



Top 5 reasons John Hancock Vitality is the choice for people with diabetes

Healthy eating, regular exercise, routine health care and stress reduction can enable people living with type 2 diabetes to manage their blood sugar and overall health. What's more, studies show that people can achieve small, sustainable improvements with the right tools and incentives.¹ Take a look at the top 5 reasons why the John Hancock Vitality Program offers an ideal solution for these clients.



1. Encourages living healthy to save insurance costs

- **Lowers life insurance premiums** by as much as 15% through activity and other healthy habits
- **Offers rewards and discounts** to celebrate successes



2. Promotes regular exercise to help lower blood sugar and control weight

- **Rewards physical activity**, and offers discounts on healthy gear
- **Provides complimentary and discounted wearable devices**



3. Offers personalized recommendations and rewards to help clients stay on track

- **Awards points for free annual health check**, encouraging the regular doctor visits recommended for people with diabetes
- **Supports the achievement of milestones**, such as reaching a healthy weight and taking prescribed medication regularly
- **Tracks progress** with a free mobile app



4. Supports and rewards healthy eating, which can help manage blood glucose

- **Increases the affordability of healthy eating** through the HealthyFood™ benefit, with savings of up to \$600 a year in healthy food purchases at over 16,000 grocery stores throughout the country²



5. Recognizes the role that stress-management plays in maintaining good health

- **Encourages relaxation with a wide choice of rewards**, such as gift cards, movie tickets, and hotel stays

FOR MORE INFORMATION,

1. John Hancock & Vitality, *CREATING SHARED VALUE FROM BETTER HEALTH: A Whole New Approach to Life Insurance*, April 2015. Accessed from: <http://www.jhredefininglife.com>.
2. HealthyFood savings are based on qualifying purchases and may vary based on the terms of the John Hancock Vitality Program.

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Vitality is the provider of the John Hancock Vitality Program in connection with policies issued by John Hancock.

Premium savings are in comparison to the same John Hancock policy without the Vitality program. Annual premium savings will vary based upon policy type, the terms of the policy, and the level of the insured's participation in the John Hancock Vitality Program.

John Hancock Vitality Program rewards and discounts are only available to the person insured under the eligible life insurance policy. Rewards and discounts are subject to change and are not guaranteed to remain the same for the life of the policy.

Rewards may vary based on the type of insurance policy purchased for the insured (Vitality Program Member). In New York, entertainment, shopping, and travel rewards are not available. Insurance products are issued by John Hancock Life Insurance Company (U.S.A.), Boston, MA 02210 (not licensed in New York) and John Hancock Life Insurance Company of New York, Valhalla, NY 10595.

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