

# AIA Vitality

# LIVE WELL

## WITH AIA VITALITY



**AIA Vitality supports you in staying active and living healthy for a better you!  
Best of all, you get rewarded with an extensive suite of partner rewards and benefits!**

### THE HEALTHIER YOU GET, THE MORE REWARDS YOU ENJOY:

#### KNOW YOUR HEALTH

Discover your health needs with online health assessments and regular health screenings at our partner clinics. From your dental health to your nutritional level, there's plenty that you can do to know your health inside out with AIA Vitality.

#### IMPROVE YOUR HEALTH

Get personalised challenges across your exercise, diet, sleep, and other aspects of health to live better. What's more, complete the Weekly Fitness Challenge to spin the Vitality Wheel for sure-win Vitality coins or surprise gifts!

#### GET REWARDED

Redeem rewards from our partners and enjoy discounts on gym memberships, movie deals, and more — plus other partner benefits when you boost your AIA Vitality status.



**PLUS! Get up to 15% insurance premium discount, additional insurance cover or basic health screening at no charge for selected AIA insurance plans!**

For more information, please visit [AIAVitality.com.sg](http://AIAVitality.com.sg) or contact your AIA Financial Services Consultant/Insurance Representative.

# LEVEL UP

## YOUR HEALTH & REWARDS



### THE HIGHER YOUR VITALITY STATUS, THE MORE REWARDS YOU ENJOY.

Simply get active, eat well and complete health checks to earn Vitality points to level up. These points add up to boost your Vitality status up to Platinum, so you can enjoy your Platinum bonus of 2,000 Vitality coins, up to 15% premium discount on your AIA insurance plans, and more!



### HERE'S A RECOMMENDED JOURNEY

**Whether it's fast and furious, or slow and steady, do it at your own pace and #LiveWithVitality! Check out this recommended journey on how you can level up your Vitality status!**

If you level up your Vitality status within your membership year, you'll automatically enjoy the greater benefits of your new Vitality status!

#### BRONZE TO SILVER

10,000 VITALITY POINTS

**ROUND 1**

**Online Health Assessments**  
Up to 1,750 Vitality points



**Basic Health Screening**  
Up to 10,000 Vitality points

#### SILVER TO GOLD

20,000 VITALITY POINTS

**ROUND 2**

**Online Health Assessments**  
Up to 1,750 Vitality points  
Complete this on/after 6 months from Round 1 to earn Vitality points



**HealthyFood™ Purchase**  
Up to 4,500 Vitality points



**Dental Assessment**  
1,000 Vitality points

#### GOLD TO PLATINUM

30,000 VITALITY POINTS



**Advanced Health Screenings**  
Up to 3,000 Vitality points



**Vaccinations**  
Up to 4,000 Vitality points



**Fitness Assessment**  
Up to 1,000 Vitality points



**Nutrition Assessment**  
1,000 Vitality points



#### Get Active

Up to 15,000 Vitality points for physical activities



#### Sleep Well

Up to 1,000 Vitality points for sleep tracking



**At membership renewal, your Vitality status gets carried forward while Vitality points reset to zero. Continue to earn Vitality points to maintain or level up your Vitality status.**

# LEVEL UP

## CHECKLIST



## YOUR GUIDE TO #LIVewithVITALITY

Here are all the points-earning activities that you can do with AIA Vitality to level up your Vitality status for a healthier YOU! The higher your Vitality status, the better your rewards!

Check off the list as you go along to keep track of your progress.

### KNOW YOUR HEALTH

#### ONLINE HEALTH ASSESSMENTS (You can do this twice a year, six months apart)

- How healthy are you? Up to 750
- How stressed are you? 250
- How well are you eating? 250
- How active are you? 250
- How well are you sleeping? 250

Up to  
**3,500**  
Vitality  
Points

TOTAL VITALITY POINTS

#### HEALTH SCREENINGS, VACCINATIONS AND ASSESSMENTS

- Basic health screening Up to 10,000
- Advanced health screening Up to 3,000
- Vaccinations Up to 4,000
- Fitness assessment Up to 1,000
- Dental assessment 1,000
- Nutrition assessment 1,000

Submit your receipts/results via email to [submissions@aivitality.com.sg](mailto:submissions@aivitality.com.sg) to earn Vitality points! Check out the full details to submit for each screening/assessment on [AIAVitality.com.sg](http://AIAVitality.com.sg).

Up to  
**20,000**  
Vitality  
Points

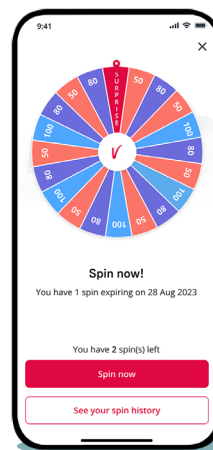
TOTAL VITALITY POINTS

### IMPROVE YOUR HEALTH

- Physical activities Up to 15,000
- Sleep Challenge Up to 1,000
- HealthyFood™ Challenge Up to 4,500

Up to  
**20,500**  
Vitality  
Points

TOTAL VITALITY POINTS



Complete your  
**Weekly Fitness  
Challenge to  
get rewarded  
every week!**



Download **AIA+** and **activate** your account to get started on AIA Vitality!

Membership fee applies.



Download on the  
App Store

GET IT ON  
Google Play



Want to know more? Visit [AIAVitality.com.sg](http://AIAVitality.com.sg) today!

# AIA Vitality

## ENJOY A WORLD OF REWARDS

★★★★★  
**Membership Fee at \$8/month**  
 (inclusive of GST)



### KNOW YOUR HEALTH

**BASIC HEALTH SCREENING**  
 Check your BMI, blood pressure, blood glucose and cholesterol at AIA Vitality rates.

**ADVANCED HEALTH SCREENINGS & VACCINATIONS**  
 Health screening and vaccination packages at AIA Vitality rates.

**HOME-BASED HEALTH SCREENING**  
 S\$10 off regular home-based health screening packages and up to 20% off family-bundle health screening.

**DENTAL ASSESSMENT**  
 Dental assessment and maintenance packages at AIA Vitality rates.

**HEALTH CAN BE FUN**  
 NUTRITION CONSULTANCY CO.

**NUTRITION ASSESSMENT**  
 Nutrition Assessment at AIA Vitality rates.

**FITNESS ASSESSMENT**  
 Complimentary assessment for Vitality members with the respective gym membership. Fee applies for those who are non-gym members.

### IMPROVE YOUR HEALTH

**FITNESS CLUB**  
 20% off monthly membership fee.

**FITNESS CLUB**  
 30% off monthly membership fee.

**FITNESS DEVICES**  
 Up to 30% off selected fitness devices.

**SMOKING CESSATION**  
 30% off Allen Carr's EasyWay® smoking cessation session.

**HEALTHYFOOD™ PURCHASES**  
 20% cashback on HealthyFood™ purchases.

### GET REWARDED

**MOVIE REWARDS**  
 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 (worth S\$5) every week to redeem rewards at the in-app Marketplace. You may even land on a surprise reward!

## ENJOY GREATER REWARDS AS YOU LEVEL UP!

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

**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 AIAVitality.com.sg. 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 15 October 2024.