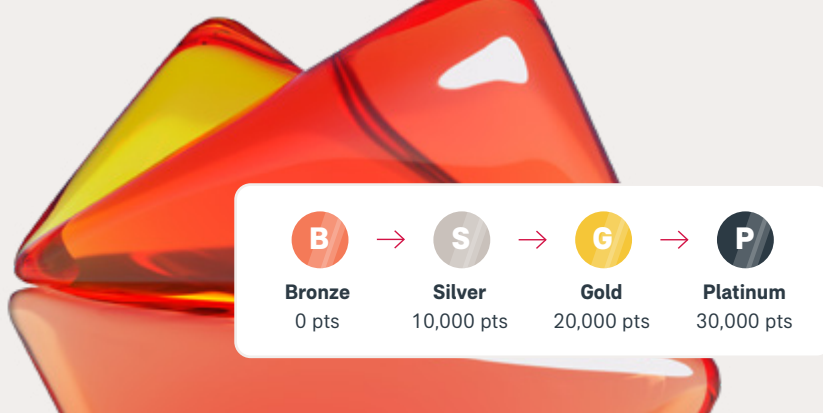


AIA Vitality

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 ¹	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

¹ Available at selected locations across New Zealand.



Improve your health

CATEGORY	HOW	BENEFIT
✓ Physical Activity²	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.
✓ Gym Partners	Les Mills	Up to 50% off a Les Mills gym membership (discount + cashback) ³
	Snap Fitness	First 6 weeks free on a Snap Fitness gym membership ⁴
	Jetts Fitness	20% off a Jetts Fitness gym membership ⁵
✓ Organised Fitness Events⁶	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
✓ 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 Benefit		Up to 5,000 points maximum
Act	By syncing with compatible apps to track your sleep and meditation habits.	Meditation - up to 2,000 points (25 points for every 10 minutes; up to 75 per week) Sleep Tracking - up to 2,000 points (10 points for 7 hours of sleep)
Learn	Read, watch and listen to free mental wellbeing content powered by Groov..	Up to 1,200 points per membership year (cap of 600 points per 6 months)



Enjoy the rewards

✓ 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™ a \$5 Woolworths, HOYTS, Harvey Norman or iTunes voucher a \$5 donation to the Mental Health Foundation of New Zealand, the Heart Foundation or Trees That Count
✓ Entertainment	HOYTS (via AIA Vitality app)	Up to 50% off HOYTS vouchers. Maximum of 6 tickets per calendar month
	Event Cinemas (via AIA Vitality app)	\$14 movie tickets. Maximum of 6 tickets per calendar month
✓ Beauty/Spa	endota	Maximum of 4 Gift Cards per membership year, at a discounted rate based on AIA Vitality status at time of purchase: B 20% S 30% G 40% P 50%
✓ Status Rewards	Airpoints™ and Woolworths	Earn up to 300 Airpoints Dollars™ or \$300 Woolworths Gift Cards each membership year, for reaching up to 35,000 AIA Vitality Points. <ul style="list-style-type: none"> S 10,000 points = 25 Airpoints Dollars™ OR \$25 Woolworths Gift Card G 20,000 points = 50 Airpoints Dollars™ OR \$50 Woolworths Gift Card P 30,000 points = 100 Airpoints Dollars™ OR \$100 Woolworths Gift Card 35,000 points = 125 Airpoints™ OR \$125 Woolworths Gift Card

2 Physical activity points are capped at 150 points per day for a single points earning activity and 15,000 points per membership year.

3 Member receives 15% discount on a Les Mills standard 12 Month Multi Club membership, and 35% cashback on membership fees based on frequency of visits (minimum of 24 visits on 24 different days, per calendar quarter is required to be eligible for cashback).

4 Member receives the first 6 weeks free on a Snap Fitness 12 month plan.

5 Member receives a 20% discount on a Jetts Fitness All Club 12 Month membership.

6 Organised Fitness Event points contribute to member's 15,000 physical activity points per membership year, but do not contribute towards member's weekly Active Rewards target. For weekly Active Rewards, member must track physical activity via compatible fitness device or app or visit a gym partner.

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

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AIA Vitality