

Sprint to Silver and earn 25 Airpoints Dollars™



We want you to be rewarded for living a healthy lifestyle as quickly as possible. Here's how you can get to 10,000 AIA Vitality points and earn 25 Airpoints Dollars™:

ACTIVITY	TIME	POINTS
Complete the AIA Vitality Age Assessments online (4 sections):		
About You	10 mins	750
Nutrition	10 mins	750
Mental Wellbeing	10 mins	750
Physical Activity	10 mins	750
AIA Vitality Age Assessment - bonus points for when all four assessments are complete	1 min	500
Complete the Non-Smoker's Declaration online	1 min	1000
Complete the Skin Self-Examination online	5 mins	500*
Complete a Skin Assessment at Molemap *points capped between Skin Self-Examination or skin assessment at MoleMap	30 mins	1,000*
Link a fitness device or app and complete 12,500 steps (100 points per day)** **maximum of 15,000 points for physical activity each year	32 days	3,200**
Track your sleep and get 10 AIA Vitality points when you sleep for at least seven hours	30 days	300
Complete a Dental Check	30 mins	1,000

And/or

Complete the AIA Vitality Health Check at participating Unichem or Life Pharmacies or your GP	30 mins	Up to 10,000
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