

EARNING PHYSICAL
ACTIVITY POINTS

AIA Vitality

March 2025

Earning physical activity points allows you to earn weekly rewards that help you reach your everyday fitness goals while building towards your AIA Vitality status, which unlocks even bigger rewards.

Link your compatible fitness device or app: Open the AIA Vitality app and tap 'Account', then 'Connected apps & devices'.

Please note: AIA Vitality only supports activity tracked directly from:

- Apple Health
 - Google Fit
 - Strava
 - Samsung Health app
- Fitbit
 - Peloton*
 - Garmin
 - Polar devices

Due to potential data integrity issues with third party devices, activity tracked by any other third party device, (even if linked to any of the apps listed), is not supported and cannot be used to earn AIA Vitality Points.

The maximum points you can earn per day is 150.
If you complete two or more fitness activities in one day then the higher points between them will be awarded.

Your points will usually be displayed the next day. However, on some occasions they may take up to two weeks to show on your points statement, so please be patient.

Members can earn up to 15,000 points per membership year for physical activity. However, to encourage you to complete a broader range of physical activities, we have introduced a 10,000 point cap on the total points that can be earned from steps each membership year.

You can still earn the remaining 5,000 points for physical activity through other activities, such as Heart Rate Activity, Speed Activity, Calorie Activity, Gym Visits, and Organised Fitness Events.



Steps per day	AIA Vitality Points
5,000	25
7,500	50
12,500	100

OR



Heart rate data	Minutes	AIA Vitality Points
Light Activity (60% of age-related maximum heart rate)	30 to 59	50
	60 to 89	100
	90+	150
Moderate Activity (70% of age-related maximum heart rate)	30 to 59	100
	60+	150
Vigorous Activity (80% of age-related maximum heart rate)	10 to 19	50
	20 to 29	100
	30+	150

OR

**Calorie data****AIA Vitality Points**

At least 30 minutes of physical activity and a minimum of 150 calories burned (at a rate of no fewer than 300 calories an hour) in one exercise session a day. 50

At least 30 minutes of physical activity and a minimum of 300 calories burned (at a rate of no fewer than 600 calories an hour) in one exercise session a day. 100

At least 60 minutes or more of physical activity and a minimum of 300 calories burned (at a rate of no fewer than 300 calories an hour) in one exercise session a day. 100

OR

**Speed data****AIA Vitality Points**

At least 30 minutes of physical activity at a minimum average speed of 4km/h (2.5mph) in one exercise session a day. 50

At least 30 minutes of physical activity at a minimum average speed of 7.2km/h (4.5mph) in one exercise session a day. 100

At least 60 minutes of physical activity at a minimum average speed of 4km/h (2.5mph) in one exercise session a day. 100

OR

**Peloton Workouts****AIA Vitality Points**

At least 20 minutes Peloton workout 50

At least 45 minutes Peloton workout 100

*Peloton Free app not included