

March 2025

## RECEIVE



## DONATE



## SAVE



## About AIA Vitality Active Benefits

AIA Vitality members can enjoy weekly rewards for being active. We all need a little extra motivation sometimes and AIA Vitality Active Benefits gives you something to work towards every week!

## What is the benefit?

You will receive a \$5 reward when you reach your personalised Active Benefits target each week.

## Who can use these benefits?

AIA Vitality Active Benefits is only available to current AIA Vitality members who opt-in to Active Benefits via the AIA Vitality app. AIA Vitality members are able to use the vouchers for themselves or share with their family and friends.

**PLEASE NOTE:** AIA Vitality members who have activated the Apple Watch Benefit and commenced benefit tracking cannot choose any of the Active Benefits rewards detailed in this guide. All Active Benefits rewards earned when the Apple Watch Benefit is live will automatically contribute towards reducing the monthly loan repayment to etika. Please refer to the Apple Watch Benefit Guide or the AIA Vitality app for more information.

Members selecting \$5 into a Commonwealth Bank account as an Active Benefits reward must ensure details of a valid Commonwealth Bank account are provided. Only one nominated bank account is permitted per AIA Vitality membership.

## How does the benefit work?

- AIA Vitality will set you a weekly personalised Active Benefits target every Monday. You need to complete fitness activities between the Monday your target cycle starts and midnight the following Sunday.
- This target is based on your target achievement over the previous few weeks.
- You will have until the Saturday after the target week to sync your activity data from your fitness device. We recommend you sync every day to be able to access the reward immediately upon reaching your target.
- You'll earn a \$5 reward each week when you achieve your personalised Active Benefits target.
- You can choose to redeem your rewards as:
  - a \$5 voucher for Uber, Uber Eats, Woolworths, Google Play, Apple Gift Card, participating Sports Club Partners.

- a \$5 donation to one of seven Australian charities; Baker Heart and Diabetes Institute, Black Dog Institute, Cancer Council Australia, Diabetes Australia, The Forktree Project, National Breast Cancer Foundation, Ovarian Cancer Research Foundation or via the AIA Vitality mobile app.
- a \$5 monetary deposit into a nominated Commonwealth Bank account.
- You will have 14 days from the day you achieve your target (which may be earlier than the end of the week) to choose your reward voucher.
- To use your reward simply follow the steps for each voucher supplier. Some vouchers can be used either online or offline, or both. Check the terms and conditions of your chosen voucher for more information.

## AIA Vitality Points

- AIA Vitality Points will be awarded depending on level of exercise completed. Refer to the Physical Activity Guide in the AIA Vitality app.
- You can earn a maximum of 150 AIA Vitality Points each day for all fitness-related activities (excluding organised fitness events) including gym session, walking, and other activities tracked using fitness devices or apps synced with AIA Vitality. Should you exercise more than once a day or use more than one activity tracking device, we will record the highest points earning activity only.
- Your points will be reflected on the app on the Dashboard page within 5 days after your data is uploaded.

## Important points to remember

- AIA Vitality members will continue to be rewarded with AIA Vitality Active Benefits even after they have reached their 15,000 points cap for Physical Activity provided they have done physical activity equivalent to meet their weekly Active Benefits target.
- AIA Vitality Points awarded for organised fitness events are excluded from AIA Vitality Active Benefits.
- Cash rewards earned as Active Benefits are only able to be paid into a valid Commonwealth Bank account. Ensure your bank account details are always kept up to date so payments are not delayed. Only one nominated bank account is permitted per AIA Vitality membership.
- Use of this benefit is subject to the AIA Vitality Active Benefits rules, the AIA Vitality Terms and Conditions, AIA Vitality Terms of Use and the AIA Australia Privacy Policy available at [aiavitality.com.au](https://aiavitality.com.au). Benefits may be varied or withdrawn in accordance with the AIA Vitality Terms and Conditions.
- Specific retailer vouchers may be subject to expiry dates; please refer to your specific voucher for more details.



### Any questions?

Visit [aiavitality.com.au](https://aiavitality.com.au)

Email [queries@aiavitality.com.au](mailto:queries@aiavitality.com.au)

Call **1800 848 254**