

Warm Up

Download the **Gympass App**
to follow along on your smart device!

Scan here to download!



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For additional support, you can email mshelp@gympass.com

Gympass

MY WELLBEING

Be In the Know

200 Firm Benefits, Resources and Perks for You and Your Family

Comprehensive Guide:
Online and Mailed Home

Video and
Employee Testimonials

Webinars for
Employees and Partners

Employees + Partners
No password required

mybenefits.ms.com

Employees
From Firm network

TYPE IN BROWSER
beintheknow/



Employee wellbeing

Welcome to Gympass!

What makes Gympass unique?

Affordable



Variety



Flexible



Accountability



Motivation



Inclusive



**Improved
Overall Wellness**



Community



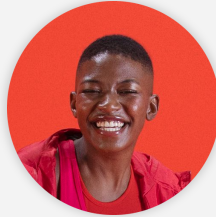
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Why Gympass?

Check out these Testimonials!



“Gympass has allowed me to maintain a healthy work/life/balance, especially with how demanding my job can be! I'm able to workout at anytime of day, even if it's only a quick 30 min workout, all while being able to get my work done and be flexible with my schedule! Never imagined having access to this many gyms and being able to maintain my routine with so much ease!”



“Gympass has helped me as a new mom achieve my fitness goals! It has provided me access to many workout facilities and is easy to use! With Gympass I have been able to focus on my fitness goals while not only saving money but finding new fitness classes I would have never tried! Gympass has empowered me to put my health first!”



“I started my Gympass subscription in the beginning of June 2021. I was unhappy with the way that I looked and felt and really wanted to make a lifestyle change. I noticed that a local gym nearby accepted Gympass (at a cost of less than half per month of regular fee) and I started going.. Since then, I have checked in to the gym over 90 times and most importantly have lost over 25 lbs!! I have never felt better in my life! I am so happy to have Gympass!”

Let's Explore Gympass!

**A discovery platform that
helps you stay active –
anytime, anywhere.**

Scan here to download!



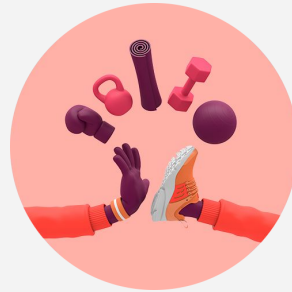
One Month-to-Month Membership Access to **Exclusively Priced:**



Gyms & Fitness
Studios



Group and 1:1
Live Streamed
Classes



Personal
Trainers & Custom
Fitness Programs



App Partners &
On Demand Workouts

Scan here
to download!



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Gympass

We partner with more than
12,000 locations in the U.S.



With over **900** different
workouts for you to try!



Live Classes

Enjoy hundreds of **live-stream workouts** from your favorite gyms and studios! Choose from group or 1:1 live-streamed classes!

The logo for Talent Hack, featuring the words "TALENT" and "HACK" in a bold, black, sans-serif font, separated by a diagonal slash.The logo for Fitting Room, with "FITTING" in green and "ROOM" in black, both in a bold, sans-serif font.The logo for Vivaya, featuring a stylized blue and red circular icon above the word "VIVAYA" in a blue, sans-serif font.The logo for UFC Gym, with "UFC" in red and "GYM" in black, both in a bold, sans-serif font, with a horizontal line under "UFC".The logo for Barry's, featuring the word "BARRY'S" in a bold, black, sans-serif font with a small crown icon above the "A".The logo for Orangetheory Live, with "Orangetheory" in orange and "LIVE" in black, both in a sans-serif font.

Oghenero "Nero" Akpoyaware
HIIT - Calisthenics - Meditation -
Strength and Conditioning

