## Investing in Your Wellbeing

One membership, countless ways to be fit

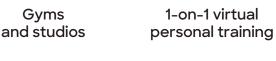


Morgan Stanley subsidizes employees' Gympass

memberships, giving you access to:













content

Morgan Stanley pays 50% of your fees - up to \$1,749 a month (or \$20,988 a year).

Enroll in the membership tier that meets your needs so you can work out near the office, near home and at home.

Note: The employee rates below reflect the Firm subsidy. Silver

Free Digital Plan Starter Basic

Your dependents each pay \$ /month

5 wellbeing

apps

\$300/month Your dependents each pay \$599.00/month

Available Gyms

700

+ 20 apps

\$500/month Your dependents each pay \$999,00/month

Available Gyms 1.000 + 25 apps + 2 virtual personal training

sessions per month

\$1425/month

\$ 775/month Your dependents each pay \$1,549.00/month Available Gyms 1.200

+ 25 apps + 4 virtual personal training sessions per month **Diamond** 

\$1025/month Your dependents each pay \$2,049.00/month Available Gyms 1.500 + 25 apps + 4 virtual personal training

Gold

sessions per month

Your dependents each pay \$2,849.00/month Available Gyms 1.700

**Platinum** 

No initiation fees. No cancellation fees. No strings attached.

+ 30 apps

+ 4 virtual personal training

sessions per month

\$1750/month Your dependents each pay \$3,499.00/month Available Gyms 1.800 + 30 apps

When you become a member, you may invite your dependents to start a Gympass membership of their own.

+ 8 virtual personal training sessions per month

Dependents are not eligible to receive a subsidy from Morgan Stanley.

\*Note: Morgan Stanley's program subsidy can be a taxable benefit depending on the country. If applicable, employees will be charged imputed income on their last paycheck of the calendar year (up to the value received, a maximum of \$600 USD).

Register to see the gyms

and studios near you

### 1. Download the Gympass app 2. Create an account by selecting Morgan Stanley - US as your company or visit our website at and using your Morgan Stanley email address

Create your account

**Gympass** 

to your phone

gympass.com

Gympass



Pick your plan and go to the gym or take a class

\$ 21.

Test

3. Explore your fitness

options by

membership tier



# Q

2. Search for a gym

or activity near you in

your plan and book

your visit/class

\$ 11.99

P Test

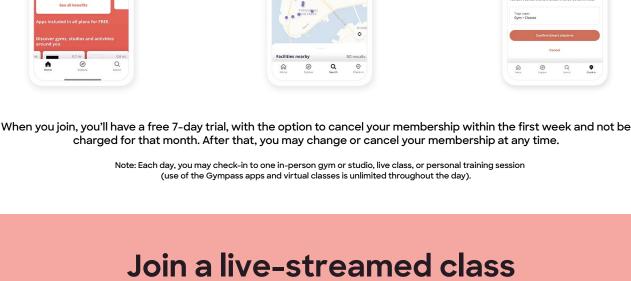
1. Log on to the Gympass app

or website, add the plan

you want to your basket

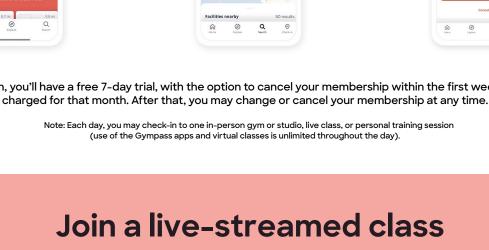
and enter a payment method

(Note: The free plan requires a payment method, too - you won't be charged, though)



Explore

In Your Plan Wellness Coach Yoga (



F45 Boerum Hill

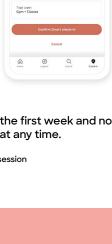
3. When you arrive at

the gym, open the Gympass

app and click Check-In.

Find your gym on the list,

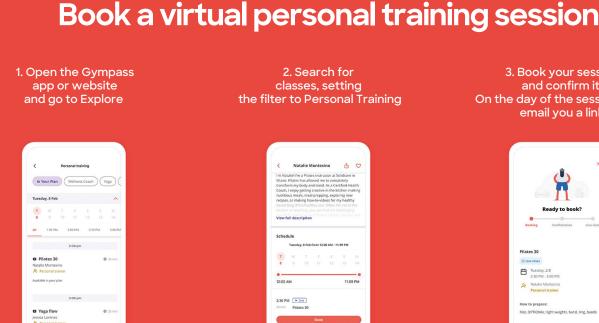
select the workout you want and click Confirm



