

YOUR GUIDE TO POINTS AND REWARDS

March 2025 | AIA Vitality Starter

AIA Vitality

Know your health

Category	How	Benefit
Online		
AIA Vitality Age Assessment	AIA Vitality app	<ul style="list-style-type: none">Up to 2,250 points per membership year
Skin Check	Skin Self-examination video ¹	<ul style="list-style-type: none">500 points – once per membership year
Online Non-smoker Declaration	AIA Vitality app	<ul style="list-style-type: none">1,000 points – once per membership year
Financial Wellbeing Assessment		<ul style="list-style-type: none">250 points – once per membership year
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">Up to 8,000 points per membership yearMeasured: 750 points per measure (up to 3,000 points)In healthy range: 1,250 points per measure (up to 5,000 points)
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">Up to 3,000 points — twice per membership year, 6 months apart (up to 1,500 points per assessment)Measured: 750 pointsIn healthy range: 750 points
Eye Check	Optometrist	<ul style="list-style-type: none">500 points — each membership year for 3 years (500 points applied for each of the 2 years following your Eye Check)
Dental Check	Dentist	<ul style="list-style-type: none">1,000 points — once per membership year
Skin Cancer Screening ¹	Dermatologist	<ul style="list-style-type: none">1,000 points per membership year

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"> Influenza (flu): 1,000 points – once per calendar year COVID-19 (adults 65+ or as clinically appropriate) 1,000 points – once-off Shingles Zoster (adults 60+ or as clinically appropriate) 1,000 points – once-off Pneumococcal (adults 65+ or as clinically appropriate:) 1,000 points – once off
Preventative health checks		
Bowel cancer screen (adults 45+ or clinically appropriate)	Medical specialist	<ul style="list-style-type: none"> 1,000 points every year for 2 consecutive years
Breast cancer screen (females 50+ or clinically appropriate)		<ul style="list-style-type: none"> 1,000 points every year for 2 consecutive years
Cervical screening Test (females 18+)		<ul style="list-style-type: none"> 1,000 points every year for 5 consecutive years

Improve your health

Category	How	Benefit
Physical health		
Physical Activity*	Compatible fitness devices and apps	<ul style="list-style-type: none"> 25 to 150 points per day, based on physical activity. Activity tracked by one of the following methods: steps, heart rate, speed, calories burned.
	Peloton app	<ul style="list-style-type: none"> Earn 50 points for a short workout (at least 20 minutes) Earn 100 points for a long workout (at least 45 minutes)
Gym visits*	<ul style="list-style-type: none"> Virgin Active Fitness First Goodlife 	<ul style="list-style-type: none"> 30% off eligible memberships 100 points per day
Organised Fitness Events*	Approved events	<ul style="list-style-type: none"> Up to 1,500 points per event (up to 3,000 points per membership year)
Fitness Devices	Garmin (via AIA Vitality app)	<ul style="list-style-type: none"> 25% off selected devices
Smoking Cessation	Allen Carr's Easyway to Stop Smoking	<ul style="list-style-type: none"> 100% upfront discount Earn 1,000 points when you complete the online Non-smoker Declaration after 3 months of not smoking
Nutrition		
Nutrition Tracking	Fitbit (Fitbit app)	<ul style="list-style-type: none"> Up to 1,200 points per membership year (300 points per calendar quarter)
AIA Vitality Nutrition Consultation	Accredited Practicing Dietitian	<ul style="list-style-type: none"> 70% off initial nutrition consultation Up to 2,000 points per membership year 1,000 points on initial consultation. Up to 1,000 points for subsequent follow ups (maximum 2 follow ups, each awarding 500 points)

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





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

[^] Available for iOS users only.

Enjoy the rewards

Category	Partner	Benefit
Active Benefits	Receive: <ul style="list-style-type: none"> Woolworths Uber Uber Eats Google Play Apple Gift Card Participating Sports Club partners 	<ul style="list-style-type: none"> \$5 reward per week if personalised Active Benefits target is met (excludes points earned through organised fitness events). You may choose to redeem your reward: <ul style="list-style-type: none"> as a voucher for selected retailers, as a voucher for Participating Sports Club partners, a donation to selected charities, or a deposit into your nominated Commonwealth Bank account
	Donate: <ul style="list-style-type: none"> Baker Heart & Diabetes Institute Black Dog Institute Cancer Council Diabetes Australia National Breast Cancer Foundation Ovarian Cancer Research Foundation The Forktree Project Save: <ul style="list-style-type: none"> Commonwealth Bank 	
Flight Benefit	Virgin Australia	<ul style="list-style-type: none"> 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. <div> B 10% S 20% G 30% P 30% </div>

AIA Vitality Status

			
Bronze	Silver	Gold	Platinum
Start here	10,000 points	20,000 points	30,000 points