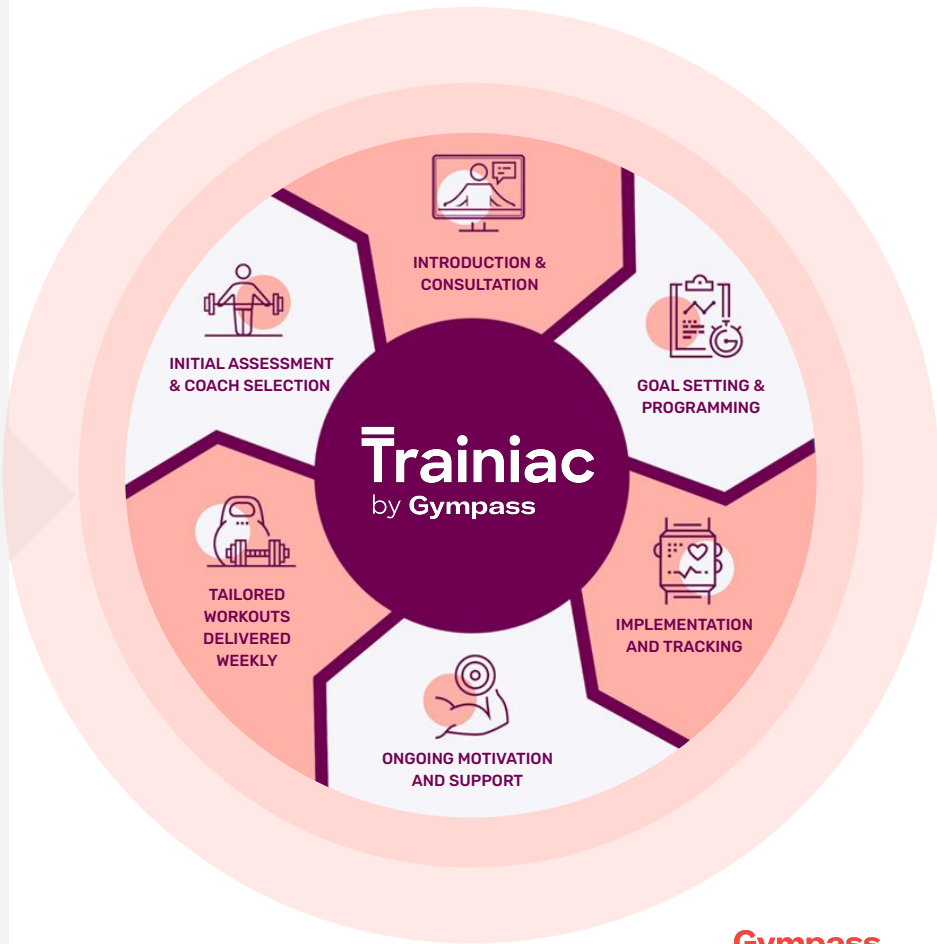


Natalie Young
Yoga - Core Training - Relaxation -
Stress Relief



Martina Pezzino
1:1 Nutrition Coaching

Trainiac by Gympass offers 1:1 personalized coaching



App Partners

- 35+ App Partners
- On Demand Fitness Classes
- Nutrition Planning
- Meditation
- Audio Guided Workouts
- Kids + Family Fitness
- and more!**

Scan here
to download!



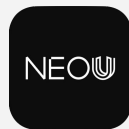
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Calm | Meditations to help you find more calm and mindfulness in your everyday life.



Strava | Track distances and routes with GPS and information such as: speed, altitude, pace, heart rate and calories burned on the route



NEOU | Guided programs & challenges: Designed with a fitness goal in mind, NEOU experts have created curated programs and challenges to help you reach your goals or test your limits..



Fabulous | Explore challenges and content to spark your motivation and productivity.



Lifesum | Lifesum is a health and nutrition app helping over 45 million users make more nutritious food choices and develop better eating habits.

..and many more!

Plans and Access

Scan here to download!



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Gympass



YOUR PLANS

US Membership Options

Variety of month-to-month options to meet all needs

Always more options

Subscribers use 2-3 different gyms or classes each month.

<p>Digital</p> <p>\$0</p> <p>5 apps Weekly live classes</p> <p>Popular options:</p>	<p>Starter</p> <p>\$5.99</p> <p>1,000+ gyms 20 apps</p> <p>Popular options:</p>	<p>Starter+</p> <p>\$9.99</p> <p>2,500+ gyms 20 apps</p> <p>Popular options:</p>	<p>Basic</p> <p>\$17.50</p> <p>3,000+ gyms 30 apps</p> <p>Popular options:</p>	<p>Bronze</p> <p>\$29.99</p> <p>3,600+ gyms 35 apps</p> <p>Popular options:</p>
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More affordable

<p>Silver</p> <p>\$49.99</p> <p>7,300+ gyms 35 apps</p> <p>Popular options:</p>	<p>Gold</p> <p>\$124.99</p> <p>10,000+ gyms 35 apps</p> <p>Popular options:</p>	<p>Platinum</p> <p>\$189.99</p> <p>12,000+ gyms 35 apps</p> <p>Popular options:</p>	<p>Diamond</p> <p>\$229.99</p> <p>12,400+ gyms 35 apps</p> <p>Popular options:</p>
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More options

Please note: This slide provides an illustration of gyms and studios per plan. Availability of gym and studios per plan may vary by location.

