

Manulife Vitality App

What is the Vitality App?

The Vitality App is an additional program offered by Manulife. The app promotes fitness and well-being and provides tools and rewards to encourage a healthy lifestyle.

Is the Vitality App mandatory and who is it available to?

Enrollment on the Vitality App is completely optional. The App is available to employees enrolled in the Health plan. It is not available to dependents.

What rewards are offered in the Vitality App?

If you reach weekly goals in the Vitality App, rewards include additional Vitality points or gift cards to brand name companies such as Indigo, Tim Horton's and Cineplex. Gift cards are sent through email and are non-taxable. Once you reach Silver status, you will receive an email with a coupon for 40% off two (2) wearable Garmin devices.

Is information that I share on the Vitality App secure?

Yes. There are privacy protocols in place on the Vitality App. All information is stored in Canada, they do not sell information to third parties, and they do not provide the information to Manulife or the employer.

Linking to Vitality

What apps are compatible to link to Vitality?

- Apple Health App (connects to Apple Watch)
- Fitbit
- Garmin
- iHealth
- PolarFlow
- Strava
- Suunto
- Withings

If you do not have a wearable device, you can link the fitness app of iHealth (Apple) or Strava (Android) to count your steps.

Data must be verified, where information is coming from a fitness tracking device (phone or wearable). You will not be able to self-report steps from a pedometer or other tracking methods.

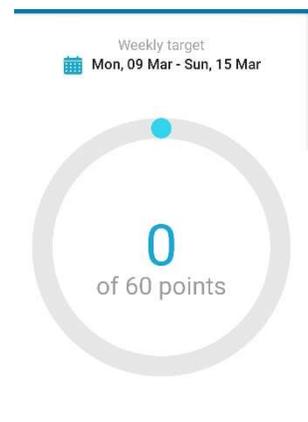
For more information on linking your device, contact Manulife at 1-800-268-6195.

Earning Points

There are several ways to earn points. You can earn Vitality points by completing the various questionnaires related to Health, Nutrition and Mental well-being. As well, if you are a non-smoker you can complete a Non-Smoker Declaration to earn 1000 points.

Weekly Goals & Earning Points

Vitality weekly goal program runs Monday to Sunday and provides you with a weekly target based on your answers to the health questionnaires.



To earn points toward weekly goals:

- 10 points = 5000 steps or 15 minutes at an average of 60% of more of max heart rate*
 - 20 points = 10,000 steps or 30 minutes at an average of 60% of more of max heart rate*
 - 30 points = 15,000 steps or 45 minutes at an average of 60% of more of max heart rate*
- * 20 and 30 points per day will count toward your weekly goal. 10-point days will count toward total overall Vitality points

How do I check my Vitality points?

10 points per day

- Your points will count toward your overall total Vitality points
- You point will not appear under Vitality Active Rewards or count toward your weekly goals
- Click on the menu at the top or bottom of the Vitality app.
 - Android – top of app, down menu will appear
 - Apple – menu is at the bottom of the app
- Click **Points**
- Your 10 points earned for the day will be tracked in this section



Wednesday, 11 March 2020



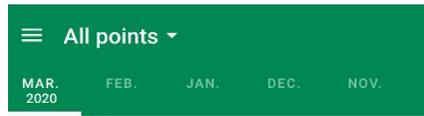
30

You earned the maximum points available for this activity

30 towards Active Rewards target

Heart Rate

Garmin



Garmin

Monday, 09 March 2020



10

You earned the maximum points available for this activity

Steps

Garmin

20 or 30 points per day

- Your points will appear under **Vitality Active Rewards Section** and count toward your weekly goals
- Points will come from heart rate OR steps but are not combined
- Heart rate points must be obtained in one consecutive workout in a day
- If you track steps and heart rate in the same day, Vitality will select whichever is a better value

Example:

You have 5000 steps (10 points) and 45-minute heart rate workout (30 points), Vitality will select the 30-point workout.

Note: Your daily step total will not appear in the Vitality app. You can check your daily steps by opening your wearable device app such as Fitbit, Garmin or iHealth.

Silver Status

Once you reach silver status, you will receive an email with a discount code for 40% off two (2) Garmin wearable devices. You will have 90 days to purchase a wearable Garmin device with your discount code.

Questions?

For any questions related to Vitality app including linking your device, point system, receiving emails for rewards, etc. please contact Manulife at **1-800-268-6195** for assistance