

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 and additional insurance coverage on selected AIA insurance plans!

For more information, please visit 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 AIA 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 plans, and up to 50% off cruise and flight fares!



BRONZE
0
points



SILVER
10,000
points



GOLD
20,000
points



PLATINUM
30,000
points

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 POINTS



ROUND 1

Online Health Assessments
Up to 1,750 points a year



Basic Health Screening
Up to 10,000 points

SILVER TO GOLD 20,000 POINTS



ROUND 2

Online Health Assessments
Up to 1,750 points a year
You can only complete 6 months on/after Round 1.



HealthyFood™ Purchase
Up to 4,500 points



Dental Assessment
1,000 points

GOLD TO PLATINUM 30,000 POINTS



Advanced Health Screenings
Up to 3,000 points



Vaccinations
Up to 4,000 points



Fitness Assessment
Up to 1,000 points



Nutrition Assessment
1,000 points



Get Active
15,000 points a year for physical activities



Sleep Well
Up to 1,000 points a year when you achieve 7 hours of sleep a day which gives you 5 points per day



Your AIA Vitality points will reset every membership year

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

Up to
20,000
Vitality
Points

TOTAL VITALITY POINTS

IMPROVE YOUR HEALTH

- Physical Activity Up to 15,000
- Sleep Health Up to 1,000
- HealthyFood™ Purchase Up to 4,500

Up to
20,500
Vitality
Points

TOTAL VITALITY POINTS



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



Download the **My AIA SG** app and **activate** your account to get started on AIA Vitality!



Download on the
App Store



GET IT ON
Google Play



Want to know more? Visit AIAVitality.com.sg today!

ENJOY A WORLD OF REWARDS



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.



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



NUTRITION ASSESSMENT
Nutrition Assessment at AIA Vitality rates.



FITNESS ASSESSMENT
Complimentary fitness assessment per membership year (for Vitality members with the respective gym membership, otherwise a fee applies for Vitality members 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
S\$100 off Allen Carr's EasyWay® To Stop Smoking seminar.



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
	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 Discount on monthly membership fee	X	X	X	20%
	FITNESS CLUB 3 free Personal Training sessions and 10% off purchases made at in-club cafes	X	X	X	✓
	PLATINUM BONUS	X	X	X	2,000 Vitality coins
	INSURANCE PREMIUM DISCOUNT	Up to 15% off insurance premiums or free additional coverage 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 24 April 2023.