# Investing in Your Wellbeing

One membership, countless ways to be fit

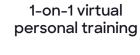


Morgan Stanley subsidizes employees' Gympass

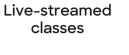
memberships, giving you access to:













Enroll in the membership tier that meets your needs

content

Morgan Stanley pays 50% of your fees - up to €48 a month (or €576 a year).

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

Note: The employee rates below reflect the Firm subsidy.

€ 8.50/month

€ ()/month

Free Digital Plan

Your dependents each pay

5 wellbeing apps

€4.99/month Your dependents each pay € 9,99/month Available Gyms 20

Starter

+ 15 apps

Your dependents each pay €16.99/month

Available Gyms 700 + 20 apps + 2 virtual personal training

sessions per month

Basic

**Platinum** € 44.99 /month

€17.50/month Your dependents each pay € 34.99/month

Silver

1400 + 20 apps + 4 virtual personal training sessions per month **Diamond** 

Available Gyms

€ 27.50 /month Your dependents each pay € **54.9**9/month **Available Gyms** 1.900

Gold

+ 20 apps + 4 virtual personal training sessions per month

€ 89.99/month **Available Gyms** 2.500 + 20 apps + 4 virtual personal training

Your dependents each pay

sessions per month No initiation fees. No cancellation fees. No strings attached.

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.

€101.99 /month Your dependents each pay € 149.99/month

**Available Gyms** 2.900 + 20 apps + 8 virtual personal training sessions per month

\*Note: Morgan Stanley's program subsidy is a taxable benefit. You are liable to pay tax / social security on the Firm's monthly subsidy amount. For Gympass' digital solution, there are no tax implications.

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

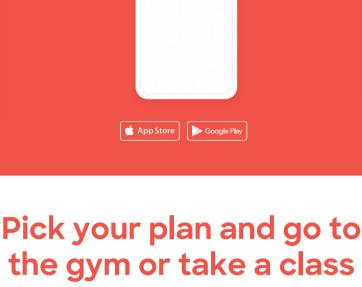
**Gympass** 

to your phone

gympass.com

Gympass





2. Search for a gym

or activity near you in

your plan and book

your visit/class

\$ 21.

3. Explore your fitness

options by

membership tier

Test



## 0.20 a

\$ 11.99

P Test

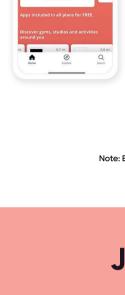
1. Log on to the Gympass app

or website, add the plan

you want to your basket

and enter a payment method
(Note: The free plan requires a payment

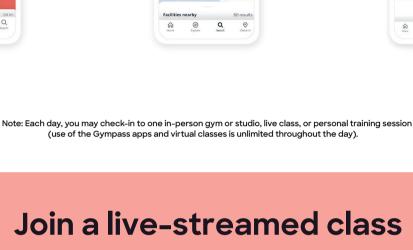
(Note: The free plan requires a payment method, too - you won't be charged, though)



1. Open the Gympass app

or website and go to

Explore



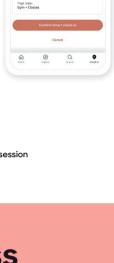
3. When you arrive at

the gym, open the Gympass

app and click Check-In.

Find your gym on the list,

select the workout you want and click Confirm



3. Click Confirm Booking.

You'll receive a link by

email to join the class

2. Check out the

classes on the schedule

and click Book



Book a virtual personal training session

2. Search for

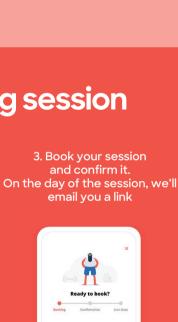
classes, setting

the filter to Personal Training

00 PM Pin-person



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



### Access partner wellbeing apps 1. Open the Gympass app

or our website and navigate to apps included in your plan

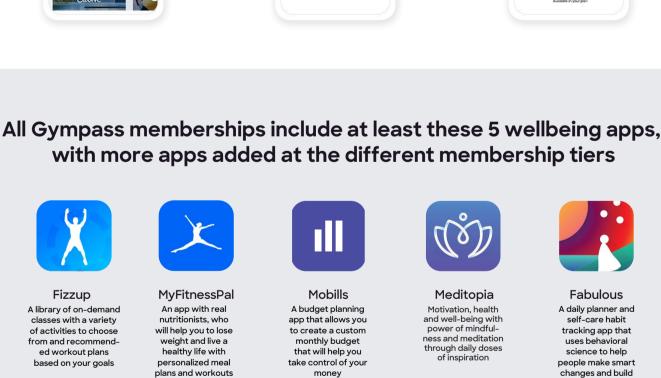
Premium apps



2. Check out the list of partner apps



3. Choose an app, read the instructions, and click activate

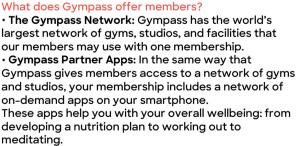


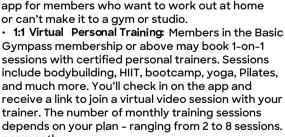
healthy habits.

