

# Manulife

## Sample user journey



### Meet Mark.

Real Age: 49  
Vitality Age: 57

- An experienced business traveler.
- Finds staying healthy on the road hard.
- Struggles with high blood pressure.

**Start**



### Meet the new Mark

New Vitality Age: 51!

- Is active on a daily basis, even while traveling by using the hotel gym.
- His Vitality Health Check now shows his blood pressure in the healthy range.
- He's happier and has more energy.

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