

## Manulife Vitality: Tracking Activities

**[A woman – the narrator – wears a pink blazer and black and white striped t-shirt. She stands in front of a window, with a background of foliage and trees. She smiles and begins to speak. Logos for Manulife and Vitality appear in a video screen next to her. The video changes to show five icons in sequence: a running shoe, a running man, a swimming pool, an exercise bike, and a medicine ball.]**

As a Manulife *Vitality* member, you can get rewarded when you use wearable technology to help with tracking of your day-to-day activities. So whether you walk, run, swim, cycle or workout at the gym, we've got you covered!

**[The video changes and a fitness watch icon appears. The word free appears.]**

To encourage you to get started, we offer all new Manulife *Vitality* program members a free Garmin® activity tracking device.

**[The video changes and a touch screen tablet computer icon appears. A Manulife logo appears. The word Vitality appears below it. A dotted line appears from the tablet icon to the Manulife logo. Symbols appear for wireless internet connection and for USB, the port on a computer used for connecting devices.]**

You can easily link your Garmin account to Manulife *Vitality*, which will allow for automatic sharing of your tracked physical activity. The Garmin Connect app allows workouts to be uploaded and automatically synced with Manulife *Vitality*, or transferred with a USB device.

**[The video changes and a fitness watch icon appears. A symbol of a figure doing stretching exercises appears on the watch face. A tablet computer icon with a Manulife logo appear with the word Vitality on its screen. An arrow appears linking the fitness watch and tablet icon. The face on the fitness watch changes to show two symbols: a black box followed by a box with a heart. A star appears between the fitness watch and the tablet computer icon.]**

Other fitness devices and apps, such as Map my Fitness, are also compatible with Manulife *Vitality*. You can use one of these to track your activity and earn Vitality Points™ if you meet the workout criteria for Manulife *Vitality*.

Remember to link your device or application to Manulife *Vitality* and give permission to share your activity data.

**[The video changes to show seven animated icons: a heart, medicine ball, swimming pool, exercise bike, running shoe, running man and a calorie burning icon shaped like a flame. The icons circulate clockwise around a white circle at the centre of the video screen. Several icons enter the circle and are emphasized while the narrator speaks.]**

And what can be tracked? Anything from steps, to heart rate, to calories, it just depends on what device or app you use. There are options for every lifestyle – running, walking, cycling, swimming – the list goes on.



**[The video changes and a mobile phone icon appears. A Manulife logo and the word Vitality appear on the mobile phone logo screen. The video changes to show a series screenshots from the Vitality mobile app.]**

And you don't need a fitness tracker to participate in the program. Gym workouts can be tracked on your smartphone using the Manulife *Vitality* mobile app.

In addition, the mobile app allows you to log gym workouts using your phone's GPS – workouts have to be tracked for a 30-minute period only.

**[The video changes to show logos for Manulife and Vitality.]**

As you can see, with Manulife *Vitality*, submitting activities and earning points has never been easier. It's a level of connectivity that quickly becomes routine – and that's key to starting to live a healthy life.

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

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.

