

# AIA Vitality

AT AIA, WE'RE  
COMMITTED TO HELPING  
NEW ZEALANDERS LIVE  
**HEALTHIER, LONGER,  
BETTER LIVES.**

That's why we're proud to offer  
AIA Vitality in New Zealand.



# WHAT IS AIA VITALITY?

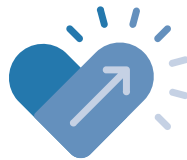
AIA Vitality is a science-backed health and wellbeing programme that helps you get more out of life by motivating you to take control of your health, life and wellbeing.

It helps you get to know your health, provides tools to improve it and offers great rewards to keep you motivated on your journey to a healthier you.



## Know your health

Learn more about your health with our network of experts and tools.



## Improve your health

Get access to the tools you need to improve your health and wellbeing.

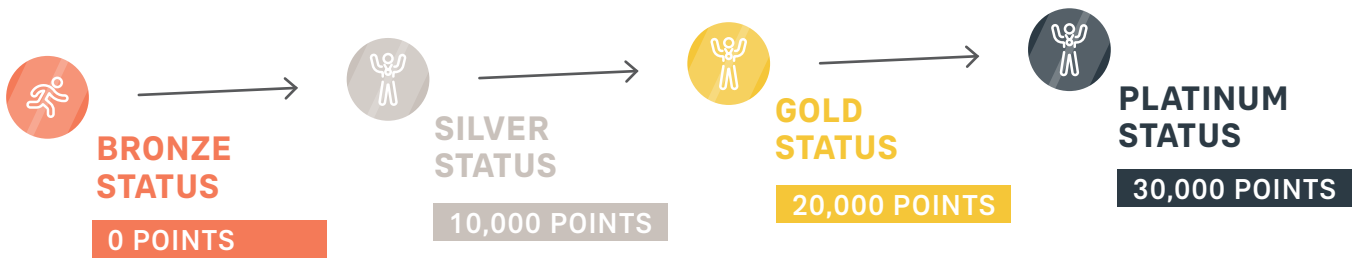


## Enjoy the rewards

Access to amazing discounts and offers.

## How to earn Points and improve your status

You start each membership year on Bronze Status with zero AIA Vitality Points and accumulate them through ongoing programme engagement. The higher your Points, the higher your status, the greater your rewards. When your next membership year rolls around, you retain the status you've earned and the rewards that come with it. Here are some ways you can climb to Platinum Status:



Here's a number of key ways you can earn AIA Vitality Points

<b>AIA VITALITY HEALTH CHECK</b> Up to 10,000 points	<b>AIA VITALITY FITNESS ASSESSMENT</b> Up to 2,000 points	<b>AIA VITALITY FINANCIAL WELLBEING ASSESSMENT</b> 250 points	<b>MENTAL WELLBEING ACTIVITY</b> (Sleep tracking and meditation) Up to 4,000 points
<b>AIA VITALITY AGE ASSESSMENT</b> Up to 2,250 points	<b>NON-SMOKER DECLARATION</b> 1,000 points	<b>VACCINATIONS</b> Up to 1,000 points per vaccination	<b>ORGANISED FITNESS EVENT</b> Up to 1,500 points per event, up to 3,000 points per year
<b>EYE CHECK</b> 500 points	<b>MOLEMAP OR DERMATOLOGIST SKIN CANCER ASSESSMENT</b> 1,000 points	<b>BOWEL CANCER SCREEN</b> 1,000 points	<b>PHYSICAL ACTIVITY</b> Up to 150 points per day, up to 15,000 points per year
<b>SKIN SELF-EXAMINATION</b> 500 points	<b>DENTAL ASSESSMENT</b> 1,000 points	<b>BREAST OR CERVICAL CANCER SCREEN</b> 1,000 points each	<b>AIA VITALITY NUTRITION CONSULTATION AND TRACKING</b> Up to 2,500 points

# BENEFITS AND REWARDS

You can enjoy great benefits and rewards from our programme partners to help you reach your health and wellbeing goals.



