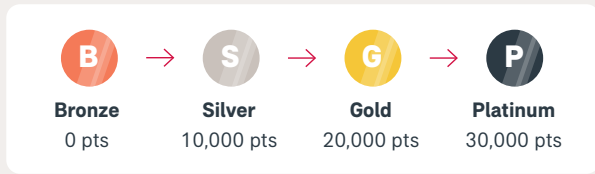


# AIA Vitality

## Points and rewards guide



### Know your health

CATEGORY	HOW	BENEFIT
<b>ONLINE</b>		
✓ <b>AIA Vitality Age Assessment</b>	aiavitality.co.nz or AIA Vitality app 4 online assessments: <ul style="list-style-type: none"> <li>• About You</li> <li>• Physical Activity</li> <li>• Nutrition</li> <li>• Mental Wellbeing</li> </ul>	<b>Up to 3,000 points</b> 750 points for each section
✓ <b>Skin Self-Examination</b>	aiavitality.co.nz or AIA Vitality app	<b>500 points</b>
<b>OFFLINE</b>		
✓ <b>AIA Vitality Health Check</b>	GP or participating Unichem or Life Pharmacy Four measures: <ul style="list-style-type: none"> <li>• BMI</li> <li>• Blood Pressure</li> <li>• Random Blood Glucose</li> <li>• Total Cholesterol</li> </ul>	<b>Up to 10,000 points</b> 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)
✓ <b>AIA Vitality Fitness Assessment</b>	CEPNZ	<b>Up to 2,000 points</b> 1,000 points for initial consultation 500 points for each assessment reaching healthy range
✓ <b>Eye Check</b>	Optometrist	<b>500 points</b> (can be done once every three years)
✓ <b>Dental Check</b>	Dentist	<b>1,000 points</b>
✓ <b>Vaccinations</b>	GP or Health Practitioner	Flu: <b>1,000 points</b> COVID-19: <b>1,000 points</b> (for having both doses of the COVID-19 vaccine) Pneumococcal (aged 65+): <b>1,000 points</b> (once-off) Shingles (Zoster) (aged 65+): <b>1,000 points</b> (once-off) Td: <b>1,000 points</b> (once every 10 years)
✓ <b>Preventative Health Checks</b>		
Mammogram	Medical specialist	<b>1,000 points</b> every year for two consecutive years
Cervical Smear Test	Medical specialist	<b>1,000 points</b> every year for three consecutive years
Colon Cancer Screen	Medical specialist	<b>1,000 points</b> every year for two consecutive years
MoleMap Skin Assessment	MoleMap appointment	<b>1,000 points</b>

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
✓ <b>Physical Activity*</b>	AIA Vitality-compatible fitness device or app <b>OR:</b> Visiting a Les Mills club	<b>50 or 100 points</b> per day, based on physical activity. Activity tracked by one of the following methods: steps per day; heart rate; calories burned <b>OR:</b> <b>100 points</b> per visit, per day
✓ <b>Organised Fitness Events*</b>	Approved events	<b>Up to 1,500 points</b> , depending on fitness event. Up to 3,000 points per membership year
✓ <b>Fitness Devices</b>	Fitbit (via aiavitality.co.nz or AIA Vitality app)	<b>30% discount</b> on devices
	Samsung (via aiavitality.co.nz or AIA Vitality app)	<b>30% discount</b> on devices
	Garmin (via aiavitality.co.nz or AIA Vitality app)	<b>25% discount</b> on devices
✓ <b>Apple Watch Benefit</b>	Get active and achieve your weekly Active Rewards target each week for 24 months	Earn an <b>Apple Watch Series 7 GPS, 41mm (RRP \$649)</b> in full
✓ <b>Healthy Gear</b>	New Balance (via aiavitality.co.nz or AIA Vitality app)	<b>30% discount</b> on selected footwear, apparel and accessories
✓ <b>AIA Vitality Nutrition Consultation</b>	Mission Nutrition	<b>Up to 2,500 points</b> 1,000 points for initial consultation 500 points for each follow up consultation (max 2) 500 points for completing nutrition tracking
✓ <b>Non-Smoker's Declaration</b>	aiavitality.co.nz or AIA Vitality app	<b>1,000 points</b>
✓ <b>Quit Smoking</b>	Allen Carr's Easyway to Stop Smoking (booked via aiavitality.co.nz or AIA Vitality app)	<b>Free access</b>
✓ <b>Quit Alcohol</b>	Allen Carr's Easyway to Stop Drinking Alcohol (booked via aiavitality.co.nz or AIA Vitality app)	<b>Free access and 500 points</b>
✓ <b>Meditation</b>	By syncing with the following apps: Headspace, Calm, Insight Timer, Buddhify and Meditation Timer & Log.	<b>Up to 2,000 points</b> per membership year. 25 points for every 10 minutes or more of meditation, 3 times a week
✓ <b>Sleep Tracking</b>	AIA Vitality-compatible fitness devices	<b>Up to 2,000 points</b> per membership year. 10 points per night for minimum 7 hours sleep



## Enjoy the rewards

CATEGORY	HOW	BENEFIT
✓ <b>Active Rewards</b>	Retail and Charity Partners	<p><b>Up to \$260</b> in rewards per year through Active Rewards. Reach your personalised physical activity target each week and you'll get the choice between:</p> <ul style="list-style-type: none"> <li>• 5 Airpoints Dollars™</li> <li>• a \$5 Countdown, HOYTS, Harvey Norman or iTunes voucher</li> <li>• a \$5 donation to the Mental Health Foundation of New Zealand, the Heart Foundation or Trees That Count</li> </ul> <p><b>OR:</b></p> <ul style="list-style-type: none"> <li>• earn an Apple Watch Series 7 GPS, 41mm (RRP \$649)**</li> </ul>
✓ <b>Entertainment</b>	HOYTS (via aiavitality.co.nz or AIA Vitality app)	<b>Up to 50% off</b> HOYTS vouchers. Maximum of 6 tickets per calendar month
	Event Cinemas (via aiavitality.co.nz or AIA Vitality app)	<b>\$12 movie tickets.</b> Maximum of 6 tickets per calendar month
✓ <b>Beauty/Spa</b>	Forme Spa & Wellbeing	Maximum of 4 Vouchers per membership year, at a discounted rate based on AIA Vitality status at time of purchase: <b>B</b> 20%   <b>S</b> 30%   <b>G</b> 40%   <b>P</b> 50%
✓ <b>Status Rewards</b>	Airpoints™ and Countdown	<p>Earn up to <b>300 Airpoints Dollars™</b> or <b>\$300 Countdown Gift Cards</b> each membership year, for reaching up to 35,000 AIA Vitality points.</p> <p><b>S</b> 10,000 points = 25 Airpoints Dollars™ <b>OR</b> \$25 Countdown Gift Card</p> <p><b>G</b> 20,000 points = 50 Airpoints Dollars™ <b>OR</b> \$50 Countdown Gift Card</p> <p><b>P</b> 30,000 points = 100 Airpoints Dollars™ <b>OR</b> \$100 Countdown Gift Card</p> <p>35,000 points = 125 Airpoints™ <b>OR</b> \$125 Countdown Gift Card</p>

\*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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