

My Manulife *Vitality* Story

My Manulife <i>Vitality</i> Activities	Points - Manulife <i>Vitality</i> Status	Cash Flow
Purchased \$500K T10 with Manulife <i>Vitality</i> <ul style="list-style-type: none"> • \$500K Face amount • Current Premium: \$326/yr 	0 - Bronze	(\$326)
Did the Manulife <i>Vitality</i> Health Review	2,000 - Bronze	
Booked my Manulife <i>Vitality</i> Check (nurse visit)	5,500 - Gold	
Ordered my free Garmin and sold it		\$75
Enrolled in Apple Watch Program <ul style="list-style-type: none"> • Cost me \$170 (\$99 deposit + \$70 taxes (\$550*.13)) 		(\$170)
Signed up for Goodlife fitness \$780 normally, got it for \$400		\$380
Get a flu shot	200 - Gold	
Monthly Apple watch payment \$0 <ul style="list-style-type: none"> • 500 points/mo * 12 mo • \$17/mo savings * 12 mo 	6000 - Platinum	\$204
Use Hotels.com discount <ul style="list-style-type: none"> • 50% off two night stay 		\$400
Result: Financial motivation to be healthy	Result: 13,700 points (Platinum)	Result: \$563 positive cash flow