Meditopia

Motivation, health and well-being with power of mindful-

ness and meditation through daily doses of inspiration





**MyFitnessPal** 

An app with real

nutritionists, who

will help you to lose weight and live a

healthy life with

personalized meal

plans and workouts

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 commitment. Gympass also offers many different 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

reflect the lower fee.

What is the plan cancellation policy?

Are there any restrictions to the

Gympass benefit?

Gympass app.

**SUBSIDY** 

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

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? Yes. You may change your plan at any time by logging into 'My Account' and selecting 'Plan prorated basis. If you downgrade your plan, your active plan will continue through the

### of activities to choose from and recommended workout plans based on your goals

**Fizzup** 

A library of on-demand

classes with a variety

· Live-Streamed Classes: Gyms and studios in the

Gympass network host live classes on the Gympass

Management'. If you upgrade your plan, the upgrade will happen immediately and you will be charged on a end of the monthly billing cycle and your next bill will

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

cancellation. Plans renew monthly (and vary by

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.

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

\*This will apply to gyms marked as exclusive in the

each week with our fitness partners and 5 partner

prescribed number of exclusive classes.

What is included in the free Digital plan?

apps that you can download and use.

on the Gympass app or on desktop.

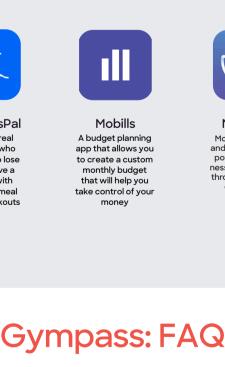
With the free Digital plan, enjoy 3 live classes

## **GETTING STARTED**

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 Digital 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 partner or child of any age. **MEMBERSHIP TIERS/PLANS** How do I choose my plan? Review the fitness facilities included and add your desired plan to your basket to start your wellbeing journey. 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

## included in your Our top selection for you



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. Although there is no guarantee all gyms members recommend will be added, Gympass grows its network of gyms regularly. May I use the subsidy to purchase at-home fitness equipment? No. Currently, the Firm does not subsidize at-home fitness equipment. Gympass offers free virtual and on-demand fitness options, which can be used at home, with or without equipment. Gympass does, however, have a partnership with Tempo where you can save 35% on Tempo Move and the Tempo Studio Starter Package. You can learn more here:

promo.gympass.com/us/tempo.

my area before signing up?

purchasing a plan.

GYM, STUDIO, & APP PARTNERS

How do I find which gyms/studios are in 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

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 instructions on how to access the app. **USING GYMPASS** 

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 would like to take and you will receive a link via email to join the live class. What happens in cases of late cancel or no-show? Our partnered studios and gyms have their cancellation

check-in for partners that do not require an advanced booking will still be available. Only new bookings will be blocked until the end of the month.

What if I already have a year-long membership/contract Gympass works with all of our fitness partners to provide the smoothest membership transfer process possible, but

gym memberships, but please reach out someone at your rrent gym or studio to see how long you have left o your contract length and then reach out to a Gympass

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** with a Gympass partner gym, studio or app?

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

can use included in your plan. Click the app you're

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

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 €48 a month, or €576 annually. The subsidy is already reflected in the price plans you see

and you will not be able to access another class, gym, or studio on the same day. If you cancel a booking at short notice or don't attend the class 4 times in one month, new bookings will be automatically blocked until the end of the month. Your How do I use Gympass' wellbeing partner apps?

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 our network, but we will do our best.

team is constantly working to expand our network.

Is there a list of Gympass' wellbeing partner apps?

pay for a plan), you will be able to view everything Gympass offers. Log in to the Gympass app, click the

How do I book a class at an in-person facility? Visit the fitness facility's page on the Gympass

for that facility. Many facilities let you book classes right

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

app or website, and follow the instructions

through the app; others may require you

in-person facility only once a day.

Once you create your Gympass account (and before you

account on the app or website, click your account profile

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

To submit a referral, log on to your Gympass

policies, and they may differ from each other. To avoid missing your daily check-in, cancel your booking within the partner's allowed cancellation period. You can find this information on Bookings in the app or your booking confirmation email. In cases of no-shows, the check-in will be counted,

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

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

Need more help? Chat with us: https://help.gympass.com Email us: mshelp@gympass.com Find more information: promo.gympass.com/morgan-stanley