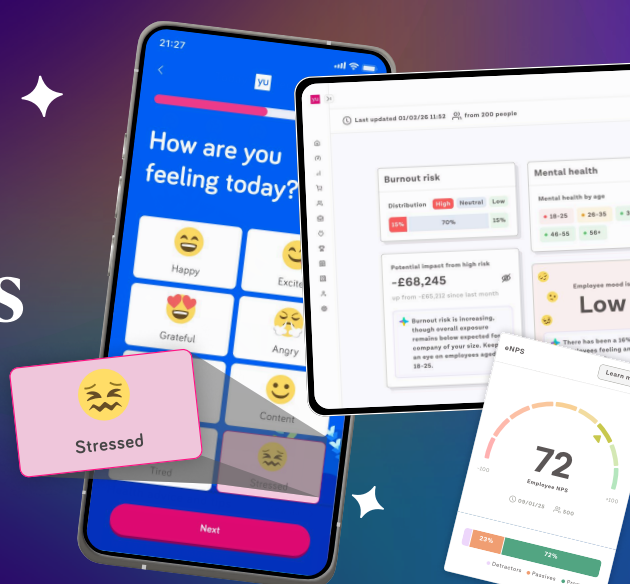


# Your MetLife x YuLife benefit has been upgraded

Same trusted benefit. Clearer insight.  
Smarter Support.



As a valued customer, YuLife is included as part of your MetLife policy for GIP and GLA 2,500+ lives, bringing together protection, wellbeing, and access to care in one experience employees genuinely love.

**What's new:** As an employer, you can now spot early signs that extra support may be needed and act sooner - helping employees earlier and giving businesses clearer visibility before issues escalate.

## A personal health profile that builds over time

Employees have a personal health profile in YuLife that builds through **two simple inputs working together**.



### Input 1

#### Dynamic health & wellbeing questions

Employees earn YuCoin for answering **short, dynamic check-ins** about everyday areas of life, including sleep, stress, mental wellbeing, energy levels and habits like movement or nutrition.

**These questions adapt over time:**

- Focusing in where support may help
- Easing off when things are stable
- Avoiding repetition

### Input 2

#### Everyday wellbeing activity

Learn from how employees engage day to day, taking part in challenges, building healthy habits or using wellbeing support.

Together, this creates a living picture of wellbeing over time, without long surveys or extra effort.

### Output

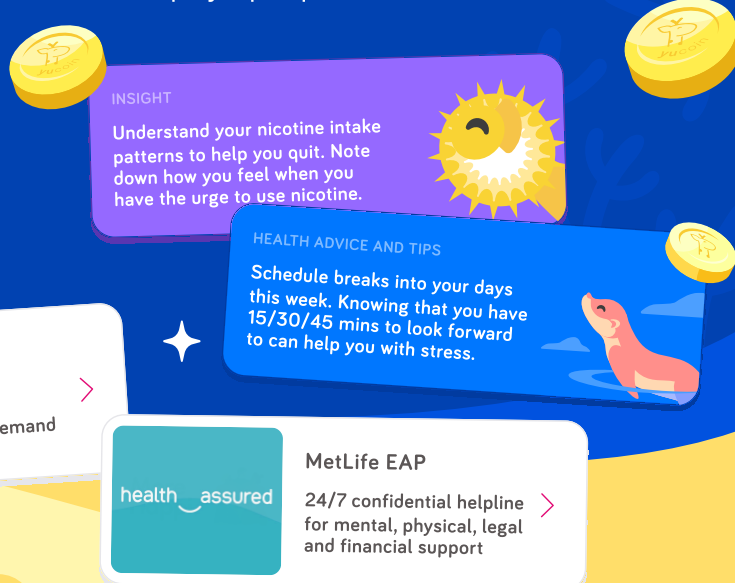
#### Personalised support, right when it matters

The YuLife app is able to notice meaningful change, like rising stress, poor sleep or ongoing physical discomfort, it responds.