FREE AIA VITALITY HEALTH CHECK



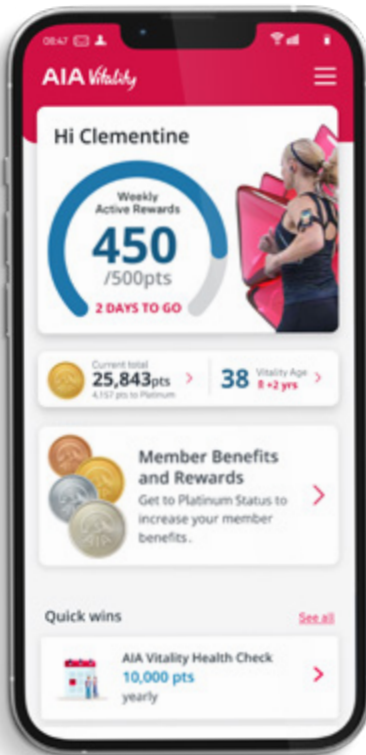
50% CASHBACK ON AN AIA VITALITY FITNESS ASSESSMENT



25% OFF A SKIN ASSESSMENT



ONLINE AND OFFLINE HEALTH ASSESSMENTS



USE YOUR ACTIVE REWARDS TO EARN AN APPLE WATCH SERIES 9 (GPS)<sup>1</sup>



SAVE UP TO 50% ON A LES MILLS MEMBERSHIP<sup>2</sup>



SAVE 20% ON A JETTS FITNESS MEMBERSHIP<sup>3</sup>



GET 6 WEEKS FREE ON A SNAP FITNESS MEMBERSHIP<sup>4</sup>



UP TO 25% DISCOUNT ON SELECTED DEVICES  
**GARMIN.**

UP TO 30% DISCOUNT ON SELECTED DEVICES  
**SAMSUNG**

25% OFF SELECTED FOOTWEAR, APPAREL AND ACCESSORIES



UP TO 80% OFF NUTRITION CONSULTATIONS WITH A DIETITIAN



GET 30% OFF AN ONLINE WILL



FREE ACCESS TO ALLEN CARR'S QUIT SMOKING AND ALCOHOL PROGRAMS



EARN POINTS FOR SUPPORTING YOUR MENTAL WELLBEING



INITIAL PREMIUM DISCOUNT OF 10%



STATUS REWARDS



UP TO 50% OFF MOVIE TICKETS (limits apply)



ACTIVE REWARDS REACH YOUR ACTIVITY TARGET AND EARN \$5 EVERY WEEK



OR DONATE \$5 EVERY WEEK



1. 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.
2. 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).
3. Member receives a 20% discount on a Jetts Fitness All Club 12 Month membership.
4. Member receives the first 6 weeks free on a Snap Fitness 12 month plan.
5. Please refer to page 5 of this brochure for more information on the AIA premium discount offering.



# HOW ACTIVE REWARDS WORK

Monitor your steps, heart rate, speed or calories burnt using your activity tracker or smart phone, and earn \$5 per week if you reach your weekly personalised physical activity target (up to \$260 per membership year). Personalised physical activity targets range between 200 and 500 AIA Vitality Points per week, depending on individual fitness and activity levels. **Use your \$5 credit to choose between:**

**5**



5 Airpoints Dollars™ loaded into your Airpoints account

**\$5**



A \$5 Countdown, HOYTS, Harvey Norman or iTunes voucher

**\$5**



A \$5 donation to either the Mental Health Foundation of New Zealand, the Heart Foundation or Trees That Count

**APPLE WATCH**  
SERIES 9



## Or choose the Apple Watch Benefit

Get active and reach your physical activity target each week for 24 months to earn an Apple Watch Series 9 GPS (RRP \$749) in full\*.

The more physical activity targets you reach every month, the less your repayment. You really can earn your Apple Watch just by being active!

For more details on how this benefit works, visit the Apple Watch Benefit page found on [aia.co.nz/vitality](http://aia.co.nz/vitality)

\*Apple is not a participant in or sponsor of this promotion. Apple Watch® is a registered trademark of Apple Inc. All rights reserved. Apple Watch Series 9 requires an iPhone Xs or later with iOS 17 or later.

# HOW STATUS REWARDS WORK

## Airpoints Dollars™, Countdown and endota

As you earn points and increase your AIA Vitality Status, you'll have access to larger rewards.

	<b>B</b> BRONZE 0 POINTS	<b>S</b> SILVER 10,000 POINTS	<b>G</b> GOLD 20,000 POINTS	<b>P</b> PLATINUM 30,000 POINTS   35,000 POINTS	
		<b>+25</b> Airpoints Dollars™	<b>+50</b> Airpoints Dollars™	<b>+100</b> Airpoints Dollars™	<b>+125</b> Airpoints Dollars™
		Or <b>+\$25</b> Countdown Gift Card	Or <b>+\$50</b> Countdown Gift Card	Or <b>+\$100</b> Countdown Gift Card	Or <b>+\$125</b> Countdown Gift Card
	<b>20%</b> discount voucher	<b>30%</b> discount voucher	<b>40%</b> discount voucher	<b>50%</b> discount voucher	

# HOW LES MILLS MEMBERSHIP DISCOUNT WORKS

Help improve your health through your AIA Vitality membership, and save up to 50% on a Les Mills standard 12 Month Multi Club membership with no joining fee.

