

Manulife *Vitality*: Kiran K. Member Story

One word to describe myself before the program would be “excuses”. After the program would be “example”.

[Kiran sits on a chair in her living room.]

[Kiran looks out over a large pond with a fountain, then back at the camera.]

[On screen: Kiran K. Manulife *Vitality* member since 2018]

So like most people I start off with setting new year's resolutions and halfway throughout that year I would realize that I had nothing to keep me accountable to those goals. [Kiran sits in her living room.]

My husband and I were looking at some life insurance policies. That's when it really clicked that Manulife *Vitality* would be a great fit for us.

[Kiran walks on a boardwalk beside the pond, with a water bottle in her hand and a Fitbit on her wrist.]

So the great thing about the Manulife *Vitality* program is that it pushes you to not make excuses. Stay healthy and stay active and you get rewarded.

[Kiran makes a green smoothie out of several fruits and vegetables.]

I realize that I can definitely get to platinum status, no problem, because I've always prioritized fitness.

[Kiran sits in her living room.]

But for me, it was becoming a little bit boring and I needed to challenge myself, and so the app really makes it easy because I can set my goals and I can track it. Every week I have to check in in order for it to count and I get points for that. It's just motivating because now I'm getting closer to my goals.

[Kiran stretches her arms and legs beside the pond.]

It is so rewarding to see yourself achieve the goals that you set in the beginning of the year. That to me is priceless.

[Kiran sits in her living room.]

[Kiran walks along the boardwalk.]

[Kiran sits in her living room.]

[Kiran stands beside the pond.]

[On screen: Manulife *Vitality* logo. The website address “Manulife.ca/Vitality” appears beneath the logo.]

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