



# Ready. Set. Get your points at home!

Use the John Hancock Vitality app  
to log your at-home workouts



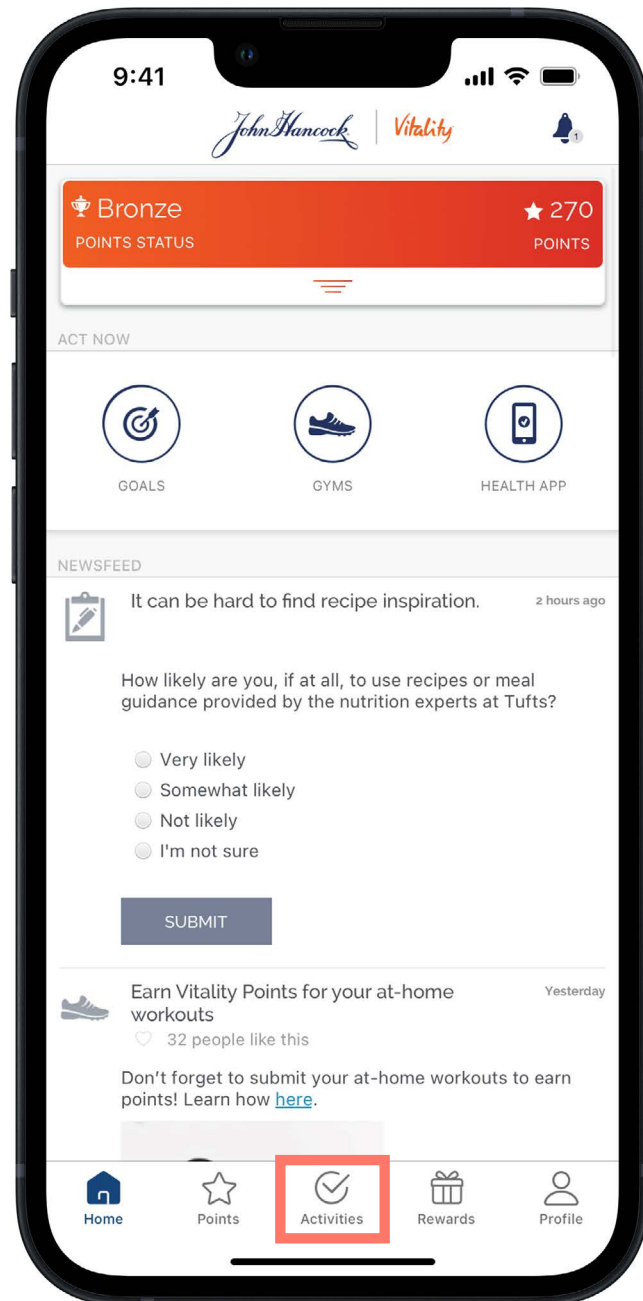
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New York) and John Hancock Life Insurance Company of New York, Valhalla, NY 10595.  
LIFE 8660- 12/21 MLINY110921525-1

