

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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