



Frequently Asked Questions

What is Manulife *Vitality*?

It's a digital health and wellness program that motivates people to make healthy choices, and then rewards them for doing so. The personalized weekly targets, intuitive actions, and science-based motivation techniques are what makes this program unique.

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

Ultimately, we want all our employees to be healthy and we want to foster a culture that supports their health, wellness and vitality. This program directly aligns with [VIU's People Plan](#) invitation for action to encourage employee well-being.

Who is eligible to participate in the voluntary program?

VIU employees with extended health care coverage. This employee perk is for employees only. If you have used Manulife's [plan member website](#), expect an email from Manulife soon, explaining how to register for the *Vitality* program. Instructions on how to register for *Vitality* will also be available at VIU's [Thrive Here](#) webpage starting on November 24, 2020.

What if I am not registered on the Plan Member website?

Not registered on Manulife's site yet? [Click here](#).

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

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

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.

Will I be penalized if I don't participate in the program?

No. Although we encourage participation in the program, it is *not* mandatory.

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 institution.

How much time will this take?

As much time as you put into it. It's up to you.

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 any of 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 on or after the launch date of **November 24, 2020**.