

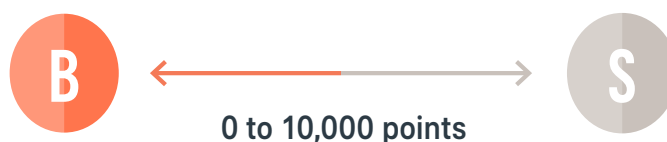
HOW DO I EARN AIA VITALITY POINTS?

July 2022



HEALTHIER, LONGER, BETTER LIVES

Get to AIA Vitality Silver Status



Achieve AIA Vitality Silver Status with ease, by following this guide.

Online/App based health checks

AIA Vitality Health Review	1,000 points
Skin Self Examination	1,000 points
Non-Smokers Declaration	1,000 points
Online Nutrition Assessment	500 points, twice per year
Mental Wellbeing Assessment	up to 750 points, twice per year
Subtotal	up to 4,250 points

Health professional health checks

AIA Vitality Health Check	up to 7,000 points
Eye Check	1,000 points
Dental Check	1,000 points
Subtotal	up to 9,000 points

Vaccinations

Flu	1,000 points
COVID-19	1,000 points
Subtotal	up to 2,000 points

Exercise and physical activity

Steps (7,500 per day)	50 points/per 15 days
Gym workout (partner gyms)	100 points/per 15 days
Subtotal	2,250 points (in 1 month)

Total up to 17,500 points

Already a member? Click here to open the AIA Vitality app and start earning Points now!

Don't have the AIA Vitality app? Click here to download it now.

EARN POINTS NOW

