

# Sprint to Silver and earn 25 Airpoints Dollars™



**W**e 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 Health Check at participating Unichem or Life Pharmacies or your GP	30 mins	Up to 10,000
<b>And/or</b>		
✓ 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	1,000
✓ Complete the Skin Self-Examination online	5 mins	500*
✓ Complete a Skin Assessment at Molemap <small>*points capped between Skin Self-Examination or skin assessment at MoleMap</small>	30 mins	1,000*
✓ Link a fitness device or app and complete 12,500 steps (100 points per day)** <small>**maximum of 15,000 points for physical activity each year</small>	32 days	3,200**
✓ Meditate for 10 minutes, 3 times a week and get 75 AIA Vitality Points	28 days	300
✓ 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

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