



LEVEL UP YOUR HEALTH AND GET REWARDED

Stay active, live healthier, and get rewarded with AIA Vitality. From health screenings to discounts on gym memberships, fitness devices, movies, and even cashback on your HealthyFood™ purchase, AIA Vitality is here to pace your health and wellness journey so that you can #LiveWithVitality. What's more, you get to be rewarded every week!



Six habits to #LiveWithVitality



Check Your Health



Get Active



Eat Well



Sleep Well



Reduce Stress



Quit Smoking

KNOW YOUR HEALTH

Keep your health in check with annual health screenings and vaccinations. You can also take online assessments to know your Vitality age!



IMPROVE YOUR HEALTH

Stay active with the Weekly Fitness Challenge and get rewarded every week. Enjoy discounts on gym memberships and fitness devices as you level up your physical activities, and get cashback on HealthyFood™ purchases as you take steps to eat well.



GET REWARDED

Every healthier choice you make helps you level up your Vitality status. The higher your Vitality status, the greater the rewards. Enjoy movie perks, travel rebates, cruise discounts, exclusive insurance benefits and more!



Check out the full suite of partner rewards and benefits you can enjoy with AIA Vitality. Speak to your AIA Consultant for more information.

AIAVitality.com.sg

THE HIGHER YOUR VITALITY STATUS THE GREATER YOUR REWARDS

You earn Vitality points by making healthier choices, such as doing online assessments, going for health screenings, tracking your steps, and more. These Vitality points help you level up your Vitality status from Bronze to Platinum. The higher your Vitality status, the greater the rewards. Check out the full suite of partner rewards and benefits you can enjoy with AIA Vitality.



KNOW YOUR HEALTH

Screening and vaccination packages at AIA Vitality rates

Home-based screening packages at AIA Vitality rates

Dental assessment at AIA Vitality rates

Discounted nutrition assessment

IMPROVE YOUR HEALTH

30% off smoking cessation session

20% cashback on HealthyFood™ purchases

20% off gym membership

Up to 30% off fitness devices

Get rewarded with the Apple Watch Booster Challenge

GET REWARDED

2 discount codes (S\$3 off per standard and GOLD CLASS® movie ticket) every month

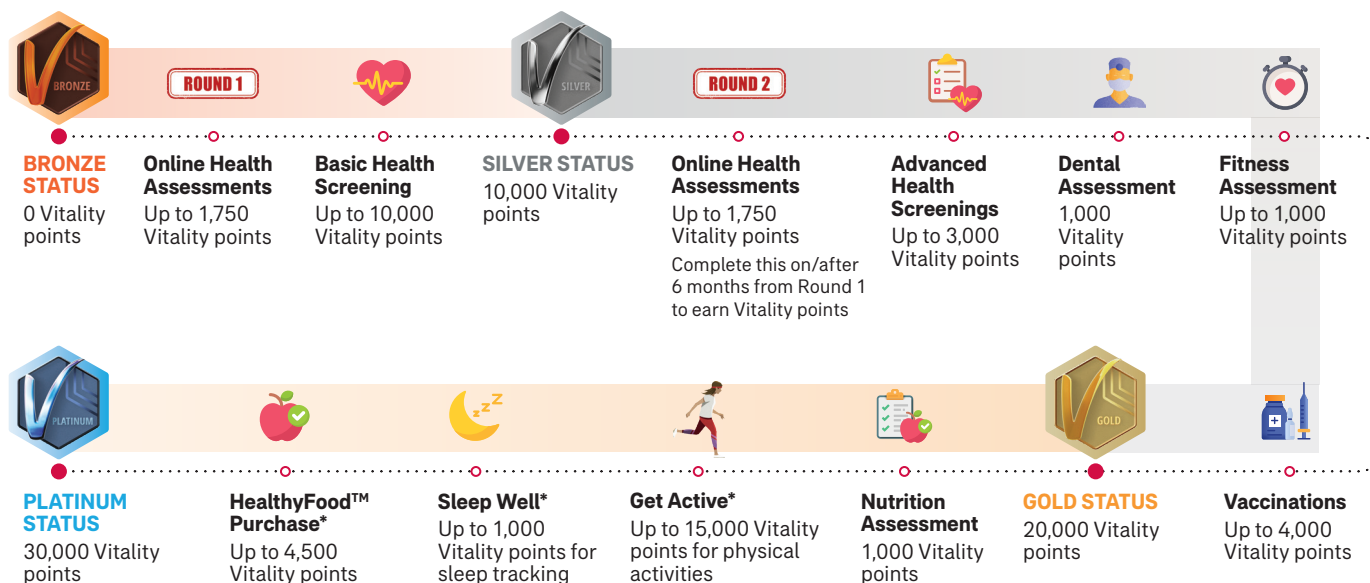
Weekly Fitness Challenge
Get active and complete the Weekly Fitness Challenge to earn up to 100 Vitality coins every week to redeem rewards at the Vitality Marketplace on AIA+. You may even land on a surprise reward!

