

Earn Vitality Points™ for healthy living

Living healthy is the key to greater savings and rewards. Start by earning Vitality Points through education, fitness and prevention. The more points you earn, the higher your Vitality Status™ (Bronze, Silver, Gold or Platinum) and the greater your potential savings and rewards.



BRONZE
0 Points



SILVER
3,500 Points



GOLD
7,000 Points



PLATINUM
10,000 Points

Vitality Health Review™ (VHR)	Points	Maximum per program year
Welcome Bonus – Complete VHR in first 90 days after the insurance policy date	1,500	Once per lifetime
Annual VHR	500	Once per year
Bonus – Complete VHR in the first 90 days of new program year	250	Once per year after first year
Vitality Check™ (Annual Health Screening)		
Body Mass Index (BMI) check	125	Once per year
BMI of 18.5–24.9	1,000	Once per year
BMI of 25–28	500	Once per year If BMI improves (18.5–24.9) in the year, add 500 points
Glucose check	125	Once per year
Fasting glucose < 5.6 mmol/L or HbA1c < 5.7% if you do not have diabetes or HbA1c < 7% if you have diabetes	1,000	Once per year
Cholesterol check	125	Once per year
Total cholesterol reading of < 5.2 mmol/L (an LDL reading of < 4.1 mmol/L may be acceptable in certain situations)	1,000	Once per year
Blood pressure check	125	Once per year
Reading of 120/80 or less	1,000	Once per year
Non-tobacco user	1,000	Once per year
Prevention		
Annual flu shot	200	Once per year
Pap smear screening	200	Once per year
Mammogram screening	200	Once per year
Colorectal screening	200	Once per year
Dental screening	200	Once per year
Prenatal care	1,000	Once per year
Online Education		
Interactive tools	25 each	Four per year
Mental well-being reviews	50 each	Three per year
Nutrition courses	75 each	Six per year
Goals check-in	20	Once per week. Maximum 1,040 points per year
Certification		
First aid training	100	Once per year
CPR training	100	Once per year

Physical Activity	Points	Maximum per program year
Physical activity review	250	Once per year
Workouts		
Light workout (one of the following): <ul style="list-style-type: none"> 5,000–9,999 steps per day using your wearable device Active Calories tracked through Apple Watch - Personalized targets are presented for workout levels in the iOS version of the Manulife <i>Vitality</i> App Using a heart rate monitor,¹ exercise at an average of 60% or more of your maximum heart rate for 15–29 minutes Using the MapMyFitness app (or other calorie counting app), you burn between 100 and 199 calories during a workout 	10	You can earn points for one verified workout per day (30 point maximum). When multiple workouts are recorded for the same day, you'll be credited with the one that is worth the most points. Maximum 6,000 points per year.
Standard workout (one of the following): <ul style="list-style-type: none"> 10,000–14,999 steps per day using your wearable device Active Calories tracked through Apple Watch - Personalized targets are presented for workout levels in the iOS version of the Manulife <i>Vitality</i> App Using a heart rate monitor,¹ exercise at an average of 60% or more of your maximum heart rate for 30–44 minutes Working out at a health club for 30 minutes or more Using the MapMyFitness app (or other calorie counting app), you burn between 200 and 299 calories during a workout 	20	
Advanced workout (one of the following): <ul style="list-style-type: none"> 15,000 or more steps per day using your wearable device Active Calories tracked through Apple Watch - Personalized targets are presented for workout levels in the iOS version of the Manulife <i>Vitality</i> App Using a heart rate monitor,¹ exercise at an average of 60% or more of your maximum heart rate for 45 minutes or more Using the MapMyFitness app (or other calorie counting app), you burn 300 or more calories during a workout 	30	
Organized Athletic Events (Walking, Running, Cycling, Triathlon²)		
Level 1 <ul style="list-style-type: none"> Run or walk 3 km – 9 km Cycle 10 km – 40 km Triathlon Super Sprint 	250	Subject to physical activity category maximum. Maximum 1,500 points per year.
Level 2 <ul style="list-style-type: none"> Run or walk > 9 km – 20 km Cycle > 40 km – 99 km Triathlon Sprint 	350	
Level 3 <ul style="list-style-type: none"> Run or walk > 20 km Cycle > 99 km Triathlon Olympic, ITU, Half or Full 	500	

NOTE: Physical activity workouts and athletic events can earn a category maximum of 7,500 points annually.

ADDITIONAL POINTS

Activity	Points	Maximum
Carry-over of 10% of previous year's points (Kick-Start Bonus)	Varies	N/A

¹Select heart rate wrist monitor devices are eligible and subject to change.

²Proof of event completion is required.

Manulife *Vitality* program rewards and discounts are only available to the person insured under the eligible life insurance policy. Rewards may vary based on the type of insurance policy purchased for the insured person (Manulife *Vitality* program Member). For the purposes of this presentation it is assumed that you are both the policy owner and the insured person. If you are not both the Manulife *Vitality* program member and the insured person, the discounts, rewards, and wearable device will be provided only to the insured person to encourage participation in the program. Status is attained based on the actions of the insured person only.

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



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, Vitality Points, Vitality Status, Vitality Health Review and Vitality Check are trademarks of Vitality Group International, Inc., and is used by The Manufacturers Life Insurance Company and its affiliates. Points levels for each Vitality Status and activity are subject to change.