



**HEALTHIER, LONGER,
BETTER LIVES**

AIA Australia Limited
(ABN 79 004 837 861 AFSL 230043)

PO Box 6111
Melbourne VIC 3004
Phone : 1800 333 613
Fax : 1800 832 266
AIA.COM.AU

Media Release

AIA Australia champions student-led health and wellbeing through \$150,000 AIA Healthiest Schools competition

Melbourne. 25th June 2026. Leading life, health and wellbeing insurer AIA Australia has launched its AIA Healthiest Schools program for 2026, supporting schools to build healthier, happier and more sustainable communities. Alongside providing schools with health and wellbeing resources, the program empowers students to drive meaningful change through a \$150,000 national competition*.

Now in its fourth year, AIA Healthiest Schools continues to make a difference, with schools nationwide registering to take part. Designed for students aged 5–16, the free initiative provides educators with curriculum-linked materials across four key pillars: nutrition, physical activity, mental wellbeing and sustainability.

At the heart of the program is the AIA Healthiest Schools competition, which invites students and teachers to identify a health or wellbeing issue within their school community and design a practical initiative to address it. Projects can range from encouraging healthier eating and increasing physical activity, to supporting mental wellbeing or improving sustainability practices.

In previous years, the competition has seen students and teachers work collaboratively to plan and implement their ideas, building critical thinking, teamwork and leadership skills. Winning entries in previous years have included a multi-faceted food initiative aimed at improving student nutrition and wellbeing and a whole-school Physical Literacy initiative under the theme “Move More, Learn More and Be More Positive.”

Entries are assessed on creativity, impact and their ability to address real-world challenges, with schools sharing in a \$150,000 prize pool to help bring their ideas to life or expand existing wellbeing initiatives.

The AIA Healthiest Schools program supports teachers with a comprehensive suite of free, downloadable resources, including lesson plans, videos, presentations and activity sheets - designed to make teaching health and wellbeing engaging and easy to implement.

To further support educators, in 2026, the program’s resources are also available via the Cool.org platform.

CEO and Managing Director of AIA Australia, Damien Mu, said the program plays an important role in helping improve the health of future generations.

“At AIA Australia, we believe building healthy habits early is key to helping people live healthier, longer, better lives. The AIA Healthiest Schools program is about equipping students with the knowledge, confidence and support to make positive choices for their wellbeing.

“The competition element brings this to life by giving students the opportunity to lead initiatives that can have a real impact in their school communities. By providing access to high-quality, curriculum-aligned resources, we’re making it easier for teachers to support this learning and inspire the next generation to take action and inspire better physical and mental wellbeing in their schools.”

*The AIA Healthiest Schools Competition is subject to Terms and Conditions which can be viewed [here](#).



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For all media enquiries, please contact:

Kathryn Kelly
AIA Australia
T: 0466 595 136
E: kathryn.kelly@aia.com

About AIA Australia

AIA Australia is a leading life insurance specialist with over 50 years' experience and a purpose to make a difference in people's lives. In 2014 the company launched AIA Vitality, a world leading, science-based health and wellbeing program, to the Australian market. In July 2017, AIA and its partners launched AIA's health insurance business, now known as AIA Health Insurance.

In 2021, Commlnsure Life was integrated into AIA Australia. The lives of more than 3.1 million Australians are protected and enhanced through AIA Australia's unique value proposition of life, health and wellbeing. Our vision is to embrace shared value in championing Australia to be the healthiest and best protected nation in the world.

In pursuit of this, AIA Australia has developed AIA Embrace- a comprehensive wellbeing ecosystem of world-class products, programs and partnerships. These are designed to help customers, partners and the broader community to embrace better health and wellbeing.

In offering a broad range of health and wellbeing services to its customers, partners and broader community, AIA is proudly helping people lead healthier, longer, better lives.

AIA Australia is proud to have become a participant of the UN Global Compact in 2025, joining other like-minded organisations who are committed to supporting the sustainable development goals and ensuring a healthier, happier future for all.

AIA Australia has been recognised with multiple awards, including the ANZIIF Life Insurance Company of the Year (2024, 2023, 2022), GoodCompany Award – Top 40 (2024), Women in Finance Employer of the Year Award (2018, 2019), Super Review's Best Insurer of the Year (2018, 2019), FSC Life Insurance Industry Awards Innovation in Group Life Insurance (2021), Shared Value Awards Organisation of the Year (2020) and Shared Value Project of the Year (2021).

Further information at www.aia.com.au.

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