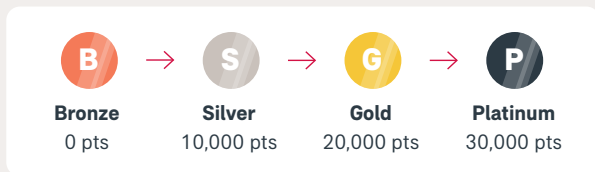


AIA Vitality

Points and rewards guide



Know your health

CATEGORY	HOW	BENEFIT
ONLINE		
	aiavitality.co.nz or AIA Vitality app	
	4 online assessments:	Up to 3,500 points
✓ AIA Vitality Age Assessment	<ul style="list-style-type: none"> About You Physical Activity Nutrition Mental Wellbeing 	750 points for each section 500 points for completing all 4 sections
✓ Skin Self-Examination	aiavitality.co.nz or AIA Vitality app	500 points[^]
OFFLINE		
	GP or participating Unichem or Life Pharmacy	
	Four measures:	Up to 10,000 points
✓ AIA Vitality Health Check	<ul style="list-style-type: none"> BMI Blood Pressure Random Blood Glucose Total Cholesterol 	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)
✓ Eye Check	Optometrist	500 points (can be done once every three years)
✓ Dental Check	Dentist	1,000 points
✓ Vaccinations	GP or Health Practitioner	Flu: 1,000 points HPV (females aged 18-26): 1,000 points (once-off) Pneumococcal (aged 65+): 1,000 points (once-off) Shingles (Zoster) (aged 65+) : 1,000 points (once-off) Td: 1,000 points (once every 10 years)
✓ Preventative Health Checks		
	Mammogram	1,000 points every year for two consecutive years
	Cervical Smear Test	1,000 points every year for three consecutive years
	Colon Cancer Screen	1,000 points every year for two consecutive years
	Skin Self-Assessment	1,000 points[^]
✓ Bonus points (effective as at August 2020. Subject to removal/change – please visit aiavitality.co.nz for confirmation)		
	Complete Initial Nutrition Consultation	1,200 points
	Complete an Advanced Health Screen* or Vaccination	1,200 points
	Complete Mental Wellbeing Assessment	1,200 points
	Opt-in for AIA Vitality Active Rewards	1,200 points

[^] Points are capped at 1,000 per membership year for both the Skin Self-Examination and MoleMap appointment.

* Excluding online skin self-assessment and AIA Vitality Health Check.

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



Improve your health

CATEGORY	HOW	BENEFIT
✓ Physical Activity*	AIA Vitality-compatible fitness device or app	50 or 100 points per day, based on physical activity. Activity tracked by one of the following methods: steps per day; heart rate; calories burned
✓ Organised Fitness Events*	Approved events	Up to 1,500 points , depending on fitness event
✓ Fitness Devices	Fitbit (via aiavitality.co.nz or AIA Vitality app)	25% discount on devices
	Garmin (via aiavitality.co.nz or AIA Vitality app)	25% discount on devices
✓ Apple Watch Benefit	Get active and achieve your weekly Active Rewards target each week for 24 months	Earn an Apple Watch Series 6 GPS, 40mm (RRP \$699) in full
✓ AIA Vitality Nutrition Consultation	Mission Nutrition	Up to 2,000 points 1,000 points for initial consultation 500 points for each follow up consultation (max 2)
✓ Non-Smoker's Declaration	aiavitality.co.nz or AIA Vitality app	1,000 points
✓ Quit Smoking	Allen Carr's Easyway to Stop Smoking (booked via aiavitality.co.nz or AIA Vitality app)	Free access
✓ Meditation	By syncing with the following apps: Headspace, Calm, Insight Timer, Buddhify and Meditation Timer & Log.	Up to 2,000 points per membership year. 25 points for every 10 minutes or more of meditation, 3 times a week
✓ Sleep Tracking	AIA Vitality-compatible fitness devices	Up to 2,000 points per membership year. 10 points per night for minimum 7 hours sleep



Enjoy the rewards

CATEGORY	HOW	BENEFIT
✓ Active Rewards	Retail and Charity Partners	Up to \$260 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"> • 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, the Heart Foundation or Trees That Count OR: <ul style="list-style-type: none"> • fund an Apple Watch Series 6 GPS, 40mm (RRP \$699).**
✓ Entertainment	HOYTS (via aiavitality.co.nz or AIA Vitality app)	Up to 50% off HOYTS vouchers. Maximum of 6 tickets per calendar month.
✓ Beauty/Spa	Forme Spa & Wellbeing	Maximum of 4 Vouchers per membership year, at a discounted rate based on AIA Vitality status at time of purchase: B 20% S 30% G 40% P 50%
✓ Travel Benefit	Airpoints™	Earn up to 300 Airpoints Dollars™ each membership year, for reaching each AIA Vitality status. S 25 Airpoints Dollars™ G 100 Airpoints Dollars™ P 175 Airpoints Dollars™

*Physical activity points are capped at 100 points per day and 15,000 points per membership year.

**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.

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