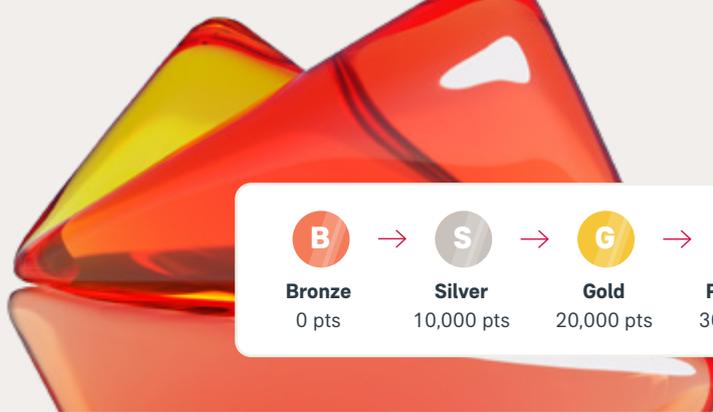


# AIA Vitality

## Points and rewards guide



### Know your health

CATEGORY	HOW	BENEFIT
<b>ONLINE</b>		
✓ <b>AIA Vitality Age Assessment</b>	AIA Vitality app 2 online assessments: • Physical Wellbeing (once per year) • Mental Wellbeing (once every 6 months)	<b>Up to 2,250 points</b> 750 points for Physical Wellbeing 750 points for Mental Wellbeing (up to 1,500 points for completing twice per membership year)
✓ <b>AIA Vitality Financial Wellbeing Assessment</b>	1 online assessment	<b>250 points</b>
✓ <b>Skin Self-Examination</b>	AIA Vitality app	<b>500 points</b>
<b>OFFLINE</b>		
✓ <b>AIA Vitality Health Check</b>	GP or a participating Unichem or Life Pharmacy 4 measures: • BMI • Blood Pressure • Random Blood Glucose • Cholesterol	<b>Up to 10,000 points</b> Attendance: 1,000 points for each measure taken (up to 4,000 points) Results within healthy range: 1,500 points for each measure (up to 6,000 points)
✓ <b>AIA Vitality Fitness Assessment</b>	CEPNZ or Snap Fitness <sup>1</sup>	<b>Up to 2,000 points</b> 1,000 points for initial consultation 500 points for each assessment reaching healthy range
✓ <b>Eye Check</b>	Optometrist	<b>500 points</b> (can be done once every 3 years)
✓ <b>Dental Check</b>	Dentist	<b>1,000 points</b>
✓ <b>Vaccinations</b>	GP or Health Practitioner	<b>Flu: 1,000 points</b> COVID-19 Vaccines: Up to <b>2,000 points</b> in a calendar year. Initial dose 1 and 2: <b>1,000 points</b> (once off for having both doses) Booster doses: <b>1,000 points</b> (per booster) Pneumococcal (aged 65+): <b>1,000 points</b> (once-off) Shingles (Zoster) (aged 65+) : <b>1,000 points</b> (once-off) Td: <b>1,000 points</b> (once every 10 years)
✓ <b>Preventative Health Checks</b>		
Breast Cancer Screen	Medical specialist	<b>1,000 points</b> every year for 2 consecutive years
Cervical Cancer Screen	Medical specialist	<b>1,000 points</b> every year for 5 consecutive years
Bowel Cancer Screen	Medical specialist	<b>1,000 points</b> every year for 2 consecutive years
MoleMap or Dermatologist Skin Cancer Assessment	MoleMap <b>OR:</b> Dermatologist appointment	<b>1,000 points</b>

<sup>1</sup> Available at selected locations across New Zealand.