Visit [JohnHancockVitality.com](https://JohnHancockVitality.com) to learn more



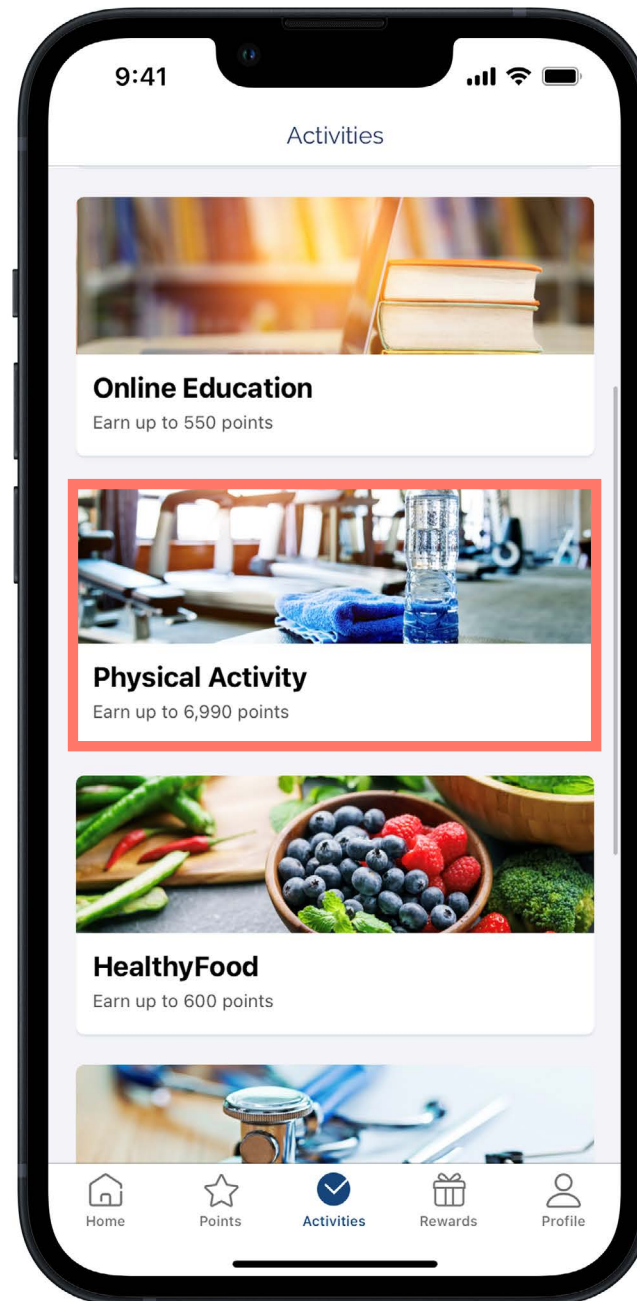
# 1

App home screen > Activities



