

# AIA Vitality

A healthier, happier life starts here.



# Take the first step to a healthier life

There's no better feeling in life than being healthy. That's why we offer AIA Vitality – an award-winning health and wellness program that helps you get healthier by giving you the knowledge, tools and motivation to improve your health.

With AIA Vitality you can achieve a fitter, healthier lifestyle; and working towards improving your health will earn you points to grow your status from **Bronze** to **Platinum**, unlocking the added incentive of ongoing discounts and rewards along the way.

Millions of people around the world are already living healthier, more fulfilling lives with the Vitality program. Because life's lived best when it's lived well.

## Here's where your journey begins

AIA Vitality's proven approach takes you on a personal pathway to better health – you get to know your health, learn how to improve your health and enjoy the rewards for doing so.

### 1 KNOW YOUR HEALTH



### 2 IMPROVE YOUR HEALTH



### 3 ENJOY THE REWARDS



Health checks  
Nutrition assessment  
Fitness assessment

We'll offer a range of online and offline health assessments to help you find out more about your health.



Healthy eating  
Exercise & fitness  
Lifestyle & wellbeing

We'll help you set goals to get in shape and maintain good health through discounts on gym memberships, fitness devices and more.



Flights  
Entertainment  
Shopping vouchers

We'll help keep you motivated with ongoing rewards for all your effort, including discounts on flights, movie tickets, shopping vouchers, spa treatments and more.

# Matt's Journey



Matt's 42 and fairly healthy. His financial adviser introduced him to AIA Vitality when Matt purchased an AIA Australia life insurance policy. Matt got an initial **12.5%\*** discount on his first-year premiums for an eligible lump sum AIA Australia policy with AIA Vitality. Matt is now ready to activate his membership and begin the journey to a healthier and more rewarding life.

## 01

Matt starts with Bronze Status.

He takes an Online Vitality Health Review and earns **1,000 points**.

He decides on a more comprehensive assessment with an AIA Vitality Health Check at a Chemmart Pharmacy, earning up to **6,000 points** in the process.

Matt is also keen to understand his current fitness levels and undertakes a Fitness Assessment at a Virgin Active gym where he earns up to **3,000 points**.



## 02

Matt reaches Silver Status.

Ready to begin his active journey, he buys a fitness device at a discount up to **35%**.

Now he can earn AIA Vitality Points anywhere, anytime. He links his new device to his profile and counts his steps, earning **100 points** per day.



## 03

Matt's continuing motivation sees him reach Gold Status.

Matt's active lifestyle is also earning him Vitality Active Benefits. He's rewarded with a **\$7.50** juice each week from Boost Juice when he meets his physical activity requirements (250 exercise points).

He also enjoys **\$6** movie tickets at Hoyts.

# BOOST

## 04

Matt enjoys discounts on flights and earns Shopping Rewards.

Matt now gets a **40%\*** discount on flights and decides to book a holiday.

His efforts also earned him **\$200** worth of gift cards from Myer, Woolworths, Rebel, JB Hi-Fi or Caltex Woolworths.



## 05

Matt is healthier and still enjoying his rewards at the end of a year.

After just a year, Matt's lifestyle changes have seen him get healthier and the rewards and benefits he experienced have upped his motivation to continue.

He's also better off financially as he'll maintain his **12.5%\*** premium discount for the second year of his policy.



\*These discounts may increase or decrease every year, based on your AIA Vitality Status. 12.5% discount is only applicable to premiums on eligible lump sum benefits. AIA Australia Income Protection and Business Expenses benefits get different discounts. ^Discounts based on AIA Vitality Gold Status. Every AIA Vitality journey is unique so your experience may differ from the above example. Refer to [aiavitality.com.au](http://aiavitality.com.au) for more information.

Financial adviser contact details or business card

## Activate your account

Look out for an email from us with everything you need to know to activate your AIA Vitality account. We look forward to starting you on your journey to better health and better living.

For enquiries or tips on how to get the most out of the program, call us today on **1800 848 254** Mon-Fri, 8am-7pm AEST or email us at [queries@aiavitality.com.au](mailto:queries@aiavitality.com.au)

### Important Information

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