

Earning Points and Status

Manulife Vitality for Group Benefits

Vitality Status

Vitality Status™ is determined by the number of Vitality Points™ the member earns based on the activities in which he/she participates. There are four Vitality Status levels.

Bronze	0 points
Silver	3,500 points
Gold	7,000 points
Platinum	10,000 points



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Vitality Activities

The charts below show the Vitality Points value of many activities available.

Vitality Reviews and Assessments

Activity	Points	Frequency
Vitality Health Review™ (VHR)	500	Once per year
90-day VHR Welcome Bonus*	1,500	Once per lifetime
Mental Well-being Assessment (x3)	100 per assessment	Once per year
Vitality Nutrition Assessment	300	Once per year
Non-smokers Declaration	1,000	Once per year

*Completed within the first 90 days of joining the program.

Physical Activity

Activity	Points	Frequency
Light workout	10	Max of 30 points per day based on the highest workout achieved. Category max 6,000
Standard workout	20	
Advanced workout	30	
Athletic event: level 1	250	One per day based on highest level achieved. Category max 1,500
Athletic event: level 2	350	
Athletic event: level 3	500	

Category maximum: 7,500 points per program year

Vitality Check

Activity	Points	Frequency
Body Mass Index (BMI)	125 (screening)	Once per year
Blood pressure	125 (screening)	Once per year
Cholesterol	125 (screening)	Once per year
Blood glucose/HbA1c	125 (screening)	Once per year
BMI ≥ 18.5 and <25	1,000 (results)	Once per year
Blood pressure	1,000 (results)	Once per year
Total cholesterol	1,000 (results)	Once per year
Blood glucose/HbA1c	1,000 (results)	Once per year

Prevention

Activity	Points	Frequency
Pap smear	200	Once per year
Mammogram	200	Once per year
Colorectal screening	200	Once per year
Dental check-up	200	Once per year
Flu shot	400	Once per year

Category maximum: 1,000 points per program year