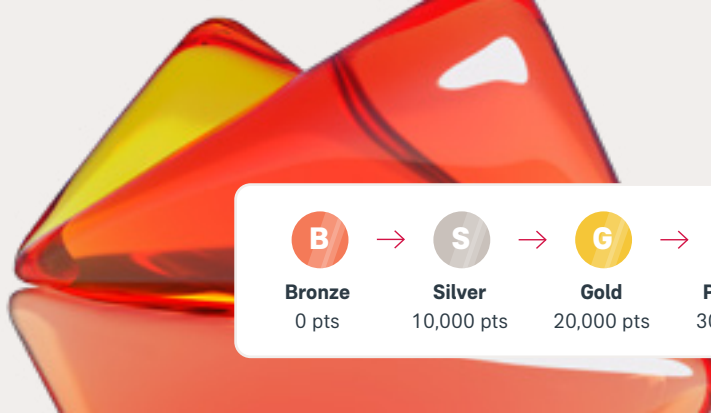


AIA Vitality

Points and rewards guide




Know your health

CATEGORY	HOW	BENEFIT
ONLINE		
✓ AIA Vitality Age Assessment	AIA Vitality app 2 online assessments: • Physical Wellbeing (once per year) • Mental Wellbeing (once every 6 months)	Up to 2,250 points 750 points for Physical Wellbeing 750 points for Mental Wellbeing (up to 1,500 points for completing twice per membership year)
✓ AIA Vitality Financial Wellbeing Assessment	1 online assessment	250 points
✓ Skin Self-Examination	AIA Vitality app	500 points
OFFLINE		
✓ AIA Vitality Health Check	GP or a participating Unichem or Life Pharmacy 4 measures: • BMI • Blood Pressure • Random Blood Glucose • Cholesterol	Up to 10,000 points 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)
✓ AIA Vitality Fitness Assessment	CEPNZ or Snap Fitness*	Up to 2,000 points 1,000 points for initial consultation 500 points for each assessment reaching healthy range
✓ Eye Check	Optometrist	500 points (can be done once every 3 years)
✓ Dental Check	Dentist	1,000 points
✓ Vaccinations	GP or Health Practitioner	Flu: 1,000 points COVID-19 Vaccines: Up to 2,000 points in a calendar year. Initial dose 1 and 2: 1,000 points (once off for having both doses) Booster doses: 1,000 points (per booster) 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		
Breast Cancer Screen	Medical specialist	1,000 points every year for 2 consecutive years
Cervical Cancer Screen	Medical specialist	1,000 points every year for 5 consecutive years
Bowel Cancer Screen	Medical specialist	1,000 points every year for 2 consecutive years
MoleMap or Dermatologist Skin Cancer Assessment	MoleMap OR: Dermatologist appointment	1,000 points

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

*Available at selected locations across New Zealand.



Improve your health

CATEGORY	HOW	BENEFIT
✓ Physical Activity*	AIA Vitality-compatible fitness device or app OR: Visiting a gym partner.	25, 50, 100 or 150 points per day, based on physical activity. Activity tracked by one of the following methods: Average heart rate, speed, steps and calories per day OR: 100 points per Les Mills, Snap Fitness or Jetts Fitness visit, per day.
✓ Organised Fitness Events*	Approved events	Up to 1,500 points , depending on fitness event. Up to 3,000 points per membership year
✓ Fitness Devices	Garmin (via AIA Vitality app)	Up to 25% discount on selected devices
	Samsung (via AIA Vitality app)	Up to 30% discount on selected devices
✓ Apple Watch Benefit	Get active and achieve your weekly physical activity target each week for 24 months	Earn an Apple Watch Series 9 GPS, 41mm (RRP \$749) in full
✓ Healthy Gear	New Balance (via AIA Vitality app)	25% discount on selected footwear, apparel and accessories
✓ AIA Vitality Nutrition Consultation	Mission Nutrition	Up to 2,500 points 1,000 points for initial consultation 500 points for each follow up consultation (max 2) 500 points for completing nutrition tracking
✓ Non-Smoker's Declaration	AIA Vitality app	1,000 points
✓ Quit Smoking	Allen Carr's Easyway to Stop Smoking (booked on AIA Vitality app)	Free access
✓ Quit Alcohol	Allen Carr's Easyway to Stop Drinking Alcohol (booked on AIA Vitality app)	Free access and 500 points
✓ Footprint	Footprint website	Get 30% off online wills with Footprint
✓ Mental Wellbeing Activities		Up to 4,000 points maximum
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	By syncing an AIA Vitality-compatible fitness device with sleep tracking	Up to 2,000 points per membership year. 10 points per night for minimum 7 hours sleep

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



Enjoy the rewards

CATEGORY	HOW	BENEFIT
✓ Active Rewards	Retail and Charity Partners	<p>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:</p> <ul style="list-style-type: none"> • 5 Airpoints Dollars™ • a \$5 Countdown, HOYTS, Harvey Norman or iTunes voucher • a \$5 donation to the Mental Health Foundation of New Zealand, the Heart Foundation or Trees That Count <p>OR:</p> <ul style="list-style-type: none"> • earn an Apple Watch Series 9 GPS, 41mm (RRP \$749**)
✓ Entertainment	HOYTS (via AIA Vitality app) Event Cinemas (via AIA Vitality app)	<p>Up to 50% off HOYTS vouchers. Maximum of 6 tickets per calendar month</p> <p>\$14 movie tickets. Maximum of 6 tickets per calendar month</p>
✓ Beauty/Spa	endota	<p>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%</p>
✓ Status Rewards	Airpoints™ and Countdown	<p>Earn up to 300 Airpoints Dollars™ or \$300 Countdown Gift Cards each membership year, for reaching up to 35,000 AIA Vitality Points.</p> <ul style="list-style-type: none"> S 10,000 points = 25 Airpoints Dollars™ OR \$25 Countdown Gift Card G 20,000 points = 50 Airpoints Dollars™ OR \$50 Countdown Gift Card P 30,000 points = 100 Airpoints Dollars™ OR \$100 Countdown Gift Card 35,000 points = 125 Airpoints™ OR \$125 Countdown Gift Card

*Physical activity points are capped at 150 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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