

YOUR AIA VITALITY POINTS CHECKLIST

March 2025

AIA Vitality

Activity

Points per membership year

Online

AIA Vitality Age Assessment	Up to 2,250	
<ul style="list-style-type: none">• Mental Wellbeing Assessment twice a year, 6 months apart• Physical Wellbeing Assessment once a year		
Non-Smoker Declaration	1,000	
Skin Self-examination video ¹	500	
Financial Wellbeing Assessment	250	

Face to face

AIA Vitality Health Check	Up to 8,000	
AIA Vitality Fitness Assessment	Up to 3,000	
AIA Vitality Nutrition Consultation	Up to 2,000	
Eye Check	500	
Dental Check	1,000	
Skin Cancer Screening ¹	1,000	
Vaccinations:		
<ul style="list-style-type: none">• Influenza (flu)	1,000 points per calendar year	
<ul style="list-style-type: none">• Shingles Zoster (adults 60+ or as clinically appropriate)	1,000 points once off	
<ul style="list-style-type: none">• COVID-19, Pneumococcal (adults 65+ or as clinically appropriate)		

Preventative Health Checks

Breast Cancer Screen (females 50+ or clinically appropriate)	1,000	
Cervical Screening Test (females 18+)	1,000	
Bowel Cancer Screen (adults 45+ or clinically appropriate)	1,000	

Improve your health

Physical activity ² (workouts tracked by: heart rate, speed, calories burned, steps)	Per day: 25 to 150	
Gym visits (to a partner gym) ²	Per day: 100	
Organised fitness events ²	Up to 3,000	
Nutrition tracking (300 points per calendar quarter)	Up to 1,200	
Engage with mental wellbeing online content	Up to 1,200	
Sleep tracking ³ (10 points for minimum of 7 hours sleep)	Up to 2,000	
Mindfulness meditation and mood tracking ⁴ (15 points for minimum 10 mins meditation)	Up to 3,000	

1. A maximum of 1,000 points is shared between the Skin Cancer Screening completed by a certified Dermatologist and the Skin Self-examination, per membership year.

2. You can earn up to 15,000 physical activity points per membership year. Within the 15,000 points, there is a 10,000 point cap on steps and a 3,000 point cap on organised fitness events.

3. Sleep tracking points are capped at 50 points per week, and 2,000 per membership year.

4. Mindfulness meditation and mood tracking points are capped at 75 points per week, and 3,000 points per membership year.