## Manulife



be sure to review your plan each year.

## ₿ $\bigotimes$ Your first year with Welcome! Register Vitality Health Review<sup>™</sup> Wearable Get connected Manulife *Vitality* Start at Bronze Receive a Grab your policy 500 points + 1,500 bonus Order Apple Watch or a Garmin Download the Vitality Status<sup>™</sup>! personalized number and register when completed in 90 days at exclusive member pricing Manulife *Vitality* app "Welcome" email So you've decided to take the first step 3,500 points towards a healthier, happier you. Way to go, Champ! We want to help you make the most Ħ Ø Q D Ē of the program so you can live healthy, Vitality Check™ **Online courses** Weekly goal **Vitality Active** Walk and earn points! earn rewards and save money - at your achieved! Rewards™ Hit Silver Complete a nutrition Set up a free health check 5,000 steps = **10 points** own pace, of course. Check out all the little Vitality Status! course for 75 points through ExamOne and earn 10,000 steps = 20 points Spin the Vitality Wheel™ Sign up for Vitality steps that could help you earn big rewards. up to 4,500 points 15,000 steps = **30 points** to win Vitality PointsTM or Active Rewards Amazon.ca Gift Cards 10,000 points U ťU) Vitality Squares ዎ Bronze status 0 points Play monthly for Work out and Flu shot **Enjoy and relax!** a chance to win Congrats, Champ! ☆ earn points! Hit Platinum Year 1 is in the books! Vitality Points or up 50% off Hotels.com $\mathbf{P}$ Silver status Log your annual flu Vitality Status! 3,500 points to **\$500** in Amazon.ca shot for 200 points for any two nights Standard workout = 20 points You worked hard Gift Cards Advanced workout = 30 points all year. Time to celebrate and give $\mathbf{Q}$ Gold status yourself a pat on 7,000 points the back! I Join a gym $\bigotimes$ On the road to . . . . . . . . . . . . . . . . . . . $\mathbf{P}$ **Platinum status** Get an exclusive Gold, champ! 10,000 points member discount Check out the Vitality Health Review **10% Vitality Points carryover** at GoodLife Fitness Points Planner Check your Vitality Age<sup>™</sup> Start vour vear off right with to plan your path Ē Vitality Check 10% of the Vitality Points earned to see your progress to Platinum. in your previous year\* Set up another free health Visit the dentist check through ExamOne 7,000 points Log a visit and and earn up to 4,500 points earn 200 points \*\*\*\* Keep it up in . Year 2! Non-smoker declaration **Review your financial plan** Hit Gold Vitality Status! Non-smokers receive An annual review of your financial plan can help 1,000 points you stay on track. Whether you work with a financial advisor or manage your plan on your own,

The Manufacturers Life Insurance Company

Manulife



## For more information visit **Manulife.ca/Vitality** or speak to your advisor.

## HEALTHQUOTES

64 Temperance Street | Aurora | ON | L4G6E1 Call us today to learn more at 800.474.4474 or email us at inquiries@healthquotes.ca We are delighted to assist

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