Included Wellness Apps - US

Physical Activity



FizzUp

- Exercise programs for all levels.
- Choose from over 500 exercise videos, 200 workout programs and build your perfect meal plan
- Choose from different categories ranging from beginner to advanced levels, program fit all levels of experience
- Use a calendar to show you which days you need to exercise based on the goals you set

Nutrition & Food Tracker



MyFitnessPal

- Dedicated to fostering positive connections with the foods employees already love, while helping them discover the healthiest versions of themselves
- See a breakdown of calories and nutrients, compare serving sizes, and discover how the food you eat supports your goals
- Scan barcodes, save meals and recipes, and use Quick Tools for fast and easy food tracking

Emotional Support



MEDITOPIA

- 1x1 Meditation, Mindfulness and sleep programs
- Individual support and opportunity to speak with wellness coach within the app
- Get right to the heart of what we as a people, regardless of age, background, or experience, are dealing with every day

Financial Wellbeing



MOBILLS

- Personal Financial Planner
- Define your Financial Goals
- Manage Credit Card Debt
- Control your expenses and budget
- See all your accounts in one place

Healthy Habits



FABULOUS

- Create small habits that lead to BIG changes
- Explore challenges and content to spark your motivation and productivity
- Boost your self esteem and stay committed to your healthy lifestyle

How to use Gympass

Scan here to download!



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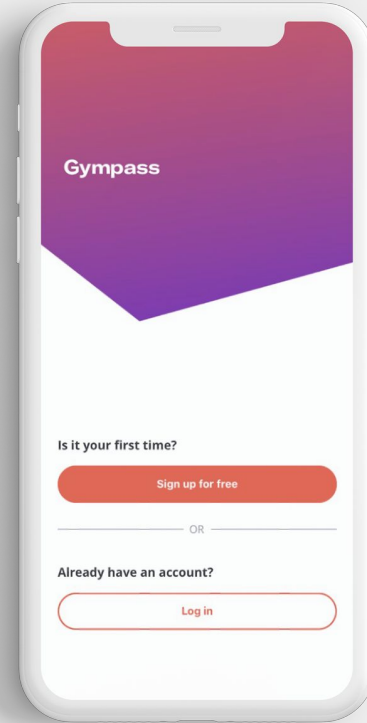
Gympass

Getting started with Gympass is quick and easy!

- 1 Download the app on your smartphone or go to our website.
Gympass.com/en-us
- 2 Click Sign-up, search for “Morgan Stanley”. Create a free account with your email address and begin to explore the network.
- 3 Choose a plan that works for you, accept the payment terms, and activate your membership.



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Gympass

**Share what makes
you feel good,
with those who are
good for you.**

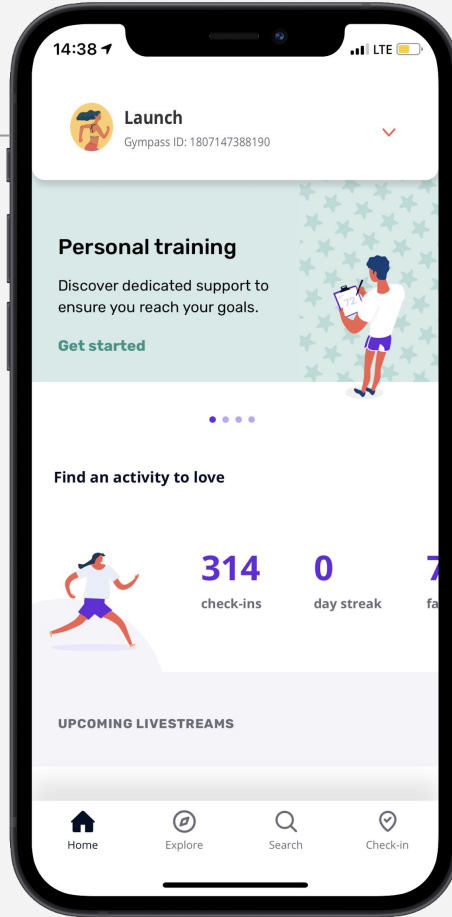
Dependents Promotion:

Once you're a member, refer your dependents.