ENJOY GREATER REWARDS AS YOU LEVEL UP!

BENEFITS/STATUS		BRONZE	SILVER	GOLD	PLATINUM
	FLIGHT BENEFIT Rebate on airfares for Economy Class Return Tickets	5%	5%	10%	20%
	CRUISE BENEFIT Discount on cruise fares	10%	25%	35%	50%
	FITNESS CLUB Complimentary Kickstart package worth S\$288	—	—	—	✓
	FITNESS CLUB 3 free Personal Training sessions and 10% off purchases made at in-club cafes	—	—	—	✓
	PLATINUM BONUS	—	—	—	2,000 Vitality coins
	INSURANCE BENEFIT	Enjoy up to 15% off insurance premiums, free additional coverage, basic health screening at no charge, or a Vitality Fund Boost on selected AIA insurance plans.			

LEVEL UP YOUR VITALITY STATUS

Check out this recommended journey to level up your Vitality status. Whether you prefer a fast and furious pace or a slow and steady approach, do it your way!



* Get Active, Sleep Well, and HealthyFood™ Purchase are activities that you can complete throughout the membership year.

Upon membership renewal, your Vitality status is carried forward while your Vitality points reset to zero. Earn Vitality points again to maintain or level up your Vitality status in the new membership year.

YOUR CHECKLIST TO LEVEL UP

Here are all the points-earning activities that you can do to level up your Vitality status for a healthier YOU! Check off the list as you go along to keep track of your progress.

ONLINE HEALTH ASSESSMENTS Total Vitality points: Up to 3,500 (You can do this twice a year, six months apart)		HEALTH SCREENINGS, VACCINATIONS AND ASSESSMENTS Total Vitality points: Up to 20,000	
☐ How healthy are you?	Up to 750 points	☐ Basic Health Screening	Up to 10,000 points
☐ How stressed are you?	250 points	☐ Advanced Health Screenings	Up to 3,000 points
☐ How well are you eating?	250 points	☐ Vaccinations	Up to 4,000 points
☐ How active are you?	250 points	☐ Fitness Assessment	Up to 1,000 points
☐ How well are you sleeping?	250 points	☐ Dental Assessment	1,000 points
WORKOUTS AND CHALLENGES Total Vitality points: Up to 20,500		☐ Nutrition Assessment	1,000 points
☐ Physical activities	Up to 15,000 points	Submit your receipts/results via email to submissions@aiavitality.com.sg to earn Vitality points! Refer to the AIA+ app for full details.	
☐ Sleep Challenge	Up to 1,000 points		
☐ HealthyFood™ Challenge	Up to 4,500 points		

AIA+
SG

Download on the
App Store



GET IT ON
Google Play



AIA Vitality is exclusive to AIA customers. To join, please **download AIA+**, log in/activate your account and tap on 'Join AIA Vitality' to sign up.

Membership fee applies.

Important Notes: This brochure is meant to be a brief description of the features for AIA Vitality. For full details of AIA Vitality's features, partner rewards, benefits and relevant terms and conditions, please refer to www.AIAVitality.com.sg and the AIA+ app. AIA Vitality, its website and app, are intended for use only for general well-being purposes or to encourage or maintain a healthy lifestyle, and are not intended to be used for any medical purposes (such as the detection, diagnosis, monitoring, management, or treatment of any medical condition or disease). Any health-related information provided by AIA Vitality in its website, app or in any other form should not be treated as medical advice. Please consult a physician for any medical advice required. Information is correct as at 1 October 2025.

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