## Improve your health

CATEGORY	HOW	BENEFIT
✓ <b>Physical Activity<sup>2</sup></b>	AIA Vitality-compatible fitness device or app <b>OR:</b> Visiting a gym partner	<b>25, 50,100 or 150 points</b> per day, based on physical activity. Activity tracked by one of the following methods: Average heart rate, speed, steps and calories per day <b>OR:</b> <b>100 points</b> per Les Mills, Snap Fitness or Jetts Fitness visit, per day.
✓ <b>Gym Partners</b>	Les Mills	<b>Up to 50% off</b> a Les Mills gym membership (discount + cashback) <sup>3</sup>
	Snap Fitness	<b>First 6 weeks free</b> on a Snap Fitness gym membership <sup>4</sup>
	Jetts Fitness	<b>20% off</b> a Jetts Fitness gym membership <sup>5</sup>
✓ <b>Organised Fitness Events<sup>6</sup></b>	Approved events	<b>Up to 1,500 points</b> , depending on fitness event. Up to 3,000 points per membership year
✓ <b>Fitness Devices</b>	Garmin (via AIA Vitality app)	<b>Up to 25% discount</b> on selected devices
	Samsung (via AIA Vitality app)	<b>Up to 30% discount</b> on selected devices
✓ <b>Apple Watch Benefit</b>	Get active and achieve your weekly physical activity target each week for 24 months	Earn an <b>Apple Watch Series 9 GPS, 41mm (RRP \$749)</b> in full
✓ <b>Healthy Gear</b>	New Balance (via AIA Vitality app)	<b>25% discount</b> on selected footwear, apparel and accessories
✓ <b>AIA Vitality Nutrition Consultation</b>	Mission Nutrition	<b>Up to 2,500 points</b>
		1,000 points for initial consultation
		500 points for each follow up consultation (max 2) 500 points for completing nutrition tracking
✓ <b>Non-Smoker's Declaration</b>	AIA Vitality app	<b>1,000 points</b>
✓ <b>Quit Smoking</b>	Allen Carr's Easyway to Stop Smoking (booked on AIA Vitality app)	<b>Free access</b>
✓ <b>Quit Alcohol</b>	Allen Carr's Easyway to Stop Drinking Alcohol (booked on AIA Vitality app)	<b>Free access</b> and <b>500 points</b>
✓ <b>Footprint</b>	Footprint website	<b>Get 30% off</b> online wills with Footprint
✓ <b>Mental Wellbeing Activities</b>		<b>Up to 4,000 points maximum</b>
Meditation	By syncing with the following apps: Headspace, Calm, Insight Timer, Buddhify and Meditation Timer & Log.	<b>Up to 2,000 points</b> per membership year. 25 points for every 10 minutes or more of meditation, 3 times a week
Sleep Tracking	By syncing an AIA Vitality-compatible fitness device with sleep tracking	<b>Up to 2,000 points</b> per membership year. 10 points per night for minimum 7 hours sleep



## Enjoy the rewards

✓ <b>Active Rewards</b>	Retail and Charity Partners	<b>Up to \$260</b> in rewards per year through Active Rewards. Reach your personalised physical activity target each week and you'll get the choice between: <ul style="list-style-type: none"> <li>5 Airpoints Dollars™</li> <li>a \$5 Woolworths, HOYTS, Harvey Norman or iTunes voucher</li> <li>a \$5 donation to the Mental Health Foundation of New Zealand, the Heart Foundation or Trees That Count</li> </ul> <b>OR:</b> <ul style="list-style-type: none"> <li>earn an Apple Watch Series 9 GPS, 41mm (RRP \$749<sup>7</sup>)</li> </ul>
✓ <b>Entertainment</b>	HOYTS (via AIA Vitality app)	<b>Up to 50% off</b> HOYTS vouchers. Maximum of 6 tickets per calendar month
	Event Cinemas (via AIA Vitality app)	<b>\$14 movie tickets.</b> Maximum of 6 tickets per calendar month
✓ <b>Beauty/Spa</b>	endota	Maximum of 4 Vouchers per membership year, at a discounted rate based on AIA Vitality status at time of purchase: <b>B</b> 20%   <b>S</b> 30%   <b>G</b> 40%   <b>P</b> 50%
✓ <b>Status Rewards</b>	Airpoints™ and Woolworths	Earn up to <b>300 Airpoints Dollars™</b> or <b>\$300 Woolworths Gift Cards</b> each membership year, for reaching up to 35,000 AIA Vitality Points.
		<b>S</b> 10,000 points = 25 Airpoints Dollars™ <b>OR</b> \$25 Woolworths Gift Card
		<b>G</b> 20,000 points = 50 Airpoints Dollars™ <b>OR</b> \$50 Woolworths Gift Card
		<b>P</b> 30,000 points = 100 Airpoints Dollars™ <b>OR</b> \$100 Woolworths Gift Card
		35,000 points = 125 Airpoints™ <b>OR</b> \$125 Woolworths Gift Card

2 Physical activity points are capped at 150 points per day for a single points earning activity and 15,000 points per membership year.

3 Member receives 15% discount on a Les Mills standard 12 Month Multi Club membership, and 35% cashback on membership fees based on frequency of visits (minimum of 24 visits on 24 different days, per calendar quarter is required to be eligible for cashback).

4 Member receives the first 6 weeks free on a Snap Fitness 12 month plan.

5 Member receives a 20% discount on a Jetts Fitness All Club 12 Month membership.

6 Organised Fitness Event points contribute to member's 15,000 physical activity points per membership year, but do not contribute towards member's weekly Active Rewards target. For weekly Active Rewards, member must track physical activity via compatible fitness device or app or visit a gym partner

7 Member cannot select any other \$5 Active Rewards while participating in the Apple Watch Benefit. Apple Watch® is a registered trademark of Apple Inc. All rights reserved.

All points listed are able to be earned in each AIA Vitality membership year, unless otherwise indicated.

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**AIA Vitality**