



Manulife *Vitality* Live healthy. Earn rewards.

Know Your Health

Complete assessments and health screenings to understand your health and earn Vitality Points™.

- Vitality Health Review™
- Mental Well-being Assessments
- Nutrition Assessment
- Non-smokers Declaration
- Vitality Check (Blood pressure, Cholesterol, Body Mass Index and Glucose level)

Improve Your Health

The more you do to improve your health, the more Vitality Points you earn.

- Activate Vitality Active Rewards™. Get a new points activity target every Monday.
- Link your fitness device or app to log steps or heart rate.
- Complete Light, Standard, or Advanced level workouts.
- Participate in registered athletic events (5 km run, triathlon, etc.)
- Get a flu shot or dental checkup.

Enjoy The Rewards

Reach your weekly activity target and claim your reward.

- Spin the Vitality Wheel™ or get a defined reward – depending on the province you live in.*
- Claim extra Vitality Points or your gift card from companies like Tim Hortons, Cineplex and Indigo.
- Additional rewards sent to you by email** when you reach higher Vitality Status levels. (e.g. 40% discount on Garmin activity device when you reach Silver Status)

Vitality Status

The more points you have, the higher Vitality Status™ you'll reach. Reaching Vitality Status levels unlocks more rewards.

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|---------------------------|-------------------------------|-----------------------------|----------------------------------|
| Bronze 0 points | Silver 3,500 points | Gold 7,000 points | Platinum 10,000 points |
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* Quebec residents receive a defined reward. Residents from all other provinces receive a spin of the Vitality Wheel.

**Email notifications must be turned on (within the app) to receive these rewards.

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