

Manulife Retirement | John Hancock

Exclusive health and wellness offerings

Helping participants strengthen their long-term well-being

Good health is a vital part of living a longer, better life. That's why we give participants exclusive access to leading health and wellness resources. They simply sign in to their retirement account to explore the available discounts and subscriptions, then choose the ones that make sense for them.

Here's what we're currently offering to participants:

Free subscription

Access to an online guide to living healthier longer

Tufts University

Special pricing for a *limited* time

Discounted pricing of $649 until **December 31, 2026** on a test to improve your chances of detecting 50+ types of cancer early[1]

Galleri® Multi-cancer early detection

25% discount

Save on smartwatches and smart scales[2] to support their fitness goals and track their health

GARMIN

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1 The offer of discounted access to the Galleri test is subject to change. Galleri is a blood test from Grail designed to screen for cancer. The Galleri test does not detect all cancers nor does it diagnose cancer. A test result of "Cancer Signal Detected" requires confirmatory diagnostic evaluation by medically established procedures (e.g., imaging) to confirm cancer. There may be additional costs for such diagnostic testing. Rx only. It is intended to be used in addition to, and not replace, other cancer screening tests recommended by a healthcare provider. A negative test result does not rule out cancer and in particular the sensitivity rate for detecting cancer in the early stages is lower than for later stages. A false positive or false negative result can occur and results should be discussed with a healthcare provider. Test eligibility is subject to certain qualification requirements, including age and certain health risk factors. There is no coordination between Manulife John Hancock and any health benefits you may receive from an insurance policy, health plan, or any other wellness programs you may be enrolled in. Manulife John Hancock (including John Hancock Distributors) and GRAIL are not affiliated with one another, and neither are responsible for the liabilites of the other. The Galleri test is manufactured and distributed by GRAIL. Manulife John Hancock does not provide medical advice, is not involved in the design or manufacture of the Galleri test and is not responsible for the accuracy or performance of the Galleri test. Galleri is not a test to confirm or rule out genetic or other conditions that may indicate a predisposition to cancer. The Galleri test is currently not approved by the U.S. Food and Drug Administration. **2** Limit two devices at checkout and one purchase per year per member. Offer may not be combined with any other coupons, discounts, promotions or rebates. Some exclusions may apply, such as newly launched products for 60 days or more post-launch. Offers subject to change at the discretion of Garmin. The Galleri test is only available to Manulife John Hancock Retirement plan participants who are 40 years of age or older. Test eligibility is also subject to Grail's clinically informed criteria, as well as additional cancer risk factors for those ages 40-49. Manulife John Hancock does not receive individual test results from GRAIL, nor do they know which customers have requested or taken the test. For purposes of research, validation of assumptions and evaluation of future health and wellness offerings, Manulife John Hancock may receive aggregated and deidentified data from GRAIL from time to time.

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