

## **Manulife *Vitality*: Track Activities Transcript**

**[This video is an animated illustration.]**

### **Being active doesn't have to mean pumping iron five days a week**

[A flexed arm appears on screen inside a square box. As the arm flexes, the numbers one through five appear in the top left corner and lightning bolts flash beside the tricep.]

### **But that's cool if you want to!**

[A thumbs-up icon inside a circle appears on screen surrounded by "+" sign burst that quickly fade off screen.]

### **For everyone else, the opportunity to be active is all around.**

[A side profile of a female avatar's head appears inside a circle. A larger circle orbits around the smaller circle. Small icons (an apple, a thumbs up, a kettle bell, a heart, a running shoe and a smiley face) appear within the orbit as it rotates right.]

### **In fact, you're probably more active than you think.**

[A word bubble with the word "think" appears on screen.]

### **Yes, you!**

[A male avatar appears on screen standing inside a lightly shaded circle with his back in view, and his head turned left. An exclamation mark appears over his head as he turns it right then left.]

**With Manulife *Vitality*, you could be earning rewards by tracking simple, everyday activities**

[A wearable device appears close up in the centre of the screen and pans back while “+” signs burst around it then quickly fade off screen. A hand with a pointed finger appears. The hand touches the screen of the wearable device, then both disappear. A calendar appears on screen with empty squares that represent each day of a month.]

**like regular visits to the doctor and dentist,**

[The empty calendar squares fill in for the first half of the month and a heart appears between the final filled in square and the next day of the month. “+” signs burst around it then quickly fade off screen. The calendar disappears and an open mouth appears, with sparkling teeth. The mouth disappears]

**taking the stairs**

[A staircase appears on screen. A small white ball jumps up the stairs one-by-one.]

**or hopping off the subway two stops early to squeeze in a few more steps.**

[The stairs disappear. A closed subway door appears, then then opens from the middle of the screen to reveal an avatar’s legs from the knees down, wearing running shoes. The avatar jumps on the spot twice, then walks off the subway.]

**Fitting the little things in is all it takes. And since every little move you make adds up,**

[A horizontal row of five different coloured bars begins to grow from the bottom up in an ascending order from left to right as “+” signs burst that quickly fade off screen. A white ball bounces across the top of each bar then bounces off screen.]

**Why not keep score and get rewarded for it?**

[A hand holding a smartphone appears on screen. As the thumb scrolls up, “1700 -1732” begin to scroll, starting slow and gradually moving quicker begin counting on the bottom of the screen. A medal and ribbon appear on screen above the scrolling points.]

**Manulife *Vitality* empowers you to take charge of your health, little by little. And we’re with you every step of the way. Find out how to start tracking**

[A large red heart appears in the centre of the screen between two hands. Lines following various paths begin to connect from the edge of the screen to different points on the heart as the heart beats. A new screen appears with a wearable device in the centre. A row of triangles appears behind the watch (the tops of the triangles point towards the right of the screen) and move towards the right of the screen as a green screen on the device pulses with a “+” signs and the screen pans closer.]

**And earning today at [Manulife.ca/Vitality](https://Manulife.ca/Vitality)**

[The Manulife *Vitality* logo appears on a green background, The website address “[Manulife.ca/Vitality](https://Manulife.ca/Vitality)” appears beneath.]

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