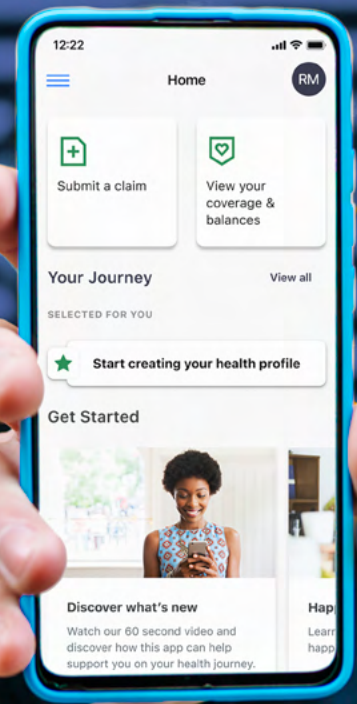


Tap into better health

Get more health from your benefits.



Introducing enhancements to the **Manulife Mobile** app, an integrated, personalized 1-stop shop to help motivate and guide members to reach their wellness goals.

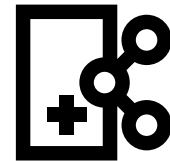
We've added new ways to:



Help improve health



Connect with care



Manage benefits

We know from recent findings that members are struggling to prioritize their health:

- 48 working days a year are lost per employee due to health-related absence and presenteeism.¹
- Approximately 1 in 5 people describe their mental health as generally poor.
- 54% of members are living with at least 1 diagnosed chronic condition.²

We're reimagining our digital health and benefits experience – delivering support and illuminating simple next steps to help Canadians get more health from their benefits.

With a benefits plan powered by Manulife, every action may help build a **healthier future**.

New and enhanced features within the existing Manulife Mobile app help empower and guide employees' health journey:

	Health profile and journeys	Complete your health profile ³ and receive personalized recommendations for programs to help manage existing conditions or reach a new wellness goal.
	Benefits literacy programs	New resources and features to help you learn the ins and outs of your benefits plan, the coverage you have, how to use it, and when.
	Get care	Access health products and services available through your benefits plan. You can find health care providers and save money by comparing the cost of prescription drugs at different pharmacies – right from the app!
	Wearables integration	Small steps can help build a healthier future. Connect your wearable device to track your activities and hit your goals! ⁴
	Live chat	Have questions? Chat with one of our agents in real time. Ask us about your benefits plan, how the enhanced Manulife Mobile app works, and tools you have access to. ⁵
	Claims	Members can continue to submit claims, view claims history, check coverage balances, and see their digital benefits card.
	Coming soon! Challenges	Friendly competitions to help members stay engaged and motivated towards achieving their health and wellness goals. Members can participate as part of a team or individually in a variety of competitions.
	Coming soon! Rewards	Earn while you learn! Stay motivated with streaks and badges by completing your health profile and learning from programs and activities.

Get more out of your benefits plan and tap into better health today!
Contact your Manulife representative to learn more.

¹ Statistics and data from the 2022 Wellness Report surveys results. Manulife collaborated with Phase 5 and RAND Corporation to conduct the Wellness Report surveys and reporting. 47 Manulife group sponsors participated to The Wellness Report in 2022 and 4,921 employees responded to the online surveys. The Wellness Report surveys were conducted in February, May, and October 2022.

² 2023 Benefits Canada Healthcare Survey

³ Completion of health profile is not mandatory, but it helps us personalize program recommendation.

⁴ Manulife Mobile can be connected to wearable devices that work with Apple Health or Google Fit.

⁵ Live chat agents are available when the 'Live chat' option appears in the lower right-hand corner of your screen. Simply click on it to start a chat. Live chat is available during hours of operation Monday to Friday between 9 a.m. to 7 p.m. ET. (9 a.m. to 5 p.m. for French).

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