1. Open the Gympass app 2. Check out the 3. Click Confirm Booking. or website and go to classes on the schedule You'll receive a link by and click Book email to join the class

YogaWorks Digital 💍 ♡

:00 PM O In-person

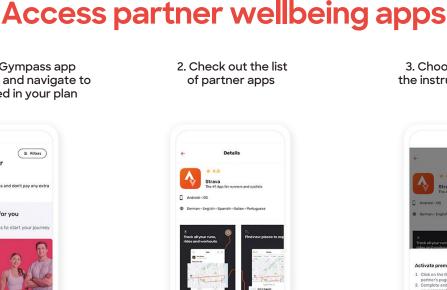


3:30 PM • the

2. Search for

classes, setting

the filter to Personal Training



3. Book your session

and confirm it.

On the day of the session, we'll

email you a link

Tuesday, 2/8 2:00 PM - 3:30 PM



### Premium apps included in your

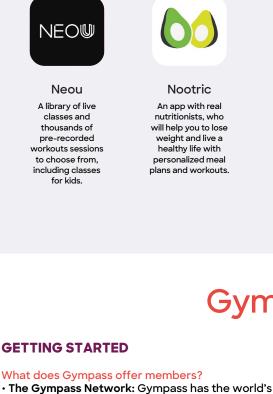
1. Open the Gympass app

or our website and navigate to

apps included in your plan

Our top selection for you Tap on any of these apps to start your

Trainiac



largest network of gyms, studios, and facilities that

our members may use with one membership.

developing a nutrition plan to working out to

nersonal include bodybuilding, HIIT, bootcamp, yoga, Pilates, and much more. You'll check in on the app and

receive a link to join a virtual video session with your trainer. The number of monthly training sessions

depends on your plan - ranging from 2 to 8 sessions.

Gympass offers you countless ways to work out near the office, near home or at home. From in-person

gyms and studios to live classes and wellbeing apps,

studio or live class within your plan. Gympass is only

available to users whose employer partners with the

program. Gympass doesn't charge any initiation or

cancellation fees. You can upgrade, downgrade, or

commitment. Gympass also offers many different membership tiers for you to choose from based on

Explore the different plans and facilities within our

own plan at standard Gympass rates and complete their purchase (dependents are not eligible for the Morgan Stanley subsidy). They do not have to choose the same plan you have. You will need to pay for your dependents; however, there is an option to enter

different credit cards. Plan prices are per person. \*A dependent is defined as your spouse, domestic

pause your plan at any time, with no long-term

wellness has never been more accessible. You are

allotted one check-in per day to use at any gym,

on-demand apps on your smartphone.

or can't make it to a gym or studio.

ns with certified

What makes Gympass unique?

How do I sign up for Gympass?

network before choosing a plan.

partner or child of any age.

May my dependents join Gympass?

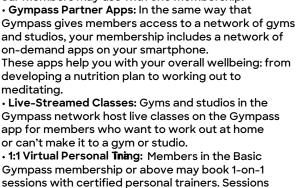
and register - entering your Morgan

meditating.

per month.

An app with real nutritionists, who will help you to lose weight and live a healthy life with

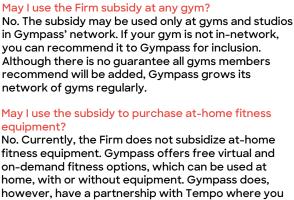
Nootric



Mobills A budget planning app that allows you to create a custom monthly budget that will help you take control of your money

**Gympass: FAQ** 

All Gympass memberships include at least these 5 wellbeing apps, with more apps added at the different membership tiers



promo.gympass.com/us/tempo.

my area before signing up?

My favorite gym/studio isn't part of the

our network, but we will do our best.

Gympass network, may I add it?

purchasing a plan.

Downloading and creating a Gympass account is free when you use your Morgan Stanley email address. You can then view all the facilities and pricing from the app before

We take (and love) referrals. Our Gym Partnerships

team is constantly working to expand our network.

update you if it is added to the Gympass network.

Is there a list of Gympass' wellbeing partner apps?

account on the app or website, click your account profile

and scroll down until you see 'Refer a facility'. Share any

information you have about the gym or studio and we'll

To submit a referral, log on to your Gympass

Meditopia Motivation, health

and well-being with power of

mindfulness

and meditation through daily doses of

inspiration.