	New Les Mills Member	Existing Les Mills Member
15% discount on a Les Mills membership RRP	✓	✗*
35% cashback on membership fees**	✓	✓
100 AIA Vitality Points awarded per daily Les Mills visit	✓	✓

\*Existing Les Mills members have the option to terminate their existing membership (paying any required early termination fees), and then sign a new standard 12 Month Multi Club membership to receive the 15% membership discount

\*\*35% cashback on membership fees based on a standard 12 Month Multi Club membership, and frequency of visits (minimum of 24 visits on 24 different days, per calendar quarter is required to be eligible for cashback)

# AIA PREMIUM DISCOUNT

When you sign up to AIA Vitality you receive an initial **10% premium discount** on your eligible insurance policies. Then you're in control of the discount you can receive through ongoing engagement with the AIA Vitality programme.

On your policy anniversary, your premium discount will be **adjusted depending on your AIA Vitality Status**.

PROGRAMME ENGAGEMENT ↑	AIA Vitality Status achieved	Premium flex	Example: Your AIA Vitality year 1 discount is 10% (the initial discount)
	PLATINUM	+2.0% P.A. up to maximum of 20%	If you reach Platinum, your year 2 <b>DISCOUNT WILL BE 12%</b>
	GOLD	RETAIN CURRENT DISCOUNT	If you reach Gold, your year 2 <b>DISCOUNT WILL BE 10%</b>
	SILVER	-1% P.A. to a minimum of 0%	If you reach Silver, your year 2 <b>DISCOUNT WILL BE 9%</b>
	BRONZE	-2.0% P.A. to a minimum of 0%	If you retain Bronze, your year 2 <b>DISCOUNT WILL BE 8%</b>

For more details on Premium Flex, refer to the AIA Vitality Premium Adjustment Rules found on [aia.co.nz/vitality](http://aia.co.nz/vitality)

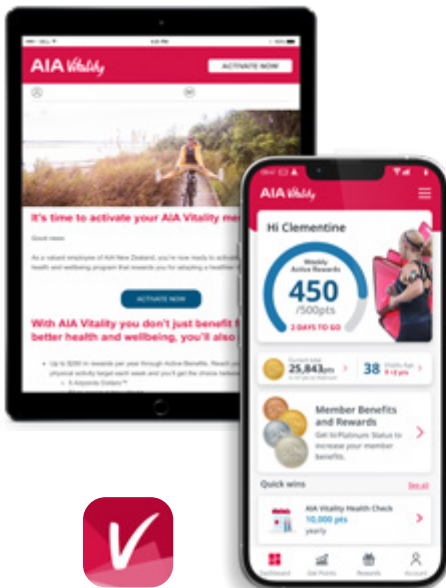
# AIA VITALITY MEMBERSHIP FEE

AIA Vitality is available with eligible AIA insurance policies. Pay just \$11.50 per month (including GST), in addition to your monthly premium to access the full programme and earn benefits and rewards.

The membership fee and policy premium are charged separately. The AIA Vitality membership fee can be paid by either the policy owner or the AIA Vitality member (Life Assured).



## HOW TO JOIN AIA VITALITY



### 1. Find out if you're eligible and join up.

- New AIA customers – call us on **0800 500 108** to talk to an adviser
- Existing AIA insurance customers – If you have an existing AIA policy with us, you may be eligible to join AIA Vitality straight away. Talk to your insurance adviser, or call us on **0800 242 888**
- Or you can jump online at talk to us via Live Chat. Visit [aia.co.nz/chat](https://aia.co.nz/chat) (Mon - Fri 8am to 6pm)

### 2. Activate your AIA Vitality membership.

- Once you've enrolled as a member, you will receive an email from AIA Vitality asking you to activate your membership
- Click the 'Activate Now' button in the email sent to your inbox.

### 3. Download the app for Android or iPhone.

- Download the AIA Vitality app from your app store.
  - Android users go to the Google Play Store
  - iPhone users, download the app from the Apple New Zealand App Store
- Once you have downloaded the app you will need to 'Sign up' for a new account to activate your membership.
- You can now access the AIA Vitality app to start your journey to a healthier lifestyle

## 4. Opt-in to Active Rewards

- Opt-in to Active Rewards to earn weekly rewards every time you meet your personalised Active Rewards target, or activate the Apple Watch Benefit
- Access the many benefits and rewards from our AIA Vitality partners
- If you need any help with your app, phone us on **0800 242 888**, email us on **NZVitality@aia.com**, or talk to us on Live Chat at **www.aia.co.nz/chat**, Mon - Fri 8am to 6pm.



