# Investing in Your Wellbeing

One membership, countless ways to be fit

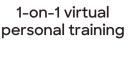


Morgan Stanley subsidizes employees' Gympass

memberships, giving you access to:



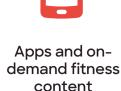








Enroll in the membership tier that meets your needs



Note: The employee rates below reflect the Firm subsidy.

so you can work out near the office, near home and at home.

Morgan Stanley pays 50% of your fees - up to R\$279,91 a month (or R\$3358,92 a year).\*

Basic I Basic II Free Digital Plan R\$ 19,99/month R\$ 29,99/month R\$ ()/month

> Your dependents each pay Your dependents each pay

Your dependents each pay R\$ ()/month 5 wellbeing apps

Silver R\$ 49,99/month R\$ 74.99

R\$39,90/month Available Gyms 9.000 + 26 apps

Your dependents each pay

R\$ 149,90/month

**Available Gyms** 

20.000

+ 34 apps

+ 4 virtual personal training

sessions per month

Silver +

R\$ 59,90/month Available Gyms 14.000 + 29 apps + 2 virtual personal training sessions per month

Gold R\$ 99,99/month R\$ 164,99 Your dependents each pay

Available Gyms 18.000 + 33 apps + 4 virtual personal training sessions per month

Your dependents each pay

R\$ 99,90/month

**Platinum** R\$ 219,99/month Your dependents each pay R\$ 439,90/month Available Gyms 24.000

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

+ 38 apps

+ 8 virtual personal training

sessions per month

24.400 + 39 apps +8 virtual personal training sessions per month

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

**Black** Black + R\$ 274,99/month Your dependents each pay R\$ 549,90/month **Available Gyms** 

R\$ 199,90/month

Available Gyms

22.000 + 34 apps

+ 4 virtual personal training

sessions per month

Your dependents each pay R\$ 329,90/month **Available Gyms** 23.000 + 35 apps + 8 virtual personal training sessions per month

Gold +

R\$ 319,99/month Your dependents each pay R\$ 599,90/month Available Gyms 24.500 + 40 apps

+ 8 virtual personal training

sessions per month

Register to see the gyms

and studios near you

2. Create an account by selecting

Morgan Stanley - US as your company

and using your Morgan Stanley

email address

# Create your account **Gympass**

1. Download the Gympass app

to your phone

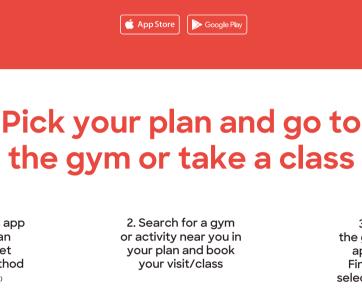
or visit our website at

gympass.com



or website, add the plan

App Store Soogle Play



3. Explore your fitness

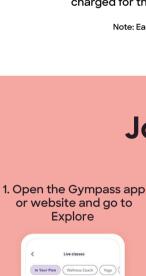
options by

membership tier

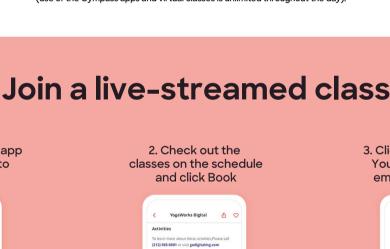
\$ 21. /montl Access with 1-o



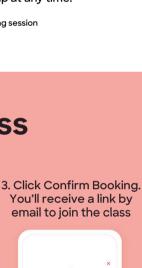
Find your gym on the list, select the workout you want and click Confirm



charged for that month. After that, you may change or cancel your membership at any time. Note: Each day, you may check-in to one in-person gym or studio, live class, or personal training session



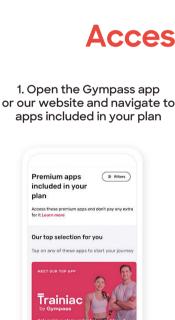
F45 Boerum Hill



1. Open the Gympass

app or website

nd ao to Explore



2. Search for

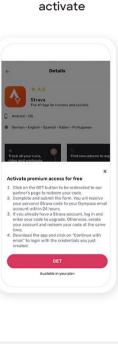
classes, setting

the filter to Personal Training



3. Book your session and confirm it. On the day of the session, we'll

email you a link



3. Choose an app, read

the instructions, and click

with more apps added at the different membership tiers

**Nootric** 

An app with real

nutritionists, who

will help you to lose

weight and live a

healthy life with

personalized meal

plans and workouts.

NEO

Neou

A library of live

classes and

thousands of

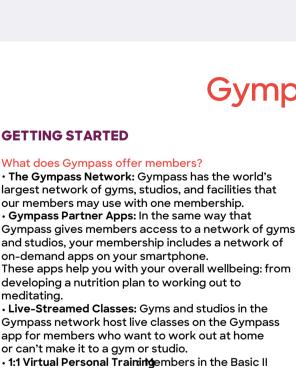
pre-recorded

workouts sessions

to choose from,

including classes

for kids.



membership tiers for you to choose from based on your budget, fitness goals and interests. How do I sign up for Gympass? Download the Gympass app, or visit gympass.com and register - entering your Morgan Stanley email address and creating a password. Explore the different plans and facilities within our network before choosing a plan. May my dependents join Gympass? Yes. Once you activate the Starter plan or above, you will see a button in the app or on the website to refer dependents\*. Complete the form with their information, and we will email them to invite them to get started. Each of your dependents will choose their 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

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 per month.

commitment. Gympass also offers many different

## What makes Gympass unique? 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, wellness has never been more accessible. You are allotted one check-in per day to use at any gym, studio or live class within your plan. Gympass is only

partner or child of any age.