Employees & their dependents do not have to choose the same plan.

Gympass ID

This is where your Gympass ID is located



Manage your account

Change your account settings, refer a facility, visit our help center, and upgrade or downgrade your plan here

Track your progress

See your gym check ins and visits here

Check into a gym

Click here and head to reception to validate your check-in

Explore Tab

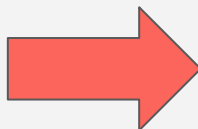
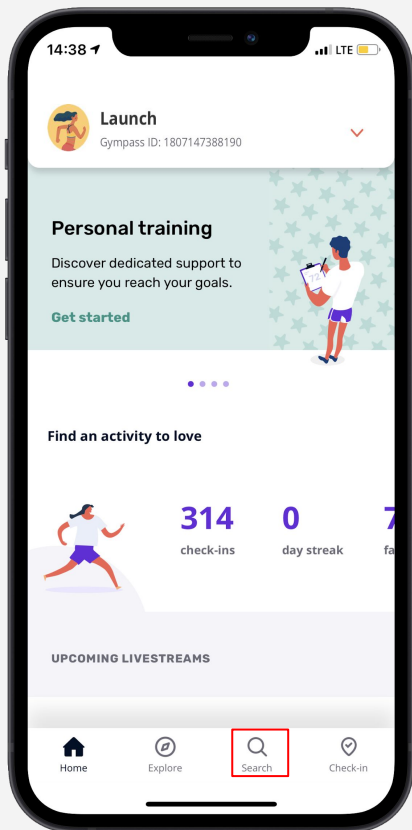
Explore Live Classes, Personal Training, Wellness Coaches, and Apps



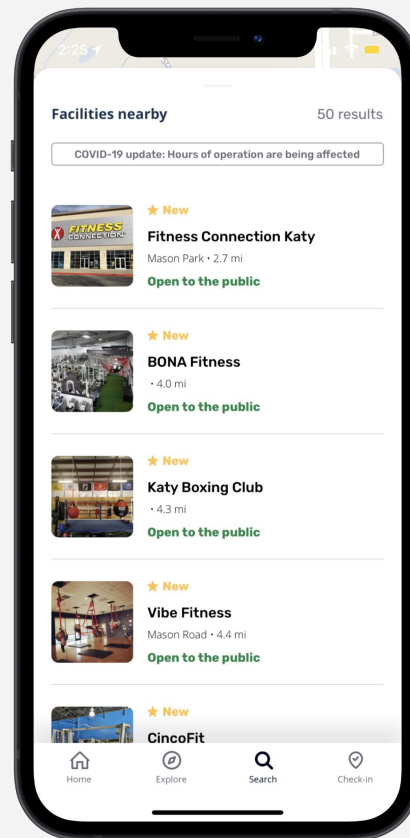
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How To Explore Nearby Facilities

Click "Search"



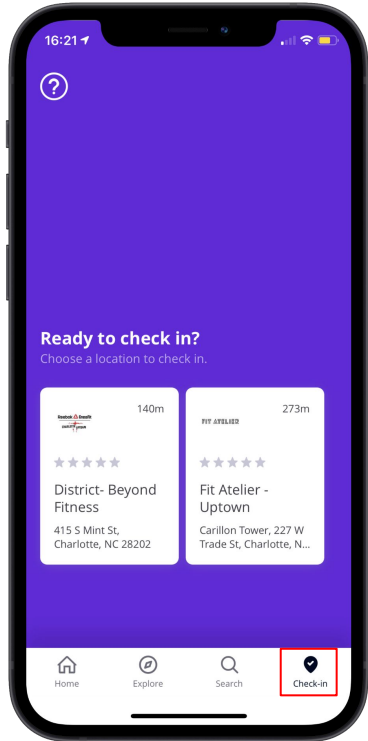
Swipe Up On
"Facilities Nearby"



