

# YOUR GUIDE TO POINTS AND REWARDS

March 2025

**AIA Vitality**

## Know your health

| Category                           | How   | Benefit   |
|------------------------------------|---|---|
| Online                             |   |   |
| AIA Vitality Age Assessment        | AIA Vitality app  | <ul style="list-style-type: none"><li>Up to <b>2,250 points</b> per membership year</li></ul>   |
| Skin Check                         | Skin Self-examination video <sup>1</sup>  | <ul style="list-style-type: none"><li><b>500 points</b> – once per membership year</li></ul>  |
| Online Non-smoker Declaration      | AIA Vitality app  | <ul style="list-style-type: none"><li><b>1,000 points</b> – once per membership year</li></ul>  |
| Financial Wellbeing Assessment     |   | <ul style="list-style-type: none"><li><b>250 points</b> – once per membership year</li></ul>  |
| Face to face                       |   |   |
| AIA Vitality Health Check          | <p>GP, Health Practitioner or participating TerryWhite Chemmart or Amcal pharmacies.</p> <p>Members get one FREE AIA Vitality Health Check at participating pharmacies each membership year. Please see AIA Vitality app for participating pharmacies</p> | <ul style="list-style-type: none"><li>Up to <b>8,000 points</b> per membership year</li><li>Measured: <b>750 points</b> per measure (up to 3,000 points)</li><li>In healthy range: <b>1,250 points</b> per measure (up to 5,000 points)</li></ul> |
| AIA Vitality Fitness Assessment    | <p>Participating Virgin Active, Fitness First, and Goodlife gyms</p> <p>Please see AIA Vitality app for participating gyms</p>  | <ul style="list-style-type: none"><li>Up to <b>3,000 points</b> — twice per membership year, 6 months apart (up to 1,500 points per assessment)</li><li>Measured: <b>750 points</b></li><li>In healthy range: <b>750 points</b></li></ul>         |
| Eye Check                          | Optometrist   | <ul style="list-style-type: none"><li><b>500 points</b> — each membership year for 3 years (500 points applied for each of the 2 years following your Eye Check)</li></ul>  |
| Dental Check                       | Dentist   | <ul style="list-style-type: none"><li><b>1,000 points</b> — once per membership year</li></ul>  |
| Skin Cancer Screening <sup>1</sup> | Dermatologist   | <ul style="list-style-type: none"><li><b>1,000 points</b> – per membership year</li></ul>   |

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.

| Category   | How                       | Benefit   |
|--|---------------------------|---|
| Vaccinations   | GP or Health Practitioner | <ul style="list-style-type: none"> <li>Influenza (flu): <b>1,000 points</b> – once per calendar year</li> <li>COVID-19 (adults 65+ or as clinically appropriate) <b>1,000 points</b> – once-off</li> <li>Shingles Zoster (adults 60+ or as clinically appropriate) <b>1,000 points</b> – once off</li> <li>Pneumococcal (adults 65+ or as clinically appropriate) <b>1,000 points</b> – once off</li> </ul> |
| <b>Preventative Health Checks</b>                            |                           |   |
| Bowel Cancer Screen (adults 45+ or clinically appropriate)   | Medical Specialist        | <ul style="list-style-type: none"> <li><b>1,000 points</b> every year for 2 consecutive years</li> </ul>  |
| Breast Cancer Screen (females 50+ or clinically appropriate) |                           | <ul style="list-style-type: none"> <li><b>1,000 points</b> every year for 2 consecutive years</li> </ul>  |
| Cervical Screening Test (females 18+)                        |                           | <ul style="list-style-type: none"> <li><b>1,000 points</b> every year for 5 consecutive years</li> </ul>  |

## Improve your health

| Category                            | How  | Benefit  |
|-------------------------------------|--|--|
| <b>Physical health</b>              |  |  |
| Physical Activity*                  | Compatible fitness devices and apps  | <ul style="list-style-type: none"> <li><b>25 to 150 points</b> per day, based on physical activity. Activity tracked by one of the following methods: heart rate, speed, calories burned, steps.</li> </ul>  |
| Gym visits*                         | <ul style="list-style-type: none"> <li>Virgin Active</li> <li>Fitness First</li> <li>Goodlife</li> </ul> | <ul style="list-style-type: none"> <li><b>40% off</b> eligible memberships</li> <li><b>100 points</b> per day</li> </ul>   |
| Organised fitness events*           | Approved events  | <ul style="list-style-type: none"> <li>Up to <b>1,500 points</b> per event (up to 3,000 points per membership year)</li> </ul>   |
| Fitness devices                     | Garmin (via AIA Vitality app)  | <ul style="list-style-type: none"> <li><b>25% off</b> selected devices</li> </ul>  |
| Fitness gear                        | New Balance  | <ul style="list-style-type: none"> <li><b>40% off</b> 4 online vouchers to the value of \$1,000 per membership year.</li> </ul>  |
| Smoking cessation                   | Allen Carr's Easyway to Stop Smoking   | <ul style="list-style-type: none"> <li><b>100% upfront discount</b></li> <li>Earn <b>1,000 points</b> when you complete the online Non-smoker Declaration after 3 months of not smoking</li> </ul>   |
| Cycling partners                    | Peloton  | <ul style="list-style-type: none"> <li><b>25% off</b> Peloton Bike<sup>1</sup></li> <li>Earn <b>50 points</b> for a short workout (at least 20 minutes)</li> <li>Earn <b>100 points</b> for a long workout (at least 45 minutes)</li> </ul>  |
|                                     | Specialized  | <ul style="list-style-type: none"> <li>Up to <b>25% off</b> select Specialized bikes (capped at \$750)</li> </ul>  |
| <b>Nutrition</b>                    |  |  |
| Nutrition tracking                  | Fitbit (Fitbit app)  | <ul style="list-style-type: none"> <li>Up to <b>1,200 points</b> per membership year (300 points per calendar quarter)</li> </ul>  |
| AIA Vitality Nutrition Consultation | Accredited Practicing Dietitian  | <ul style="list-style-type: none"> <li><b>70% off</b> initial nutrition consultation</li> <li>Up to <b>2,000 points</b> per membership year</li> <li><b>1,000 points</b> on initial consultation. Up to 1,000 points for subsequent follow ups (maximum 2 follow ups, each awarding 500 points)</li> </ul> |

\* Physical activity points are capped at 15,000 per membership year.

