



Now, for the first time, your John Hancock Vitality clients can get rewarded for taking care of their minds, as well as their bodies with the new HealthyMind benefit.

The power of meditation

Meditation is proven to help people manage stress and anxiety.¹ That's why we're giving your clients a free 12-month subscription to Headspace, a top-rated meditation app, along with Vitality Points for meditating just 10 minutes a day.²

30-day sleep challenge

Getting enough sleep is also essential to your clients' good health. With the 30-day sleep challenge, they can earn Vitality Points for getting a good night's sleep 20 out of 30 nights.

HealthyMind is just another way John Hancock Vitality is helping your clients live longer, healthier lives.

[Learn more about HealthyMind](#)

1. Davis D, PhD and Hayes J, PhD. What are the benefits of mindfulness. American Psychological Association. <http://www.apa.org/monitor/2012/07-08/ce-corner.aspx>. Accessed March 9, 2017.

2. Based on internal data from Headspace.com, About Us, accessed from: <https://www.headspace.com/about-us>. This feature is not available in New York.

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The HealthyMind benefit is not available in New York.

Insurance policies and/or associated riders and features may not be available in all states.

Rewards and discounts are subject to change and are not guaranteed to remain the same for the life of the policy.

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

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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