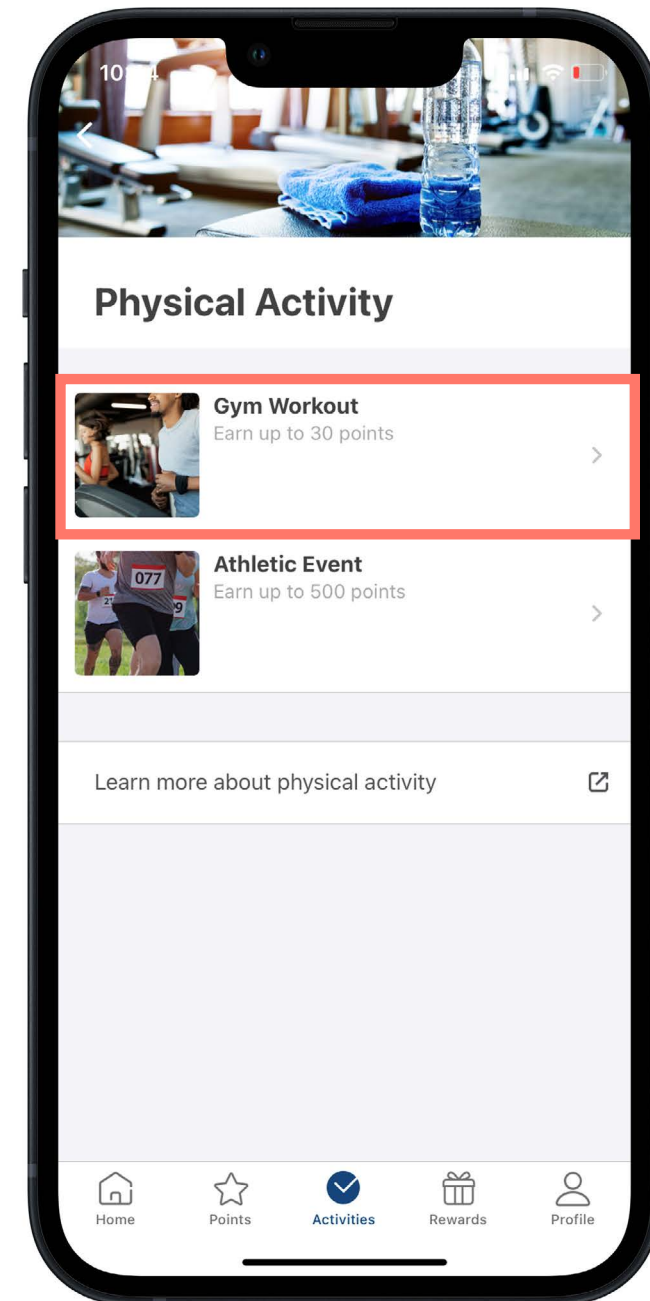
# 2

Select physical activity



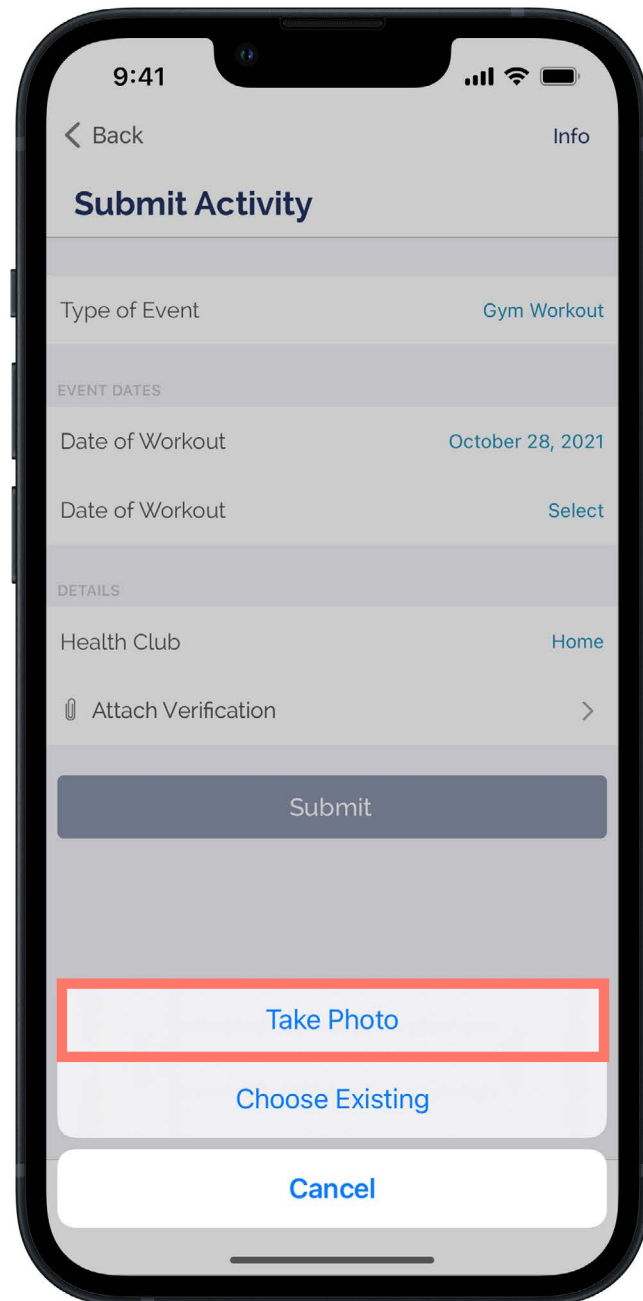
# 3

Select gym workout



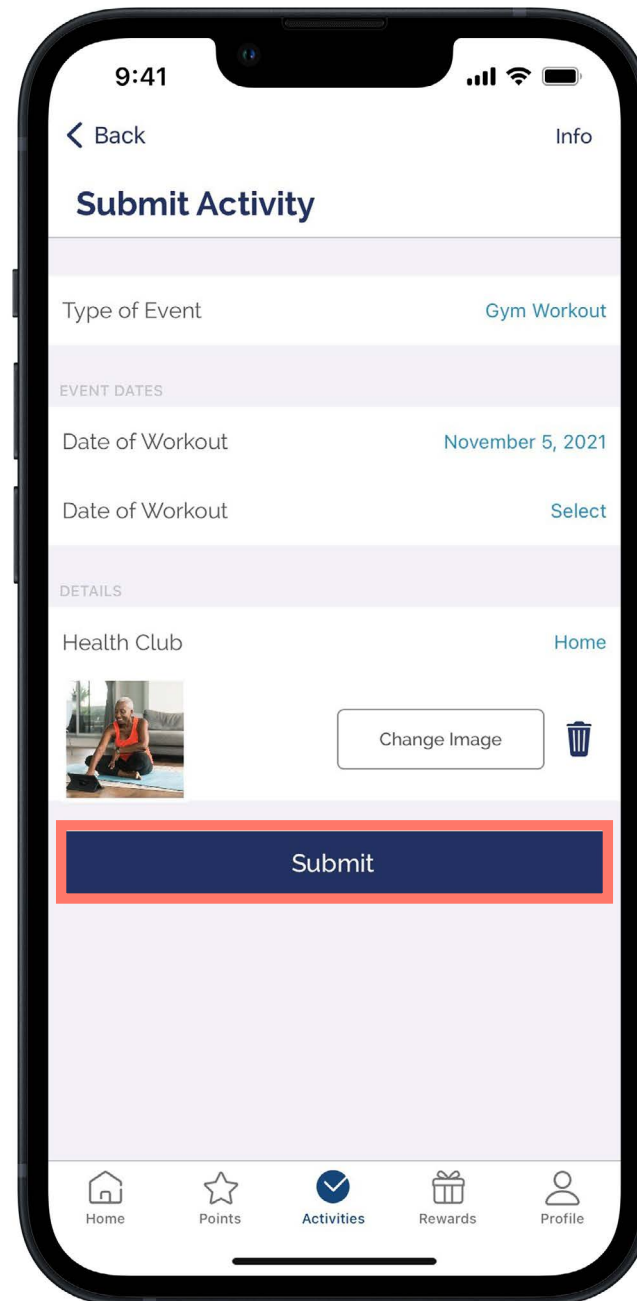