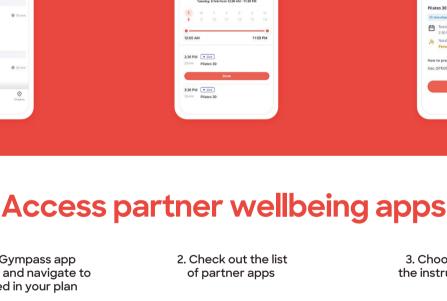
## you want to your basket and enter a payment method (Note: The free plan requires a payment method, too - you won't be charged, though) Test

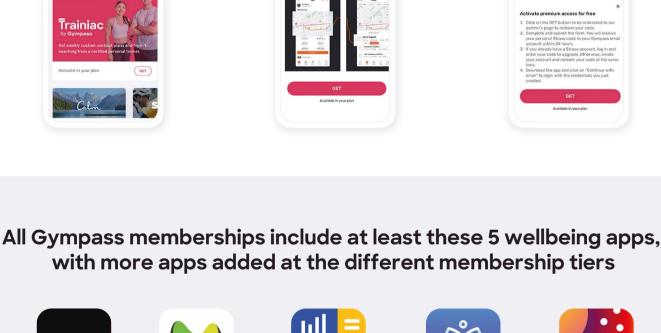
When you join, you'll have a free 7-day trial, with the option to cancel your membership within the first week and not be

(use of the Gympass apps and virtual classes is unlimited throughout the day).



Book a virtual personal training session





**Fabulous** 

A daily planner and

self-care habit tracking

app that uses

behavioral science to

help people make

smart changes and

build healthy habits.

**Gympass: FAQ** May I use the Firm subsidy at any gym? No. The subsidy may be used only at gyms and studios in Gympass' network. If your gym is not in-network, you can recommend it to Gympass for inclusion. • The Gympass Network: Gympass has the world's Although there is no guarantee all gyms members largest network of gyms, studios, and facilities that recommend will be added, Gympass grows its

# our network, but we will do our best.

unless you upgrade to a paid plan. Once you enter a payment option and start your plan, you may use Gympass. May I change my plan? into 'My Account' and selecting 'Plan Management'. If you upgrade your plan, the upgrade will happen immediately and you will be charged on a prorated continue through the end of the monthly billing cycle to downgrade your plan through the app once every in the six month period, you can reach out to mshelp@gympass.com to further assist you. What is the plan cancellation policy?

available to users whose employer partners with the program. Gympass doesn't charge any initiation or cancellation fees. You can upgrade, downgrade, or pause your plan at any time, with no long-term

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

Gympass membership or above may book 1-on-1

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 Yes. You may change your plan at any time by logging basis. If you downgrade your plan, your active plan will

# **MEMBERSHIP TIERS/PLANS** How do I choose my plan?

# and your next bill will reflect the lower fee. You are able six months. If you need to downgrade more than once

## Is there a charge? 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

individual), with no minimum term or contract length.

cancellation. Plans renew monthly (and vary by

Are there any restrictions to the

Gympass benefit?

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. 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 want - and Morgan Stanley pays 50% of your membership, up to R\$279,91 a month, or R\$3358,92 annually. The subsidy is already reflected in the price plans you see on the Gympass app or on desktop.

Mobills

A budget planning

app that allows you to

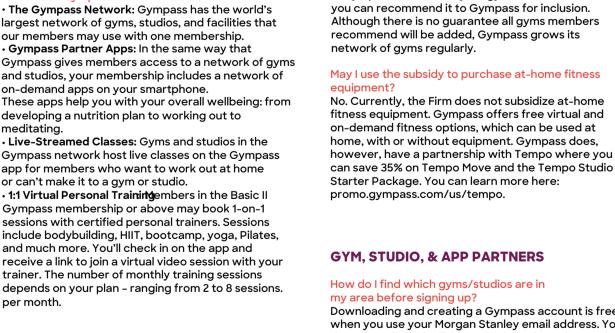
create a custom

monthly budget that

will help you take

control of your

money.



purchasing a plan.

## 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

through the app; others may require you

for that facility. Many facilities let you book classes right

to call or email the gym or studio. Note: You may visit an

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. **OTHER** 

Meditopia

Motivation, health

and well-being

with power of mindfulness

and meditation through daily doses of

inspiration.

## Is there a list of Gympass' wellbeing partner apps? Once you create your Gympass account (and before you pay for a plan), you will be able to view everything Gympass offers. Log in to the Gympass app, click the Explore tab, then Apps to see our apps, gyms and studios that you can use once you enroll in a plan. Make sure to look at the wellbeing partner app's specific page for

join the live class. How do I use Gympass' wellbeing partner apps? Click the Explore tab, then Apps to see the apps that you can use included in your plan. Click the app you're

would like to take and you will receive a link via email to

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 support the transfer from an annual/monthly membership 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 your contract length and then reach out to a Gympass representative via the Help Center to discuss when it makes most sense to start your Gympass membership. To view gyms, studio, services and apps that come with Gympass, create your account (you won't be charged until you enroll in a plan) at Gympass.com

GYM, STUDIO, & APP PARTNERS How do I find which gyms/studios are in my area before signing up? 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 My favorite gym/studio isn't part of the Gympass network, may I add it? We take (and love) referrals. Our Gym Partnerships team is constantly working to expand our network. To submit a referral, log on to your Gympass 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 update you if it is added to the Gympass network. How quickly will my referred facility be 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 Gympass network. Network additions vary from gym to gym. There are no guarantees that a gym will be added to

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 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

Chat with us: https://help.gympass.com

promo.gympass.com/morgan-stanley

Email us: mshelp@gympass.com

Need more help?

Find more information: