

Changes to the number of Points you can earn for some program components



From July 2020, we'll be rewarding you even more for improving your health and making healthier choices. We're changing the amount of Points members earn for selected assessments and checks, to continue to ensure we recognise efforts of members who are committed to improving their health.

There will be changes to the number of Points earned across some program components.

- **AIA Vitality Health Check:** Earn up to 7,000 Points per membership year (currently 6,000)
- **AIA Vitality Nutrition Consultation:** Earn up to 2,000 Points per membership year (currently 1,500)
- **Introduction of AIA Vitality Points for mindfulness:** Earn up to 2,000 Points per membership year
- **Nutrition Tracking via Fitbit:** 1,200 Points available per membership year (currently 4,800)
- **Removal of Goals:** Goals will be removed from June. Currently, members earn (on average) 1,500 Points per membership year. Members will earn Points for any in-progress Goals that they're on track to achieve at the time of changeover.
- **Vaccinations:** Earn 1,000 Points for Shingles Zoster vaccination, Removal of HPV from the Australian immunisation schedule for adults.

AIA Vitality Health Check

Members will earn 1,000 Points (250 more than currently) for each AIA Vitality Health Check metric (blood pressure, BMI, random glucose, total cholesterol) that's within healthy range – attendance points will remain at 750 Points per metric. This means members will be able to earn up to 7,000 AIA Vitality Points each membership year.

Please note that the new healthy range Points will only apply if you're completing your AIA Vitality Health Check for the first time in the current membership year.

AIA Vitality Health Check	CURRENT			NEW (from July)		
	Attendance	Healthy Range	TOTAL (up to)	Attendance	Healthy range	TOTAL (up to)
BMI	750	750	1,500	750	1,000	1,750
Blood Pressure	750	750	1,500	750	1,000	1,750
Random Glucose	750	750	1,500	750	1,000	1,750
Total Cholesterol	750	750	1,500	750	1,000	1,750
TOTAL	3,000	3,000	6,000	3,000	4,000	7,000

AIA Vitality Nutrition Consultation

AIA Vitality's long-term partnership with the Dietitians Association of Australia and selected Accredited Practising Dietitians (APDs) will be extended, with the introduction of a more comprehensive and rewarding AIA Vitality Nutrition Consultation. Members will earn 1,000 Points on an initial consultation with one of AIA Vitality's APDs, and we've added two follow-up appointments (500 Points each) to ensure there's ongoing support for members seeking sound advice to make positive, long-term behaviour changes. To reflect the greater emphasis we've placed on seeking professional nutrition advice, points for self-reported nutrition tracking via Fitbit will be adjusted to 300 Points per calendar quarter, down from 1,200.

NUTRITION	CURRENT	NEW (from July)
Initial AIA Vitality Nutrition Consultation	1,500	1,000
Follow up consultations (max. 2)	N/A	Up to 1,000
Nutrition tracking (via Fitbit)	Up to 4,800	Up to 1,200
TOTAL	Up to 6,300	Up to 3,200

We're helping you make mindfulness part of your daily life

Taking a moment in our busy days to centre ourselves and be more mindful can positively impact our mood and general wellbeing. To recognise this and incentivise you to take time to check-in with your mental health, members will earn up to 2,000 Points each membership year for practicing mindfulness via six eligible apps that will be able to be linked to your AIA Vitality account.

- Headspace
- Calm
- Breathe
- Insight Timer
- Buddhify
- Meditation Timer & Log

MINDFULNESS	NEW (from July)
10 minute mindfulness	25
Weekly cap – three x 10 minute sessions	75
Membership year cap	2,000

The introduction of mindfulness as a points-earning activity is the first of many mental wellbeing changes we will implement this year. We are working with experts and established providers to develop new ways to recommend and incentivise appropriate interventions and support services that we will share with you in the coming months.

Vaccinations and Goals

Based on government-recommended population screenings, there will be two key changes to point-earning vaccinations.

AIA Vitality members aged 60+ years will earn 1,000 Points for being vaccinated against Shingles Zoster, while members will no longer earn Points for getting vaccinated against HPV.

Further to the announcement in January, Goals will be removed from the program in June to ensure AIA Vitality is awarding Points for assessments and activities that are clinically-proven to support members to achieve improved health outcomes.

		CURRENT	NEW (from July)
Vaccinations	Shingles Zoster	N/A	1,000
	HPV	1,000	N/A
Goals (to be removed in June 2020)	Based on personal risk profile	Average points earned by a member each year: 1,500	N/A

DATE EFFECTIVE: July 2020

Important changes to Nutrition Tracking

You have until 30 June to complete your nutrition tracking to earn 1,200 Points for the second calendar quarter of the year.

If you choose to complete this tracking after 30 June 2020, you will earn 300 Points as the new Points structure will apply.

Please note that the new annual cap for nutrition tracking will be 1,200 Points. Members who are part-way through their current membership year may exceed the new annual cap, and will not be able to earn any more Points for nutrition tracking until their new membership year begins.

We will be sending reminders about these upcoming changes as they approach, so please keep an eye on your inbox for more information.

If you have any questions regarding program changes, please contact our AIA Vitality Member Services team via queries@aiavitality.com.au. Alternatively, you can also check out our Frequently Asked Questions page.