

AIA Vitality

Physical activity points



AIA Vitality physical activity points help you turn healthy steps into real rewards.

Earn weekly rewards when you meet your personalised physical activity targets and build points to boost your AIA Vitality status and unlock even bigger rewards.

Here's how it works:

Earning physical activity points

To start tracking activity, link your fitness device (Apple Watch, Fitbit, Garmin, or Samsung), or Apple Health (iOS devices) or Google Fit app (Android devices) with your AIA Vitality membership.

Once you have successfully linked your fitness device or app you are ready to start tracking activity. These are the ways you can earn physical activity points.



Steps



Increasing your heart rate



Burning calories



Les Mills gym visits

Here are a few reminders:

- Earn a maximum of 100 points per day
- You can only earn points in one category per day – we'll count the category with the highest points if you do more than one activity. E.g. If you complete two 50 point earning activities (tracking steps and increasing your heart rate), the total will be 50 points. Or if you complete two points earning activities; worth 100 points and 50 points respectively, the total will be 100 points.
- Once you've hit the maximum physical activity points limit of 15,000 per membership year, your physical activity points will no longer count as status points (Silver, Gold, Platinum) but you will still be able to earn points towards your weekly Active Rewards or Apple Watch repayment.
- Note that there is a sub-limit of 3,000 per membership year for Organised Fitness Events, this is included as part of the maximum 15,000 points.

Physical activity	AIA Vitality Points
STEPS - PER DAY	
7,500 – 12,499	50
12,500 or greater	100
OR	
HEART RATE DATA - ONCE PER DAY	
At least 30 minutes of physical activity in one exercise session a day at an average heart rate of more than 60% of your age-related maximum heart rate*.	50
OR	
At least 30 minutes of physical activity in one exercise session a day at an average heart rate of more than 70% of your age-related maximum heart rate*.	100
OR	
At least 60 minutes of physical activity in one exercise session a day at an average heart rate of more than 60% of your age-related maximum heart rate*.	100
OR	
CALORIE DATA - ONCE PER DAY	
At least 30 minutes of physical activity and a minimum of 150 calories burned (at a rate of no fewer than 300 calories an hour) in one exercise session a day.	50
OR	
At least 30 minutes of physical activity and a minimum of 300 calories burned (at a rate of no fewer than 600 calories an hour) in one exercise session a day.	100
OR	
At least 60 minutes of physical activity and a minimum of 30 calories burned (at a rate of no fewer than 300 calories an hour) in one exercise session a day.	100
OR	
LES MILLS GYM VISITS - ONCE PER DAY	
Per visit	100

*Work out your age-related max heart rate with this formula:
 $(220 - \text{your age}) \times 0.6 = \text{your 60\% heart rate}$ or
 $(220 - \text{your age}) \times 0.7 = \text{your 70\% heart rate}$.

What's your weekly physical activity target?

- If you have opted into Active Rewards or the Apple Watch benefit, you will receive a weekly physical activity target each Monday morning.
- Weekly targets run from Monday - Sunday each week.
- Weekly targets range from 200-500 points. The target will never go above or below this target range.
- Your target will be 250 points for the first three weeks, and then will either go up, remain as is, or go down depending on your activity level over the preceding three weeks. If the target moves up or down, it will only do so in 50 point increments.
- If you meet your target for the week, you'll get a \$5 Active Rewards voucher of your choice, or you can choose to donate \$5 to AIA Vitality selected charities. If you have opted into the Apple Watch benefit, you will earn a contribution towards your Apple Watch monthly repayment.



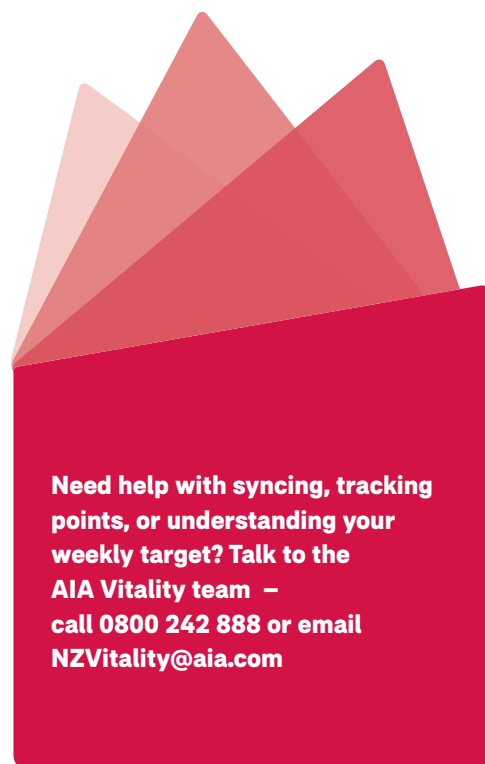
Other ways to earn Points

- Complete AIA Vitality at home fitness videos on the AIA Vitality app – various points.
- Participate in an Organised Fitness Event like a marathon or fun run. There are different point allocations which correspond to the effort required to complete the event. The points on offer range from 150 to 1,500 per event.
- Note – the Points you earn from the Organised Fitness Event do not count towards your weekly physical activity target, however, the Points you earn from the activity itself does count. For example, if you earn 1,500 points for completing a marathon, and in the run completed 12,500 steps or more, the 100 points you earn for the steps will count towards your weekly physical activity target.

Make every Point count!

You don't want your hard work to go to waste – here's how to make sure every single point is counted:

- You need to open the AIA Vitality app as well as your fitness device app (or health app) regularly (preferably daily) when you're physically active so your data can sync, and your points are tracked accurately. This is the only way to trigger the syncing of exercise data with your AIA Vitality membership.
- There may be a slight delay for the Points to reflect, but they should be there within a 24-hour period.
- You need to sync your data by the following Saturday evening (midnight), so your points are counted, to earn your weekly reward. For example, if the week ran from Monday 1st March to Sunday 7th March, you need to sync your data for that week by Saturday 13th March in order to earn your weekly reward.
- If you're using an iOS device, system updates may unlink your Apple Health app from the AIA Vitality app – so check after an update and relink if needed.



Need help with syncing, tracking points, or understanding your weekly target? Talk to the AIA Vitality team – call 0800 242 888 or email NZVitality@aia.com

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