

ACHIEVE AIA VITALITY SILVER STATUS WITH EASE!

Unlock access to greater benefits and rewards.



Already a Silver Status member? Find out how to get to [Gold Status](#).

1

Earn up to 2,000 AIA Vitality Points in less than 30 days from tracked activities

Link a compatible fitness device or mobile app for:

- [Physical Activity](#) Up to 150 points per day*
- [Sleep](#) Up to 50 points per week

Connect a supported mindfulness app for:

- [Daily meditation](#) Up to 75 points per week

2

Earn 3,250 points instantly by completing your Online Assessments

- [Financial Wellbeing Assessment](#) 250 points in 10 mins
- AIA Vitality Age Assessment, including:
 - [Physical Wellbeing](#) 750 points in 5 mins
 - [Mental Wellbeing](#) 750 points in 20 mins
- [Online Non-Smokers Declaration](#) 1,000 points in 1 min
- [Skin Self Examination Video](#) 500 points in 5 mins

3

Complete your FREE annual Health Check

- [AIA Vitality Health Check](#) Up to 8,000 points per membership year

At a participating pharmacy partner location and upload your results to the AIA Vitality app.
Or choose to complete it with your preferred GP or medical professional (15 mins).

[ACCESS THE AIA VITALITY APP](#)

[LEARN ABOUT YOUR REWARDS](#)

Haven't downloaded the AIA Vitality app yet?



* Earn up to 15,000 AIA Vitality Points per membership year.

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