1. Discount off Full Priced Peloton Bike.

| Category                        | How   | Benefit  |
|---------------------------------|---|--|
| <b>Mental Wellbeing Benefit</b> |   |  |
| Learn                           | Online content (via AIA Vitality app)   | <ul style="list-style-type: none"> <li>Up to <b>1,200 points</b> per membership year</li> <li>Up to <b>1,000 points</b> per membership year – earn 25 points each time you read, watch and listen to content (cap of 500 per 6 months)</li> <li>Up to <b>200 points</b> per membership year for learning more about how and where to access mental health services in Australia (cap of 100 per 6 months)</li> </ul> |
| Act                             | Meditation via: <ul style="list-style-type: none"> <li>Headspace</li> <li>Calm</li> <li>Buddhify</li> <li>The Mindfulness App</li> <li>Insight Timer<sup>^</sup></li> <li>Meditation Log &amp; Timer<sup>^</sup></li> <li>Peloton (excluding free app)</li> </ul> | <ul style="list-style-type: none"> <li>Up to <b>3,000 points</b> per membership year – earn 15 points daily (capped at 75 points per week for Meditation and Mood tracking combined)</li> </ul>  |
|                                 | Mood tracking (via moodflx)   |  |
|                                 | Sleep tracking (via a compatible device)  | <ul style="list-style-type: none"> <li>Up to <b>2,000 points</b> per membership year – earn 10 points per night for at least 7 hours of sleep (capped at 50 points per week)</li> </ul>  |





<sup>^</sup> Available for iOS users only.

## Enjoy the rewards

| Category        | Partner   | Benefit  |
|-----------------|---|--|
| Active Benefits | <p><b>Receive:</b></p> <ul style="list-style-type: none"> <li>Woolworths</li> <li>Uber</li> <li>Uber Eats</li> <li>Google Play</li> <li>Apple Gift Card</li> <li>Participating Sports Club partners</li> </ul> <p><b>Donate:</b></p> <ul style="list-style-type: none"> <li>Baker Heart &amp; Diabetes Institute</li> <li>Black Dog Institute</li> <li>Cancer Council</li> <li>Diabetes Australia</li> <li>National Breast Cancer Foundation</li> <li>Ovarian Cancer Research Foundation</li> <li>The Forktree Project</li> </ul> <p><b>Save:</b></p> <ul style="list-style-type: none"> <li>Commonwealth Bank</li> </ul> | <ul style="list-style-type: none"> <li><b>\$5 reward</b> per week if personalised Active Benefits target is met (excludes points earned through organised fitness events).</li> </ul> <p>You may choose to redeem your reward:</p> <ul style="list-style-type: none"> <li>as a voucher for selected retailers,</li> <li>as a voucher for Participating Sports Club partners,</li> <li>a donation to selected charities, or</li> <li>a deposit into your nominated Commonwealth Bank account</li> </ul> |

| Category         | Partner   | Benefit  |
|------------------|---|--|
| Shopping Rewards | <div><b>Receive:</b><ul style="list-style-type: none"><li>Amazon Australia</li><li>Bunnings</li><li>House</li><li>Myer</li><li>RedBalloon</li><li>rebel</li><li>Ticketmaster</li><li>Woolworths</li><li>Participating Sports Club partners</li></ul></div> <div><b>Save:</b><ul style="list-style-type: none"><li>Commonwealth Bank</li></ul></div> | <ul style="list-style-type: none"><li><b>\$20/\$40/\$60/\$80/\$100/\$200 reward</b> at selected retailers or participating sports club partners clubs, or as a deposit into your nominated Commonwealth Bank account</li><li><b>Earn a Shopping Reward</b> once you earn 10,000 points and for every 5,000 points you earn thereafter, up to 35,000 points each membership year</li></ul>                      |
| Entertainment    | HOYTS   | <ul style="list-style-type: none"><li><b>50% off movie vouchers</b> at HOYTS and HOYTS Lux. Maximum of 6 vouchers per month</li></ul>  |
| Beauty/spa       | endota  | <ul style="list-style-type: none"><li>Up to <b>4 e-Gift cards</b> per membership year, at status-based discount<br/><b>B 10%   S 20%   G 30%   P 50%</b></li></ul>   |
| Flight Benefit   | Virgin Australia  | <ul style="list-style-type: none"><li>Up to two status-based cashbacks each membership year. Cashback determined by AIA Vitality Status at time of booking. Eligible flights must be booked via AIA Vitality app. Members must have completed all components of the AIA Vitality Health Check within the last 12 months, or a 10% cashback will be applied.<br/><b>B 10%   S 20%   G 30%   P 50%</b></li></ul> |

AIA Vitality Status

|   |   |  |   |
|---|---|--|---|
|  |  |  |  |
| <b>Bronze</b>   | <b>Silver</b>   | <b>Gold</b>  | <b>Platinum</b>   |
| Start here  | 10,000 points   | 20,000 points  | 30,000 points   |