**Employees are guided towards:**

- **Personalised advice and goals** that evolve with their responses
- **Practical in-app resources** for stress, sleep and resilience
- **Targeted health interventions** including MetLife's tools and services, as well as employer provided support

Healthy actions are reinforced through YuCoin rewards, helping positive routines stick. Participation is always voluntary, and responses are anonymous from an employer perspective.



## Clearer insight. Earlier action. Greater confidence.

**Your Employer Portal now brings together:**

- **Dynamic health & wellbeing survey insights**
- **Wellbeing trends and activity over time**
- **Key risks factors**

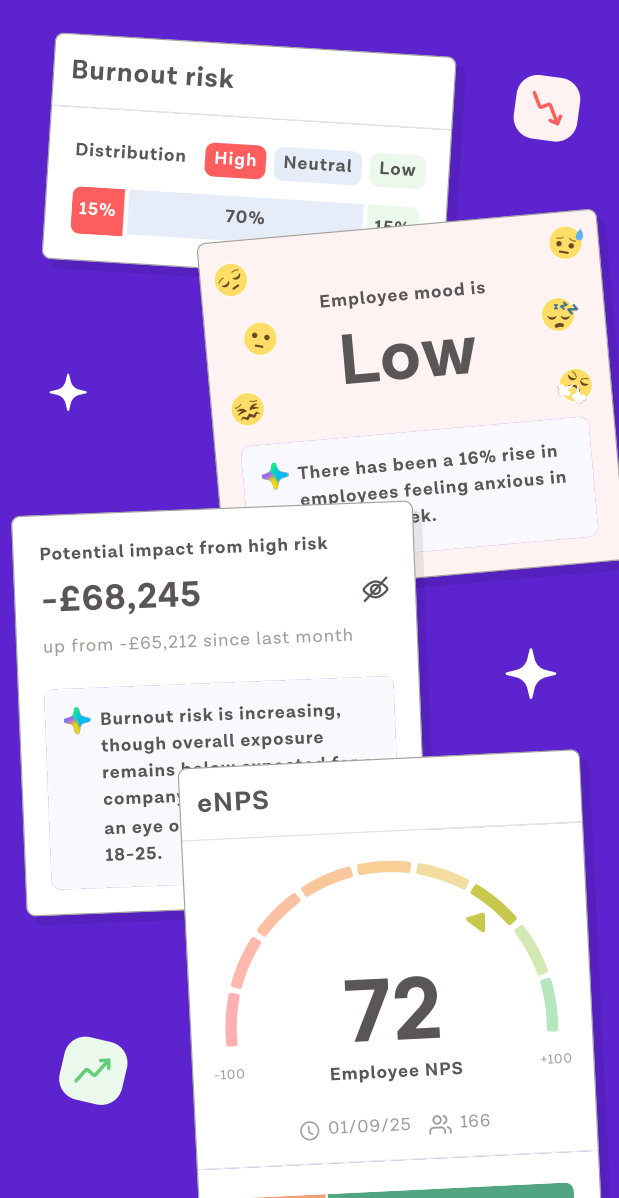
This gives you a clearer view of how employees are feeling at work, what's contributing to stress or disengagement, and where support may be most required.

**It helps you:**

- **Spot early signals** of burnout, absence or disengagement
- **Understand what's driving risk**, not just where it appears
- **See trends** by team, region or employee segment
- **Focus support** where it will have the greatest impact
- **Showcase the tangible impact** of your MetLife x YuLife benefit

Importantly, this isn't just visibility. When risk rises, employees are guided towards relevant in-app support, so insight turns into action.

All insights are anonymised and aggregated.



yunity

Behind the scenes, this upgrade is powered by Yunity, the intelligence layer underpinning MetLife x YuLife.

Yunity turns everyday engagement into insight that enables earlier intervention and better outcomes.