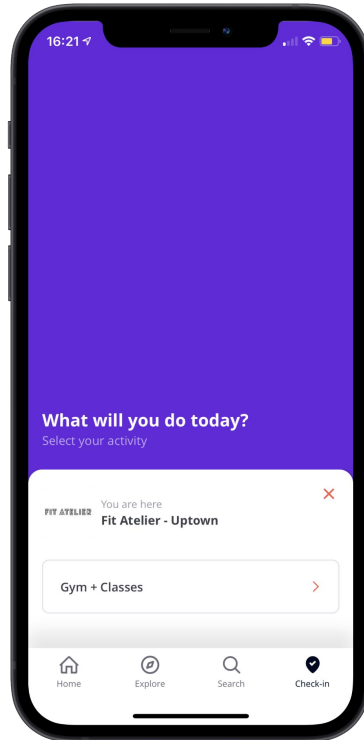
Scan here to
download!

How To Check-In To A Facility

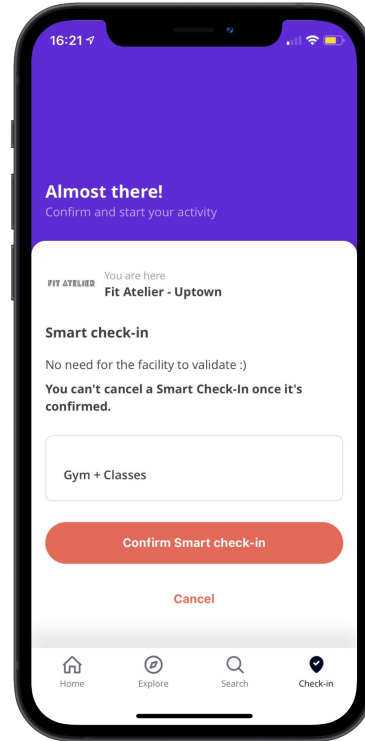
Click "Check-In" and select which facility you are attending



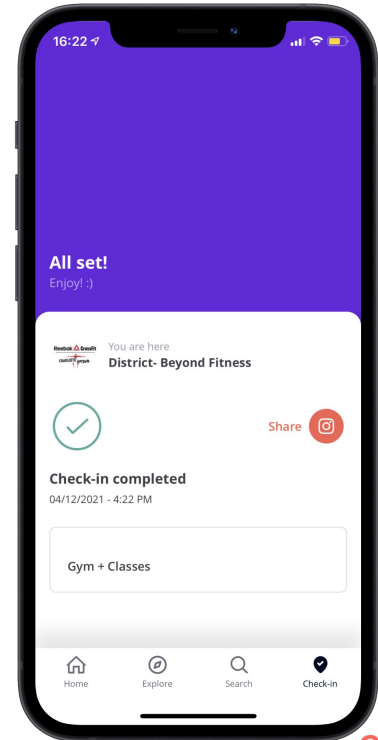
Select which activity you will be doing at the facility



Click "Confirm Smart check-in"

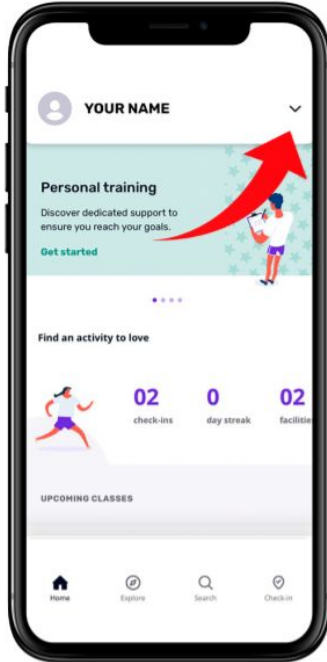


Show the receptionist at the facility and enjoy your workout!

