

## Manulife *Vitality*: Leslie L. Member Story

**If I were to describe myself before the Manulife *Vitality* Program, it would be disjointed, post-program would be motivated.**

[ Leslie sits on the shaded deck in her fenced backyard on a sunny day. ]

**Prior to joining the Manulife *Vitality* Program, I did discover a lump on my thyroid and it turned out to be cancer.**

[Leslie walks with a big smile in a treed park.]

**My advisor and I had a very good conversation about whether cancer would factor into my fit with this program and he felt that there was no trouble whatsoever even though I have that history.**

Leslie's left hand takes the right hand of her young daughter (Daughter A).

[Leslie holds hands with her two young daughters (Daughter A and Daughter B) as they walk on a path in the park.]

[Leslie sits on the deck in her backyard.]

[Leslie pushes her daughters on swings at the park playground.]

**I've always been the kind of person who challenges herself, but having someone in my corner like the Manulife *Vitality* Program has really helped to motivate me and made my healthy choices a lot easier.**

[Leslie runs up the stairs of the playground equipment with her daughters.]

[Leslie sits at the top of the slide with her daughters, while Daughter B climbs onto her lap.

[ Daughter A goes down the slide alone.]

[ Leslie goes down the slide with Daughter B.]

[ Leslie and her daughters smile and laugh as they hop off the slide at the bottom.]

**It has certainly positively impacted my family because they're seeing their mother make these changes and so we are making better choices all around.**

[Leslie smiles in the foreground, while Daughter A hangs from the playground equipment in the background, spinning and smiling.]

[ Leslie takes the hand of Daughter A as they head towards the park path. ]

**My girls go on walks with. I'm enjoying myself and my girls are enjoying themselves and they're becoming more active as well and I actually got them some activity trackers so they can join me in achieving 10,000 steps and so on.**

[Leslie reaches her right arm back to take the hand of Daughter B.]

[Daughter B runs from the playground equipment towards Leslie and Daughter A on the park path.]

[Daughter B takes Leslie's hand, looks up at her and smiles.]

[Daughter B jumps into her arms from atop a small boulder in the park; Daughter A sits behind her, waiting her turn.]

**What I'm really enjoying is the regular emails whenever I get more points.**

[Leslie's daughters cartwheel and run across the park grass.]

[Leslie laughs and smiles as she watches her daughters at play.]

**I'm constantly being encouraged to go that next step.**

[Leslie sits on the shaded deck in her fenced backyard.]

**So the Manulife Vitality Program has helped me focus on living a long healthy life.**

[Leslie stands on the path in the park and turns towards the camera, smiling, with her hands on her hips.]

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. Please consult your financial representative to learn more and find out if you qualify for this product. Vitality is a trademark of Vitality Group International Inc., and is used by The Manufacturers Life Insurance Company and its affiliates under license. Eligibility for rewards may change over time and are not guaranteed over the full life of the insurance policy. 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.