

# HOW DO I EARN AIA VITALITY POINTS?

June 2023



## Get to AIA Vitality Silver Status



Achieve AIA Vitality Silver Status with ease by following this guide.

### Online/App based health checks

AIA Vitality Age Assessment	Up to 2,250 points per membership year
Financial Wellbeing Assessment	250 points per membership year
Skin Self-examination	1,000 points per membership year
Non-smoker Declaration	1,000 points per membership year
<b>Subtotal</b>	<b>up to 4,500 points</b>

### Health professional health checks

AIA Vitality Health Check	Up to 7,000 points
Eye Check	1,000 points
Dental Check	1,000 points
<b>Subtotal</b>	<b>up to 9,000 points</b>

### Vaccinations

Flu	1,000 points
COVID-19	1,000 points
<b>Subtotal</b>	<b>up to 2,000 points</b>

### Exercise and physical activity

Steps (7,500 per day)	50 points
Gym workout (partner gyms)	100 points
<b>Subtotal</b>	<b>2,250 points (in 1 month)</b>
<b>Total</b>	<b>up to 17,500 points</b>

Already a member? Click here to open the AIA Vitality app and start earning Points now!

Don't have the AIA Vitality app? Click here to download it now.

**EARN POINTS NOW**