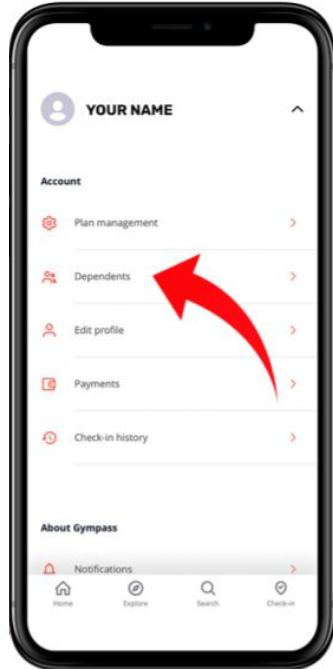


How To Add A Dependent/Family Member

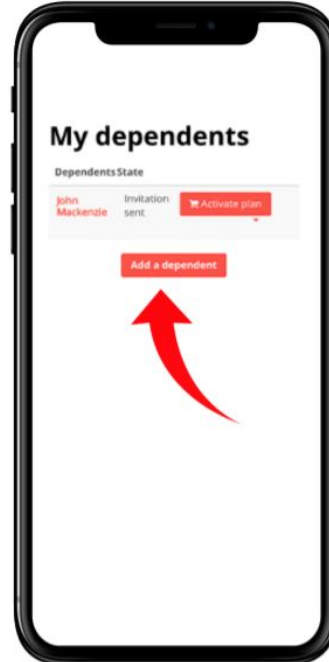
1 Home → Drop Down Menu



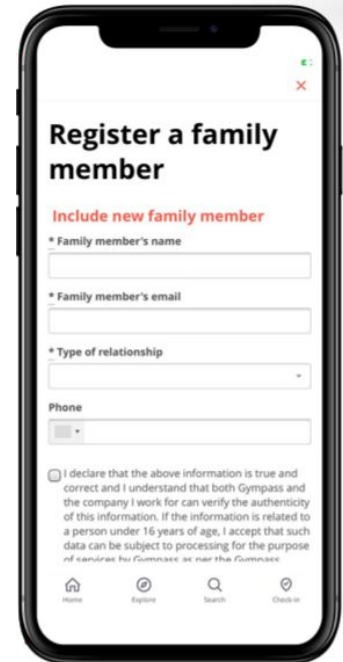
2 Click on "Dependents"



3 Then "Add Dependents"



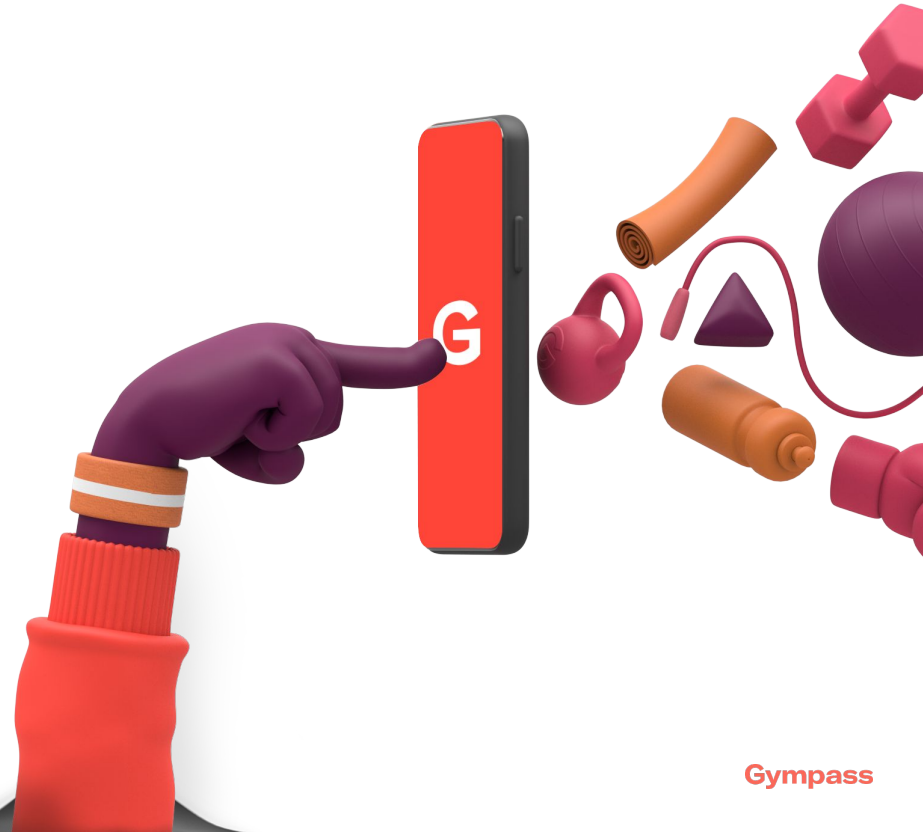
4 Select The Desired Plan, Fill Out The Form and Complete Your Purchase



Scan here to learn more!

**For more information and
FREE to join events, please
visit the landing page:**

promo.gympass.com/morgan-stanley/



Thank  you

Gympass

Scan here to get started!

