

Manulife *Vitality*: Know Your Health Transcript

[This video is an animated illustration.]

Age.

It's more than just a number.

[A horizontal line displaying the numbers “36” “38” “40” “42” “44” “46” “48” and “50” appear beside the word “Age” and fade away quickly.]

It's a state of being.

[An avatar of a women in a lotus yoga pose appears inside a lightly shaded circle and gently bounces on screen.]

It's a mindset.

[A large circle appears on screen. Inside a smaller circle is a side profile of an avatar person's head. The screen slowly pans in on the head while icons in the shape of a plus “+” sign burst on screen and fade away.]

It's part of your story.

[The word “Story” appears on the screen behind an open-faced book with pages turning. Icons in the shape of a plus “+” sign burst on screen. The word “Story” and the open-faced book slide off screen to the right.]

But it's not necessarily a reflection of your health.

[A male avatar appears on screen, looking at his reflection in a mirror. The mirrored avatar is holding an apple in his hand which he tosses lightly in the air and catches. Diamond shaped icons appear around the reflection and then twist and shrink to dissolve offscreen.]

That's why knowing your Vitality Age™ is so important.

[The word “Vitality Age™” appears on screen above a side profile of a hand (with a wearable device worn on the wrist). Icons in the shape of a plus “+” sign burst around the hand and word “Vitality Age™” and fade away.]

Vitality Age is a simple measure of your current health based on your physical condition

[A side profile of a male avatar's head appears inside a small circle to the left of a health status bar. Five small hearts are above the bar which are faded out. The health status bar slowly fills three quarters of the way, while the heart outlines fill with solid red.

and lifestyle choices like eating,

[An apple with a bite taken out of it appears on screen with plus "+" sign bursts that fade away quickly. A hand with the index finger pointed appears and swipes the apple to the right.]

sleeping

[A half moon stacked letters of "Z", all different sizes swipes in from the left at the same time along with "+" burst that fade away. The hand swipes the moon to the right]

and being active, to name a few.

[An icon of a flexed arm appears on screen inside a small circle with "+" sign burst that quickly fade off screen. The flexed arm icon and hand disappear. A heart appears inside a larger circle. The heart beats while "+" sign bursts and quickly fade.]

Put it this way: when you live a healthy life, you may be younger than the number of candles on your birthday cake.

[A birthday cake quickly assembles in layers from the bottom up inside a large circle. The birthday cake, has dripped frosting and five lit candles. The lit candles begin to disappear, one-by-one.]

But the reverse is also true, depending on your overall health.

[A side profile of a male avatar's head appears inside a small circle to the left of a health status bar. There are five small red hearts above the bar slowly fade until just their outlines remain. The fully shaded health status bar slowly fades backwards.]

Knowing your Vitality Age is the best way to find out how healthy you are right now,

[A laptop computer appears on screen with a running shoe icon inside a small circle on its screen. The running shoe swipes left across the laptop screen as a red apple swipes onto the screen from the right. As the apple swipes left, a smiley face swipes on from the right.]

and to help to set goals to further improve your health,

[A thumbs-up icon inside a small circle appears on screen. Other smaller thumbs-up icons within circles appear all around the first icon.]

little by little.

[The thumbs up icons disappear as a staircase appears on screen. A small white ball jumps up the stairs one-by-one.]

And you don't have to be a Manulife *Vitality* member to learn yours.

[A hand holding a smartphone appears. On the smartphone screen, the numbers "35" "36" and "37" scroll upwards, controlled by the thumb. The number "37" stops on screen, highlighted in orange while "+" sign burst appear and fade away quickly.]

Find out how healthy you are today at Manulife.ca/Vitality

[The Manulife *Vitality* logo appears on a green background, The website address "Manulife.ca/Vitality" appears beneath.]

Vitality is the provider of Manulife *Vitality*, offered in connection with the Manulife life insurance policy. Insurance products are issued by The Manufacturers Life Insurance Company. The Vitality Group Inc., in association with The Manufacturers Life Insurance Company, provides the Manulife Vitality program. The Manulife *Vitality* program is available with select policies. Vitality, Vitality Age and Vitality Health Review are trademarks of Vitality Group International, Inc., and are used by The Manufacturers Life Insurance Company and its affiliates under license. Manulife, Manulife & Stylized M Design, and Stylized M Design are trademarks of The Manufacturers Life Insurance Company and are used by it, and by its affiliates under license.