

## Manulife Vitality: Know Your Health

**[A woman – *the narrator* – wearing a pink blazer and black and white striped t-shirt, stands in front of a window, with a background of foliage and trees. She smiles and begins to speak. A Manulife and Vitality logo appear in a video screen next to her. ]**

Manulife *Vitality* is a program that makes health a top priority.

**[The video changes to show a Vitality Health Review Clipboard icon.]**

Once you become a program member, the first step that you take towards knowing your health and earning Vitality Points™ is by completing the Vitality Health Review.

**[A variety of screen shots from the Vitality Health Review webpage appear next to the narrator.]**

The Vitality Health review is an online survey members take that asks questions about your health habits.

**[Results from the Vitality Health Review survey webpage appear next to the narrator. The words: Here's Your Vitality Age appear with the number 36 highlighted. A heart shaped icon also appears.]**

The result of the Vitality Health review is your Vitality Age – a clinically sound and impactful measurement of your relative age. Your Vitality Age can be higher or lower than your actual age, and can serve as an indication of your overall health. You'll also be provided with insights into your overall health: areas where you're doing well and areas that may need additional focus.

**[Images of the Vitality Health Results webpage appear next to the narrator. The screen changes to a close-up view of the webpage to feature two sections. The first section has a heading showing the words: Needs to Improve. Under this heading are subheadings for Blood Pressure, Nutrition and Physical Activity. The second main section has a heading showing the words Healthy Range. Under this heading are subheadings for Alcohol Consumption, Body Mass Index and Mental Discomfort. The screen changes to show images of the Vitality Goals webpage.]**

The Health Results section of the Review will identify areas to improve your overall health. It also provides useful information and goals that are tailored to your specific health profile, offering helpful suggestions for managing overall well-being.

**[A bulls-eye icon appears along with the words: Goal Suggestion: Take more steps each day.]**

For instance, a goal might be to recommended ways to get more active every day for those who have a lower level of activity.



**[The screen shows a series of close ups of the Vitality Goal setting tools available on the website]**

Personal goals can be created online and encouragement is given to make them more actionable. Checking in on goals more frequently means more Vitality Points for staying on track.

**[Images of the Vitality Learning Centre webpage appear, followed by images of the educational tools available on the Health Resources webpage.]**

The Vitality Learning Centre is also a valuable resource and another opportunity to earn Vitality Points. It offers online education courses on a wide range of topics like nutrition and sleep.

**[The narrator reappears on screen, along with a dollar sign icon to her right. Manulife and Vitality logos appear, followed by three more icons; one for an apple, a trophy and a dollar sign.]**

Manulife *Vitality* is a revolutionary type of life insurance that allows for a greater level of ownership in your well-being, while offering potential savings on insurance premiums. It's simple: Live Healthy. Earn rewards. Save money.

**[The screen changes to a black background showing the Vitality and Manulife logo in white along with the words: The Manufacturers Life Insurance Company, and disclaimer:]**

Vitality is the provider of the Manulife *Vitality* program, offered in connection with the Manulife life insurance policy. Life insurance products are issued by The Manufacturers Life Insurance Company. Eligibility for specific rewards or participation in specific reward programs may vary depending on the province of residence, Vitality Status, and/or the type and in-force status of Manulife Vitality insurance policy that is held. Points levels for each Vitality Status and activity are subject to change. Vitality is a trademark of Destiny Health Inc., and is used by The Manufacturers Life Insurance Company and its affiliates under license. Manulife, the Block Design, the Four Cube Design, and Strong Reliable Trustworthy Forward-thinking are trademarks of The Manufacturers Life Insurance Company and are used by it, and by its affiliates under license.

We operate as John Hancock in the United States and Manulife in other parts of the world.