4

Take workout selfie/photo



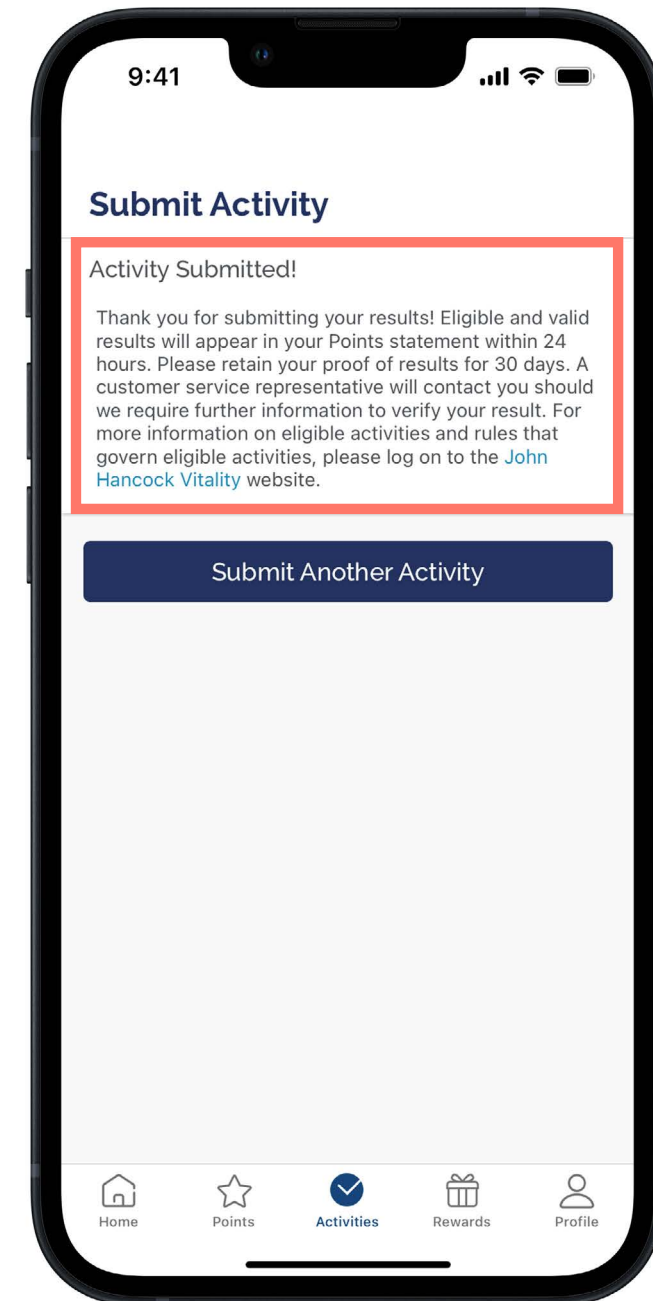
5

Submit form



6

Confirmation



Standard  
Workout points  
will be awarded  
within 24 hours