

Reaching for Gold



It's the everyday steps you take to stay healthy that matter when you're a member of the Manulife Vitality program. See how these people were easily able to reach a Gold Vitality Status™.



BRONZE
0 Points



SILVER
3,500 Points



GOLD
7,000 Points



PLATINUM
10,000 Points



ANNE
Age 30

JOHN
Age 40

SUSAN
Age 55

YOU
Age

Vitality Health Review™	Points	Points	Points	Points
Annual Vitality Health Review (VHR)	500	500	500	
Welcome Bonus – First-time VHR in first 90 days	1,500	1,500	1,500	
Vitality Check™ (Annual Health Screening)				
Annual Health Check (Biometric Screening)	500	500	0	
Body Mass Index (BMI) in range	1,000	0	0	
Glucose in range	1,000	0	0	
Cholesterol in range	1,000	0	0	
Blood pressure in range	1,000	1,000	0	
Non-tobacco user	1,000	1,000	1,000	
Physical Activity				
Physical activity review	0	0	250	
Light workout (2 per week, verified)	0	0	1,040	
Standard workout (3 per week, verified)	0	0	3,120	
Advanced workout (2 per week, verified)	0	3,120	0	
Prevention				
Annual flu shot	0	200	200	
Mammogram screening	0	0	200	
Dental screening	200	200	200	
Online Education				
Goals check-in (5 check-ins)	100	0	100	
Mental well-being reviews (2 courses)	100	100	100	
Nutrition courses (4 courses)	0	0	300	
Total Points	7,900	8,120	8,510	

For the most recent program information, please visit Manulife.ca/Vitality

THE MANUFACTURERS LIFE INSURANCE COMPANY



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