

Getting to *gold*

Did you know that there are over 20,000 points available in the John Hancock Vitality Program? See how four very different people were easily able to use the approach that worked best for them to stay healthy, **accumulate over 7,000 points — and get to Gold Vitality Status!**

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





Home



Anna,
30 years old



John,
40 years old



Susan,
50 years old



Bob,
60 years old



Contact us

Anna

30 years old

Anna doesn't exercise often but she is diligent about following up on preventative care and taking care of her mental well-being. See how she got to Gold!

Vitality activity	Points
Vitality Health Review	
Annual Vitality Health Review (VHR)	500
First time VHR - BONUS!	500
Vitality Check	
Body Mass Index (BMI) in-range	1,125
Glucose in-range	1,125
Cholesterol in-range	1,125
Blood pressure in-range	1,125
Non-tobacco user	1,000
Physical activity	0
HealthyMind	
Meditation (10 minutes, once a week)	200
Prevention	
Dental screening	200
Mammogram screening	200
Online education	
Tufts Nutrition Webinars (2 webinars)	100
Mental well-being reviews (2 courses)	100
TOTAL	7,300





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John

40 years old

John is in excellent health. He works out hard a few days a week in addition to being on top of his doctor visits, among other things. Though he can work at improving his glucose and cholesterol levels to ensure they fall within a healthy range, there are a lot of things he is doing well.

Vitality activity	Points
Vitality Health Review	
Annual Vitality Health Review (VHR)	500
Vitality Check	
Glucose and cholesterol screening	250
Blood pressure in-range	1,125
Non-tobacco user	1,000
Physical activity	
Advanced workout (300+ calories burned, 3x per week)	4,680
Vitality HealthyFood™	
Fresh produce purchases*	100
Prevention	
Annual flu shot	400
Dental screening	200
Online education	
Mental well-being reviews (2 courses)	100
TOTAL	8,355





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Susan

50 years old

Susan does a variety of healthy activities often, but doesn't push herself to her healthiest max. Although her BMI, glucose, blood pressure and cholesterol ratings were not in range this year, she did get points for getting an annual Vitality Check, walking five days a week, as well as for other healthy choices.

Vitality activity	Points
Vitality Health Review	
Annual Vitality Health Review (VHR)	500
Complete VHR in first 90 days - BONUS!	250
Vitality Check	
BMI, glucose, cholesterol, blood pressure screening	500
Non-tobacco user	1,000
Goals	
Goals Check-in	520
Physical activity	
Physical activity review	250
Light workout (5,000 steps, 5x per week)	2,600
Vitality HealthyFood™	
Fresh produce purchases*	100
Prevention	
Annual flu shot	400
Mammogram screening	200
Dental screening	200
Online education	
Tufts Nutrition Webinars (2 webinars)	100
Mental well-being reviews (2 courses)	100
Nutrition courses (4 courses)	300
TOTAL	7,020





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Bob,
60 years old



Contact us

Bob

60 years old

Bob is consistent about getting exercise and his annual physical, but there are a few key areas where he could be healthier. For example, he could quit smoking, watch his stress levels and reduce his intake of unhealthy food.

Vitality activity	Points
Vitality Health Review	
Annual Vitality Health Review (VHR)	500
Complete first VHR - BONUS!	500
Vitality Check	
Glucose in-range	1,125
Cholesterol in-range	1,125
Blood pressure screening	125
BMI screening	125
Non-tobacco user	0
Physical activity	
Standard workout (10,000 steps, 3x per week)	3,120
Prevention	
Dental screening	200
Online education	
Nutrition courses (4 courses)	300
TOTAL	7,120





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Contact us

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No matter where you are in your healthy living journey, it's about the every day steps you take to stay healthy that matter when you're a member of the John Hancock Vitality Program.

Learn more by visiting
JohnHancockVitality.com, or
contact your insurance agent.

*HealthyFood points are based on qualifying purchases and may vary based on the terms of the Vitality Program. The HealthyFood program is currently not available in Guam.

Vitality is the provider of the John Hancock Vitality Program in connection with policies issued by John Hancock. John Hancock Vitality Program rewards and discounts are available only to the person insured under the eligible life insurance policy, may vary based on the type of insurance policy purchased and the state where the policy was issued, are subject to change and are not guaranteed to remain the same for the life of the policy..

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