AIA Vitality

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).

Haven't downloaded the AIA Vitality app yet?

ACCESS THE AIA VITALITY APP   **LEARN ABOUT YOUR REWARDS**

GET IT ON Google Play   Download on the App Store