



# TAKE CHARGE OF YOUR HEALTH

Enjoy exciting rewards and special discounts  
simply by choosing to live healthy.  
With Philam Vitality, the smallest things you do  
for your health matter more.



THE REAL LIFE  
COMPANY

**PHILAM** Vitality



STRETCH POWER WALKS  
SUNSHINE BREAKS  
VEGETABLES AND FRUITS FOR SNACKS  
DETOX **LUNCH BREAK**  
**WORKOUTS**  
DE-STRESS WATER OVER SODA  
STAND UP MEETINGS  
MORNING RUN



Be part of a global family with over 3.4 million members and discover the Vitality-driven life.



is the country's first science-backed wellness programme that works with you to achieve **REAL CHANGES** to your health. Take charge of today and be rewarded for the right choices you make.



Get more out of life by leading a healthier lifestyle.  
Choose to live life with Vitality today!





# WHEN YOU LIVE LIFE WITH *Vitality*

YOU TAKE CHARGE OF TODAY. YOU HAVE THE ENERGY TO DO EVERYTHING YOU WANT TO DO. YOU FEEL GOOD ABOUT YOURSELF, COMMAND YOUR OWN PACE, TAKE ON EACH DAY AND MAKE THE MOST OUT OF IT.

## KNOW YOUR HEALTH

### Knowing is half the battle.

The better you know your mind and body, the better you can take care of yourself.

-  Discover your Philam Vitality Age. See how old you are and how young you can be by living healthily.
-  Take the Philam Vitality Health Check.
-  Complete the Philam Vitality Mental Wellbeing Assessments.
-  Be a step ahead and take vaccinations and preventive care assessments.

### To help you KNOW more

  
MAKATI MEDICAL CENTER

**10% OFF** basic  
and selected  
advanced screens

 **HI-PRECISION**  
diagnostics

**10% OFF**  
basic screens

 **GAOC**  
DAN  
ADVANCED  
DENTAL INTEGRATION  
CENTER  
Dental Implants    Cosmetic Dentistry    General Dentistry

**25% OFF** basic  
dental assessments






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## IMPROVE YOUR HEALTH



It's about making **healthier choices everyday.**

-  Achieve your personal health goals.
-  Feel younger and improve your mood by eating healthy.
-  Boost your energy and burn calories through physical activities.
-  Give up unhealthy habits.
-  Accept and achieve challenges in the Philam Vitality online community.

To help you **IMPROVE**



**70% OFF** elite membership fee

**GARMIN.**

**25% OFF** selected fitness devices

**POLAR.**  
LISTENS TO YOUR BODY

**25% OFF** selected fitness devices

**TOBYS**  
SPORTS

**25% OFF** regular-priced items



MAKATI MEDICAL CENTER

**10% OFF** Smoking Cessation Program

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## ENJOY THE REWARDS



### Healthy living has never been this rewarding!



Earn Philam Vitality Points when you take steps to be healthy.



Improve your Philam Vitality Status to increase your rewards.



The healthier you get, the more **points** you earn, the higher your **status**, the bigger your **rewards**.

