

Introduction to AIA Vitality



AIA Vitality protects what is most important to you, and encourages you to live a healthier life. AIA Vitality is a personalised, scientifically-backed program that supports you every day to make healthier lifestyle choices. It shows you how healthy you are now, provides you with tools to start improving your health right away, and offers amazing rewards to keep you motivated along your journey.

Here's how it works:

You earn AIA Vitality points by learning about and improving your current state of health in areas such as nutrition, exercise and mental wellbeing.

You build on your points through diet and exercise activities which earn you weekly rewards as well as contribute to your overall status (Bronze, Silver, Gold and Platinum).

With AIA Vitality you will receive the tools to:



Know your health

Better understand your health with our network of experts.

- Health checks (mental, physical, nutritional)
- Full reporting on each health check
- Discounted expert nutrition consultations



Improve your health

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

- Discounted Fitbit and Garmin fitness devices
- Free access to Allen Carr's Easyway To Stop Smoking program
- Weekly personalised physical activity target
- Discounted JAGGAD performance apparel



Be rewarded for it

with amazing discounts and offers.

- As an Airpoints Member, earn up to 300 Airpoints Dollars™ annually
- Earn up to \$260 in Active Benefit vouchers. Reach your weekly personalised activity target and choose between:
 - 5 Airpoints Dollars™
 - 5 New World Dollars loaded onto your New World Clubcard
 - A \$5 HOYTS, Harvey Norman or iTunes voucher
 - A \$5 donation to the Mental Health Foundation of New Zealand or the Heart Foundation
- Status-based discounts of up to 50% on up to four Forme Spa & Wellbeing vouchers*
- Up to 25% off Fitbit and Garmin fitness devices, 25% off JAGGAD performance apparel and up to 50% off HOYTS movie tickets.*

*In each case when purchased through the AIA Vitality program.

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