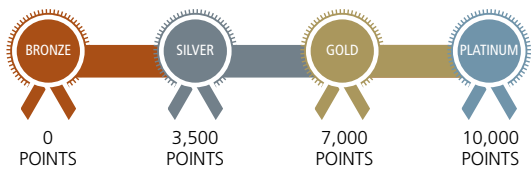


Reaching for Gold

It's the everyday steps you take to stay healthy that matter when you're a member of the John Hancock Vitality Program. See how these people were easily able to reach a Gold Vitality Status.



ANN, AGE 30



JOHN, AGE 40



SUSAN, AGE 50



BOB, AGE 60

Vitality Health Review	Points	Points	Points	Points
Annual Vitality Health Review (VHR)	500	500	500	500
Bonus – Complete VHR in first 90 days	250	250	250	250
Bonus – First time VHR	500	500	500	500
Vitality Check (Annual Health Screening)				
Annual Health Check (Biometric Screening)	500	500	500	500
Body Mass Index (BMI) in-range	1,000	0	0	0
Glucose in-range	1,000	0	0	1,000
Cholesterol in-range	1,000	0	0	1,000
Blood pressure in-range	1,000	1,000	0	0
Non-tobacco user	1,000	1,000	1,000	0
Physical Activity				
Physical activity review	0	0	250	0
Light workout (6 per week, verified)	0	0	3,120	0
Standard workout (3 per week, verified)	0	0	0	3,120
Advanced workout (2 per week, verified)	0	3,120	0	0
Prevention				
Annual flu shot	0	400	400	0
Mammogram screening	0	0	200	0
Dental screening	200	200	200	200
Online Education				
Health assessment calculators (4 calculators)	100	0	100	0
Mental well-being reviews (2 courses)	100	100	100	0
Nutrition courses (4 courses)	0	0	300	300
Total Points	7,150	7,570	7,420	7,370

Contact your financial advisor for more information on the John Hancock Vitality Program.

Status is attained based on the actions of the life insured only. Vitality is the provider of the John Hancock Vitality Program in connection with your life insurance policy. Insurance products are issued by John Hancock Life Insurance Company (U.S.A.), Boston, MA 02117 (not licensed in New York) and John Hancock Life Insurance Company of New York, Valhalla, NY 10595.
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