#### PHILAM VITALITY STATUS



#### To let you ENJOY



**10% or 15% OFF**  
initial premium  
and up to 20% off  
succeeding premiums



**15% OFF**  
best available rates



**up to 35% OFF**  
best available rates

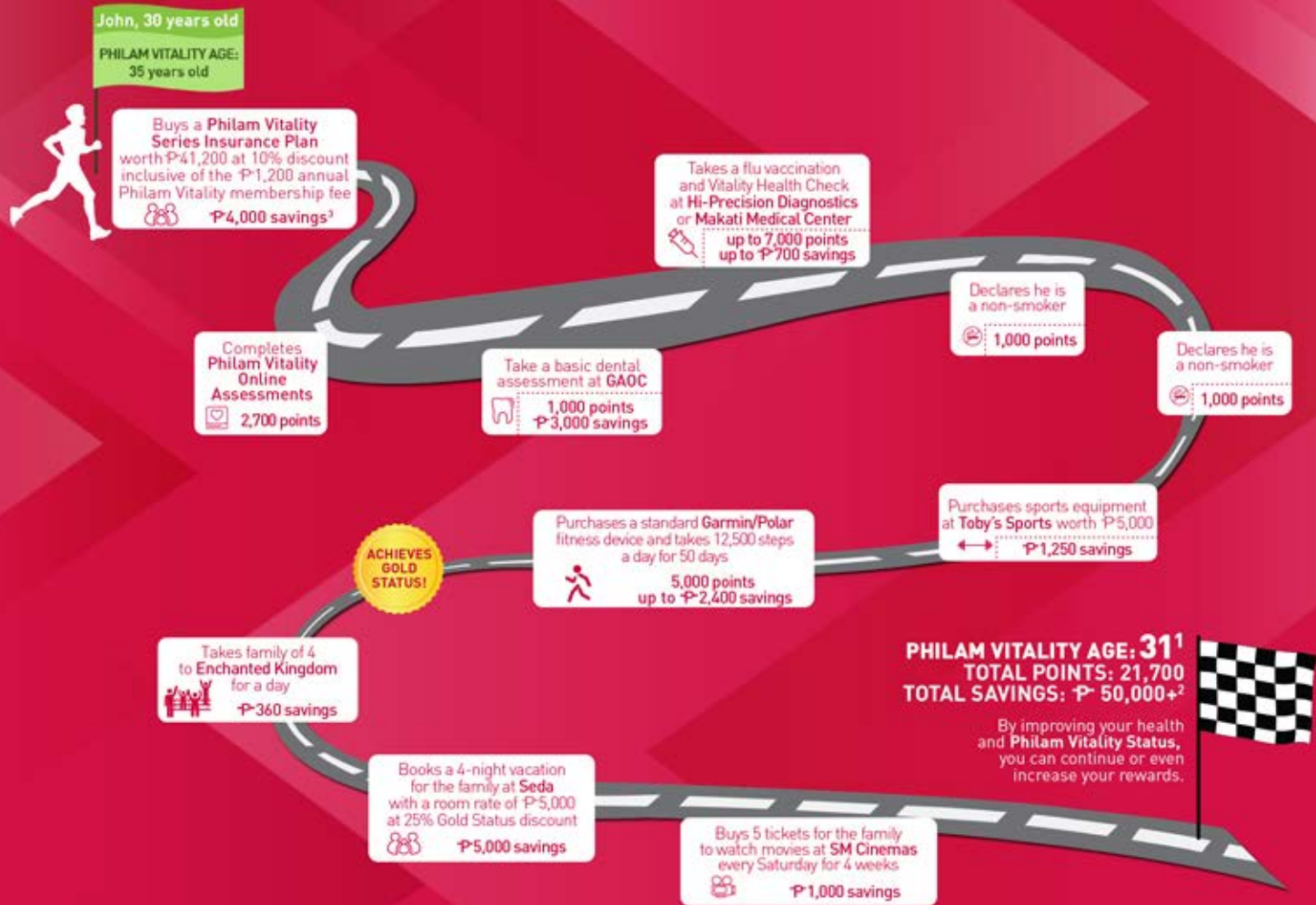


**15% OFF** tickets



**P-50 OFF**  
all tickets

# HERE'S HOW REWARDING YOUR JOURNEY CAN BE.



WHEN YOU TAKE CHARGE OF YOUR HEALTH, YOU CAN TAKE CHARGE OF YOUR LIFE.

## Notes:

1. Philam Vitality Age will vary depending on the level of engagement in the Philam Vitality programme.
2. Philam Vitality savings are for illustration purposes only and cannot be used in conjunction with existing partner promotions. While discounts will remain the same, partner rates may change without prior notice. The Philam Vitality membership fee may be subject to changes in the future.
3. Discounts on life insurance plans are based on applicable premiums only and assume that the Philam Vitality membership is in-force for each year with illustrated status and discounts. Discounts may increase or decrease depending on the actual Philam Vitality Status each year.

The contents of this material are for illustration purposes only.  
Actual terms and conditions are found in the Policy.  
In case of conflict, the terms of the Policy shall prevail.