## 5. Start earning Points!

- Link your fitness device or mobile app and earn points from your workout data
- Get an understanding of your health and wellbeing by completing our online and offline assessments
- Maintain your fitness and reach your personalised health goals



**GARMIN.**

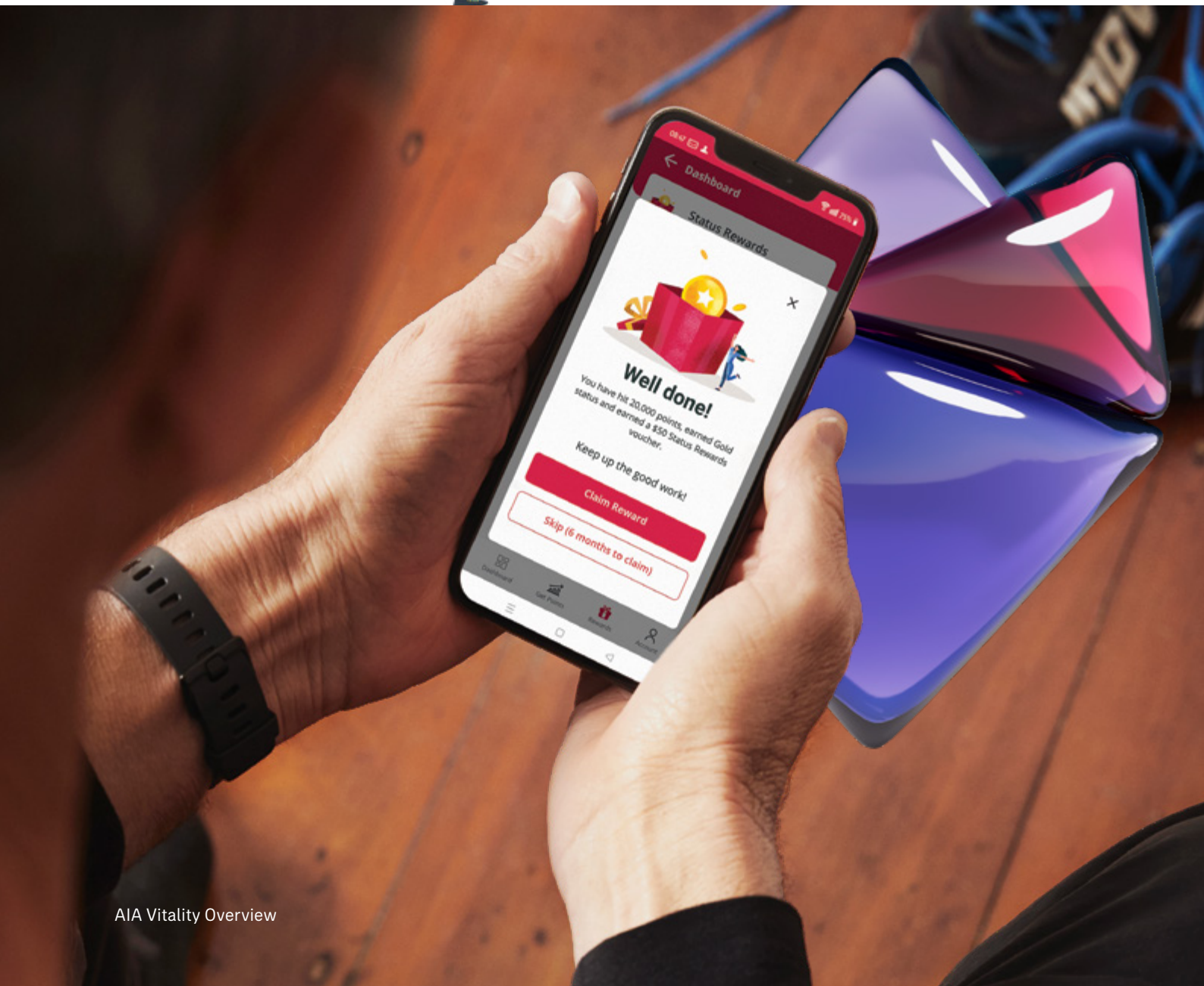
**fitbit.**

POWERED BY  
**STRAVA**

**Google Fit**

**Apple Health**

**SAMSUNG Health**





Our **Content Hub**, brought to you by AIA Vitality, offers a range of **articles and tips** to help you **Plan Well, Eat Well, Move Well and Think Well.**

[aia.co.nz/contenthub](http://aia.co.nz/contenthub)

# AIA Vitality



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## Disclaimer



**0800 242 888**

Monday - Friday, 9am - 5pm



[aiavitality.co.nz](http://aiavitality.co.nz)



[NZVitality@aia.com](mailto:NZVitality@aia.com)



[aia.co.nz/chat](http://aia.co.nz/chat)

Monday - Friday, 8am - 6pm

AIA Vitality has a monthly membership fee and can only be taken out with eligible AIA insurance policies. For AIA Vitality terms and conditions and data privacy information, head to [aiavitality.co.nz](http://aiavitality.co.nz)

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