**Fabulous** 

A daily planner and

self-care habit tracking

app that uses

behavioral science to

help people make

smart changes and

build healthy habits.

can save 35% on Tempo Move and the Tempo Studio Starter Package. You can learn more here: **GYM, STUDIO, & APP PARTNERS** How do I find which gyms/studios are in

### How quickly will my referred facility be your budget, fitness goals and interests. included in the Gympass network? Your request will be sent to the Gympass Partnership team and you will receive an email if the facility has joined the Download the Gympass app, or visit gympass.com Gympass network. Network additions vary from gym to gym. There are no guarantees that a gym will be added to Stanley email address and creating a password.

look at the wellbeing partner app's specific page for instructions on how to access the app. **USING GYMPASS** How do I book a class at an in-person facility? Visit the fitness facility's page on the Gympass app or website, and follow the instructions

select live classes. There you will see the options of live classes offered from various partners. Click on 'Confirm your booking' once you have identified the class you would like to take and you will receive a link via email to

join the live class.

can use included in your plan. Click the app you're interested in to read more and click "Activate" when you're ready to start using it! You will be directed to the wellbeing partner app's specific page for instructions on how to access the app.

Click the Explore tab, then Apps to see the apps that you

support the transfer from an annual/monthly membership

for that facility. Many facilities let you book classes right through the app; others may require you to call or email the gym or studio. Note: You may visit an in-person facility only once a day. How do I book a live class? Every live class can be booked right on the Gympass app. Once you open the app, click on the explore tab and

How do I use Gympass' wellbeing partner apps?

**OTHER** What if I already have a year-long membership/contract with a Gympass partner gym, studio or app? Gympass works with all of our fitness partners to provide the smoothest membership transfer process possible, but the process will vary from club to club on how they

Once you create your Gympass account (and before you pay for a plan), you will be able to view everything Yes. Once you activate the Starter plan or above, you Gympass offers. Log in to the Gympass app, click the will see a button in the app or on the website to refer Explore tab, then Apps to see our apps, gyms and studios dependents\*. Complete the form with their that you can use once you enroll in a plan. Make sure to information, and we will email them to invite them to get started. Each of your dependents will choose their

**MEMBERSHIP TIERS/PLANS** How do I choose my plan? Review the fitness facilities in each tier and add the plan you want to your basket to start your free 7-day trial. Proceed to checkout and enter a credit card. Note that even the free digital plan requires you enter payment information although you won't be charged

May I change my plan? you upgrade your plan, the upgrade will happen immediately and you will be charged on a prorated the six month period, you can reach out to mshelp@gympass.com to further assist you. What is the plan cancellation policy?

unless you upgrade to a paid plan. Once you enter a payment option and start your plan, you may use Gympass. Yes. You may change your plan at any time by logging into 'My Account' and selecting 'Plan Management'. If basis. If you downgrade your plan, your active plan will continue through the end of the monthly billing cycle months. If you need to downgrade more than once in

and your next bill will reflect the lower fee. You are able to downgrade your plan through the app once every six You may cancel your plan or participation at any time, at no charge. Log in to your account and go to 'Plan Management' to see other plan options. Your

membership and access to fitness facilities will continue until the end of your current billing cycle. Monthly billing will end once you have confirmed the cancellation. Plans renew monthly (and vary by individual), with no minimum term or contract length. Are there any restrictions to the You have 1 check-in each day at an in-person gym or

studio, live class, or personal training session - and unlimited use of the Gympass apps. Additionally,

depending on the plan you select, you may take a

prescribed number of premium classes.

want - and Morgan Stanley pays 50% of your

The subsidy is already reflected in the price plans you see on the Gympass app or on desktop.

What is included in the free Digital plan? With the free Digital plan, enjoy 3 live classes each week with our fitness partners and 5 partner apps that you can download and use. **SUBSIDY** How does the Morgan Stanley subsidy work? Gympass has various membership tiers, including a free virtual-only tier. You pick the option that's right for you based on price and the gyms and studios you

membership, up to \$1,749 a month, or \$20,988 annually.

to Gympass. Gympass is unable to grandfather in existing gym memberships, but please reach out someone at your current gym or studio to see how long you have left of

representative via the Help Center to discuss when it makes most sense to start your Gympass membership.

your contract length and then reach out to a Gympass

Find more information:

To view gyms, studio, services and apps that come with Gympass, create your account (you won't be charged ntil you enroll in a plan) at Gymr Need more help? Chat with us: https://help.gympass.com Email us: mshelp@gympass.com

promo.gympass.com/morgan-stanley