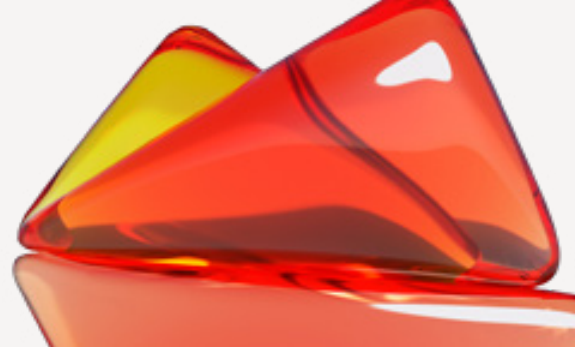


# Member fast start guide



01

## Activate your AIA Vitality membership.

Before you can access AIA Vitality you must first set-up and activate your membership.

- Your AIA Vitality membership is created after your policy is issued.
- You will receive an email from AIA Vitality asking you to activate your membership.
- Click the 'Activate Now' button and set up your password, which takes less than 30 seconds.
- You can now access the AIA Vitality website to start your journey to better health.



02

## Download the app for Android or iPhone.

The app will make your AIA Vitality journey an even more rewarding experience.

- **iPhone users**, download the app from the App Store, **Android users** go to the Google Play Store.
- **Opt-in** to Active Rewards to earn weekly rewards every time you meet your personalised Active Rewards target.
- AIA Vitality Active Rewards can only be accessed via the app.
- Link your fitness devices and apps and complete the online AIA Vitality Age Assessment.
- If your fitness device or app is able to track sleep, you will earn 10 AIA Vitality Points every time you get at least 7 hours of sleep per 24 hours.
- Access the many benefits and rewards from our AIA Vitality partners.



03

## Start completing online assessments. We recommend completing the AIA Vitality Age Assessments online to start.

Get an understanding of your health and wellbeing and earn thousands of AIA Vitality points.

- Login to the AIA Vitality website or app, and navigate to 'Earn Points / Quick points' on the website, and to 'Get points / Complete Health Checks' on the app.
- Complete the AIA Vitality Age Assessment, which will reveal your AIA Vitality Age and award you up to 3,000 points.
- Other assessments include: Non-Smoker's Declaration and the Skin Self-Examination.



04

## Start tracking your physical activity.

Tracking steps and physical activity is an easy way to earn AIA Vitality points.

- If you have a fitness device, ensure you have set up your account with your fitness device brand.
- If you don't have a fitness device you can download a fitness app for that. **iPhone users** link to Apple Health, or Strava. **Android users**: link to GoogleFit or Strava.
- Login to the AIA Vitality website or app, and navigate to the 'Earn points - Link a fitness device or app' section where you can link your device or app.
- Once successfully linked, you can start earning points. This may take a few days, so please be patient.
- Earn 25 points for 5,000 daily steps, 50 points for 7,500 daily steps or 100 points for 12,500 daily steps

