



Manulife *Vitality* is a whole new kind of life insurance program that can reward people for healthy living.

In the Manulife *Vitality* program, members can:

Learn their Vitality Age™. Members can take an online Vitality Health Review™ to determine their Vitality Age. This is an indicator of overall health that may be higher or lower than a member’s actual age, and can improve over time through healthy living.

Earn Vitality Points™. Be active, get a health screening, even read online health articles – simple everyday habits like these will earn members Vitality Points. Members can watch their points grow by recording their activities using easy online tools.

Track healthy living. Members can claim and connect their free Garmin®, or connect their existing wearable device. The Manulife *Vitality* mobile app also makes it easy for members to track activities.

Achieve a Vitality Status™. Bronze, Silver, Gold or Platinum, a member’s Vitality Status is based on the number of Vitality Points they earn each year. Vitality Status is used to determine a member’s eligibility for rewards and their annual cost of insurance.

Enjoy rewards. Healthy living is rewarded! The more points a member earns, the higher their Vitality Status and the greater their potential rewards and discounts.

Live healthier. By making simple changes to everyday habits, Manulife *Vitality* members may experience increased energy, more productivity, and a healthier weight. Wouldn’t that feel great?

Visit Manulife.ca/Vitality or contact your advisor

Insert photo here	<p> <First_name> <Last_name> <Business_name> <Address> <City>, <Province> <PostalCode> Ph: <Telephone> Cell: <CellNumber> <email> </p>
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THE MANUFACTURERS LIFE INSURANCE COMPANY



Points levels for each Vitality Status and activity are subject to change. 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. Vitality is the provider of Manulife *Vitality*, offered in connection with the Manulife life insurance policy. Life insurance products are issued by The Manufacturers Life Insurance Company. Manulife and the Block Design are trademarks of The Manufacturers Life Insurance Company and are used by it, and by its affiliates under license. Vitality is a trademark of Destiny Health Inc., and is used by The Manufacturers Life Insurance Company and its affiliates under license. Garmin® is a trademark of Garmin Ltd. or its subsidiaries.