



Frequently Asked Questions

What is the goal/objective with offering the Manulife Vitality program?

We want to create a culture of wellness to improve our plan members' health and well-being, while creating a positive work environment.

Will my personal health information be shared with the company and/or Manulife?

No. Your personally-identifiable health and lifestyle information is not shared with our company or with Manulife without your consent. We will get high-level depersonalized summary information, so we can understand different trends and see how well we're doing as an organization.

Do I have to participate?

Your participation in the program is entirely voluntary. You don't have to participate in any part of the program if you don't wish to.

What's in it for me?

Manulife *Vitality* motivates you to make healthy choices and rewards you for doing so. You'll earn rewards simply for taking care of yourself and leading a healthy lifestyle. So not only are you living every day in a healthy way, you're helping create a culture of wellness here at our organization. Together, we can work toward achieving individual and our company's health and wellness goals.

How much time will this take?

As much time as you put into it. With time and commitment, you can get to Platinum Vitality Status™ within a year! We will all work together to achieve this goal.

Do I have to be healthy to participate?

No. The program is designed to work for all levels of fitness and health, whether you're just starting out on your wellness journey or have been living a healthy lifestyle for years.

I am already healthy, why should I participate?

Congratulations on living a healthy lifestyle. With Manulife *Vitality* you can get rewarded for your efforts! You'll also be a great role model for your peers who are just starting out.

For more information on Manulife *Vitality* and how to sign up, sign in to your Manulife Group Benefits online account.