotates off.)

#### **to help reach your personal health and wellness goals. It's easy and fun to use!**

(A phone with the Manulife *Vitality* G-r-p benefits app icon slides in from the right of the screen. The words personal health and wellness goals and Easy and fun to use! fade on screen then everything fades away.)

#### **Let's get started.**

(The words let's get started drop onto the screen)

(A phone with the main app page drops down onto the middle of the screen)

#### **On the home screen, you'll see two tabs at the top:**

##### **Activities and Rewards.**

(The phone slides to the top and zooms in on the activities and rewards tabs. Then, the phone slides to the middle of home screen to show Your Weekly Physical Activity Target and Take the Vitality Health Review sections.)

On the **activities tab**, you'll see

- Your Weekly Physical Activity Target
- The Vitality Health Review

And swipe down to see other health activities that can earn you points.

(The phone slides back to the top of the main app page and zooms in on the rewards tab again.)

On the **rewards tab**, you'll see your:

Vitality Status™ and how to earn rewards when you meet your Weekly Physical Activity target.

(The phone zooms out to show the full main app page to show your Vitality Status™ and Your Weekly Physical Activity Target card.)

**Also on the home page, is an overview to review your profile settings, points, health results, and a help section.**

(The screen scrolls down to the bottom to display the overview section. The sections from left to right are Home, Points, My Health, Help and Profile. The Vitality Active Rewards and Available rewards cards are displayed above the overview section. The words Profile Settings, Points, Health Results, and Help fade in on the left side of the screen. Then the screen swipes away to the right.)

**Under activities, complete your Vitality Health Review™.**

(A phone with the main app page drops down onto the middle of the screen. The card Vitality Health Review™ is clicked.)

**The review covers general health, social habits and lifestyle habits.**

(A screen pops up the phone with information about the Vitality Health Review. The three sections are get points, Vitality Age™ and Complete all sections. The button got it is clicked. The main page of the Vitality Health Review opens and the phone slides to the right side of the screen. The words “General Health, Social Habits and Lifestyle habits fade in on the left side of the screen.)

**You’ll get 500 points for completing the Vitality Health Review every year.**

(The phone slides to the left side of the screen and displays the first page of the General Health section. The text 500 points for completing the Vitality Health Review fade on the right side of the screen then fade away.)

**If you complete it within 90 days of joining the program your first year, you’ll get an additional 1,500 bonus points – that’s 2,000 points just for getting started!**

(The screen moves to the medical history page of the General Health section. The words Complete it within 90 days of your first year, you’ll get an additional fade on screen as the phone scrolls through questions. The text fades off screen and the text 1,500 points fades on the right side of the screen and fades away. The phone screen continues to scroll through questions as the text 2,000 points fades on the right side of the screen. The screen zooms out from the phone showing the Your Wellbeing page.)

**Once complete, you’ll receive your Vitality Age™. Plus, a detailed overview of your current health – highlighting what you’re doing well along with tips for improvement.**

(The phone displays a page saying, All sections completed! The phone moves to the right side of the screen and zooms in on the Vitality age screen as the words “Vitality Age™ fades in on the left then fades away. The text A detailed overview of your current health fades on the screen as the phones shows the detailed overview page with sections How do I lower my Vitality Age? And How is this Calculated? The text then fades away and along with tips for improvement fades on the left side of the screen and fades away.)

**To learn more about your emotional health and mental well-being? Take the optional Mental Well-Being and Nutritional assessments.**

(The phone moves to the middle of the screen and displays the home screen to show the take your mental wellbeing assessment card.)

The phone slides off the screen to the bottom to reveal the phone zoomed out and in the middle of the screen.)

**The next step is to tap ‘Activate your weekly physical activity target’, then follow the prompts to link your fitness device.**

(The phone is displaying the home screen of the app. The phone zooms in on your weekly physical activity targets card. It is tapped and a blue screen called Get Started with Vitality Active Rewards opens. It has sections of Weekly target, Get active, Reach your target and Spin the wheel. There is a button that shows the words get started. The button Get started is tapped at the bottom of the page. The camera zooms out showing the full phone. A screen saying Activated pops up on the phone and the button Got it appears at the bottom and is tapped.)

**Manulife Vitality works with a variety of different devices and health apps - choose yours and click Link Now.**

(The phone is displaying the home screen of the app. From the home screen, the profile section is tapped. The profile section shows the user’s name and photo at the top of the screen followed by a list of other profile options in a list in the middle of the profile screen. The list shows membership details, events feed, manage devices and app, settings, help. The manage devices and apps item is tapped, opening the page as a watch with the Manulife *Vitality G-r-p* benefits app icon on it. The page has two sections displayed Get linking and Available to Link. The Available to link section lists a variety of apps and fitness devices that can be used. A device is selected, and a page opens with the button “Link Now” at the top and sections “Metrics to get points” and “Physical activity” below. The button “Link Now” is clicked. A screen then opens with the title “Health access” in the middle and a “Link Now” button confirming health access to the app or fitness device.)

(The Weekly Active Rewards page opens displaying when the weekly target starts. The camera zooms in on a calendar icon in a blue circle with the text Your weekly target starts Monday, 2 November, 2020)

**The program runs from Monday to Sunday and allows you to earn weekly rewards.**

(The camera zooms out showing the full phone in the middle of the screen. The phone then spins and moves to the left side of the screen.)

**Now you’re ready to track your daily habits and earn points.**

(The phone displays the Fitness Devices and Apps page with Link, Track, and Get sections. The text Track your daily habits and earn points fades in on the right side of the screen and swipes towards the bottom and off screen.)

**Once you’ve accepted the terms and conditions with linking your fitness device, your points will be automatically recorded.**

(The Health access screen opens again. The text Points will be automatically recorded fades on the right side of the screen.)

**If you’re using the Health app on your iPhone® or iPod Touch®, make sure to open the Manulife Vitality G-r-p Benefits app once a week to sync your activity.**

(The linked device screen opens again. The linked health app is clicked opening the Sync points screen as the text Open Manulife *Vitality Grp* Benefits once a week fades on the right side of the screen. The Sync now button is clicked.)

**After reaching your weekly target, make sure to collect your reward in the app within 30 days.**

(The phone moves to the middle of the screen and goes back to the app home page. The phone moves to the right side of the screen and the text Collect your reward within 30 days fades in on the left side. The Vitality Active Rewards card is clicked and shows the weekly target of 60 points and the text fades away.)

**Complete Standard or Advanced Workouts that week to earn points.**

(The text Complete Standard or Advanced Workouts to earn points fades in on the left side and fades away.)

**Achieve your goals and earn a reward from great brands you know and love.**

(The text Achieve your goals and earn a reward fade in on the left side of the screen then swipes off the bottom of the screen.)

**Start early each week to increase your chances of reaching your targets!**

(The text Increase your chances of reaching your targets drops in from the top of the screen then fades away as it drops off the bottom of the screen.)

**Manulife Vitality – Live healthy. Earn rewards.**

(The background swipes to navy blue and the app goes back to the home screen. The legal disclaimer along with the words Manulife *Vitality*, Live Healthy, Earn Rewards with a trophy icon are displayed. The screen swipes to the Manulife life logo and displays on screen.)

## Legal disclaimers follow

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