

YOUR AIA VITALITY GUIDE TO POINTS AND REWARDS



Know Your Health

Category	How	Benefit
ONLINE		
AIA Vitality Health Review	<i>aiavitality.com.au</i> or AIA Vitality app	1,000 points – Can be done once per year
Online Nutrition Assessment	<i>aiavitality.com.au</i> or AIA Vitality app	1,000 points – Can be done twice per year, 6 months apart (500 points per assessment)
Mental Wellbeing Assessment	<i>aiavitality.com.au</i> or AIA Vitality app	Up to 1,500 points – Three assessments can be done twice per year, 6 months apart (250 points per assessment)
Skin Self-Examination	<i>aiavitality.com.au</i> or AIA Vitality app	1,000 points – Can be done once per year
Online Non-Smokers Declaration	<i>aiavitality.com.au</i> or AIA Vitality app	1,000 points – Can be done once per year
OFFLINE		
AIA Vitality Health Check	GP, Health Practitioner or participating TerryWhite Chemmart, Amcal or Guardian pharmacies. (Members get one FREE AIA Vitality Health Check at one of the participating pharmacies each membership year. Please see <i>aiavitality.com.au</i> for participating pharmacies)	750 points per measure (up to 3,000 points) Additional 1,000 points per measure when results are within healthy range (up to 4,000 points). Total of 7,000 points available for AIA Vitality Health Check
AIA Vitality Fitness Assessment	Participating Virgin Active and Fitness First gyms (Please see <i>aiavitality.com.au</i> for participating gyms)	Up to 3,000 points – Can be done twice per year, 6 months apart (up to 1,500 points per assessment) Attendance: 750 points Healthy range results: 750 points
AIA Vitality Nutrition Assessment	Accredited Practising Dietitian (Please see <i>aiavitality.com.au</i> for participating dietitians)	Up to 2,000 points 1,000 points on initial consultation. Up to 1,000 points for subsequent follow ups (maximum two follow ups, each awarding 500 points)
Eye Check	Optometrist	1,000 points – Can be done once every three years (1,000 points applied per membership year)
Dental Check	Dentist	1,000 points – Once per membership year
Vaccinations	GP or Health Practitioner	Influenza (flu): 1,000 points – Can be done once per year Shingles Zoster: 1,000 points – Can be done once per year Pneumococcal (adults 65+ years only): 1,000 points – Can be done once per year
PREVENTATIVE HEALTH CHECKS		
Breast Cancer Screen (Females 50+ or clinically appropriate)	Medical specialist	1,000 points every year for two consecutive years
Cervical Screening Test (Females 18+)	Medical specialist	1,000 points every year for five consecutive years
Bowel Cancer Screen (Adults 50+ or clinically appropriate)	Medical specialist	1,000 points every year for two consecutive years

2 Improve Your Health

Category	How	Benefit
Physical Activity*	Approved fitness devices and apps	50 or 100 points per day, based on physical activity.
		Activity tracked by one of the following methods: steps per day; heart rate; speed; calories burned.
Gym/Outdoor Fitness*	Anytime Fitness	100 points per visit
		Up to \$400 cashback per membership year (must make 24 visits per quarter - rolling 91 days)
		10% discount on RRP home club membership
Gym/Outdoor Fitness*	Fitness First	100 points per visit
		20% cashback per quarter (must make 24 visits per quarter)
		30% discount on RRP membership fee
Gym/Outdoor Fitness*	Virgin Active	100 points per visit
		50% off 'Active Me' memberships
Organised Fitness Events*	Approved events	up to 1,500 points
Fitness Devices	Fitbit (via aivitality.com.au)	up to 25% discount on devices
	Garmin (via aivitality.com.au)	25% discount on devices
Apple Watch Benefit	Get active and achieve your weekly Active Benefits target each week for 24 months	Earn an Apple Watch Series 6 (GPS) in full
Healthy Gear (athletic apparel)	JAGGAD (via aivitality.com.au)	20% discount
Smoking Cessation	Allen Carr's Easyway to Stop Smoking	30% off and 70% cashback upon completion
		Earn 1,000 points when you complete the online Non-Smoker's Declaration after three months of not smoking
Nutrition Tracking	Fitbit	up to 1,200 points per membership year for logging food intake via Fitbit account (www.fitbit.com or Fitbit app).
		Can be done each calendar quarter 300 points per quarter.
Sleep Tracking	via an approved, AIA Vitality-connected device (fitness tracker)	Up to 2,000 points per membership year.
		10 points per night for minimum of 7 hours sleep (maximum of 50 points per week).
Mindfulness	Headspace	Up to 2,000 points per membership year. (25 points per 10 minute session, with a maximum of three sessions each week)
	Calm	
	Buddhify	
	Insight Timer	
	Meditation Log & Timer [^]	

* Physical activity points are capped at 100 points per day, and 15,000 points per membership year. ^ Meditation Log & Timer available for iOS users only

3 Enjoy the Rewards

Category	Partner	Benefit
Active Benefits	Receive	<p>1 x \$5 voucher per week if personalised Active Benefits target is met (excludes points earned through organised fitness events).</p> <p>You may choose the voucher to:</p> <ul style="list-style-type: none"> • spend at one of our retail partners, • make it a donation to one of our charities • deposit into your nominated Commonwealth Bank account, OR; • earn an Apple Watch Series 6 (GPS)
	Woolworths	
	Uber	
	Uber Eats	
	Google Play	
	App Store & iTunes	
	Velocity Frequent Flyer	
	Apple Watch Series 6 (GPS)	
	Donate	
	Black Dog Institute	
	Cancer Council	
	Diabetes Australia	
	Youngcare	
The Forktree Project		
Save		
Commonwealth Bank		
Shopping Rewards	Amazon	<p>\$20/\$40/\$60/\$80/\$100/\$200 at your choice of retail partners.</p> <p>Earn an eGift card once you hit 10,000 AIA Vitality Points – and for every additional 5,000 Points you earn thereafter, up to 35,000 Points each membership year.</p>
	Bunnings	
	House	
	Myer	
	Ticketmaster	
	Woolworths	
	rebel	
	Commonwealth Bank	
Entertainment	HOYTS	<p>50% off movie vouchers at HOYTS, HOYTS Lux, CMAX, Majestic and Grand Cinemas. Maximum of 6 tickets per month.</p>
Beauty/Spa	endota spa	<p>Maximum of 4 e-Gift cards per membership year, at a discounted rate based on status at time of purchase</p> <p>B 10% S 20% G 30% P 50%</p>
Flight Benefit	Virgin Australia	<p>Members can receive up to 50% cashback on the base fare of eligible domestic and international flights (one way or return) operated by Virgin Australia and Singapore Airlines, as well as Delta flights to/from Los Angeles. Flights must be booked via the dedicated Virgin Australia booking portal available via www.aiavitality.com.au Members receive status-based cashback on the first two flight bookings made during each membership year. Any subsequent bookings receive 10% cashback. Cashbacks at Silver, Gold and Platinum only available once you complete AIA Vitality Health Check. Bookings can include up to 8 accompanying passengers, however no cashbacks will be applied to these accompanying passengers.</p> <p>B 10% S 20% G 30% P 50%</p>

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