

Your Points and Rewards

Guide to AIA Vitality

Bronze 0 Points

Silver 10,000 Points

Gold 20,000 Points

Platinum 30,000 Points

Know Your Health

Category	How	Benefit
Online Nutrition Assessment	aiavitality.com.au	1,000 points Can be done twice per year, 6 months apart (500 points per assessment)
Nutrition Assessment	Accredited Practising Dietitian	30% off initial consultation and 20% cashback 1,500 points
Eye Check [~]	Optometrist	500 points every year for three consecutive years
Dental Check	Dentist	1,000 points
Skin Self-Examination	aiavitality.com.au AIA Vitality app	500 points
Health Check	GP	Health Check every year measures: Body Mass Index (BMI), blood pressure, cholesterol and random blood glucose Attendance: 750 points each measure Results within the healthy range: 750 points each measure up to 6,000 points
Health Review	aiavitality.com.au AIA Vitality app	1,000 points
Fitness Assessment	See aiavitality.com.au for participating Virgin Active and Anytime Fitness gyms	Attendance only: 750 points Results within the healthy range: 750 points Can be done twice per year, 6 months apart (total up to 3,000 points)
Mental Wellbeing Assessment	aiavitality.com.au	Per assessment: 150 points Total of four assessments: 600 points Can be done twice per year, 6 months apart (total up to 1,200 points)
Vaccinations	Flu vaccination	1,000 points
	HPV (females 18 – 26 yrs only)	1,000 points
	Pneumococcal (65+ yrs only)	1,000 points
Preventative Health Checks		
Mammogram	Medical specialist (Females 50+ or clinically appropriate) [~]	1,000 points every year for two consecutive years
Pap Smear	Medical specialist (Females 18+) [~]	1,000 points every year for two consecutive years
Colon Cancer Screen	Medical specialist (Adults 50+ or clinically appropriate) [~]	1,000 points every year for two consecutive years

[~] Points on submission of proof, and points allocated at the start of your next membership year(s).

Improve Your Health

Category	How	Benefit
Nutrition Tracking	aiavitality.com.au	1,200 points per calendar quarter for logging food intake on the Fitbit or Jawbone apps (up to 4,800 points per year)
Get Active*	Approved fitness devices and apps	Activity tracked by one of the following methods: steps per day; heart rate; speed; calories burned.
Gym/Outdoor Fitness*	Anytime Fitness	Special member rate and up to \$400 cashback every AIA Vitality Membership year (with 24 visits every quarter, rolling 91 days), 100 points per visit
	Fitness First	30% off membership contracts, 20% cashback each calendar quarter where valid, 100 points per visit
	Step Into Life	40% off membership fee, 100 points per visit
	Virgin Active	50% off membership fee, 100 points per visit
Organised Fitness Events*	Approved events	up to 1,500 points
Goals	aiavitality.com.au AIA Vitality app	up to 6,000 points
Fitness Devices	Fitbit	up to 25% off
	Garmin	25% off
Smoking Cessation#	Allen Carr	30% off and 70% cashback 1,000 points
Non-Smoker's Declaration	aiavitality.com.au AIA Vitality app	1,000 points
HealthyGear	JAGGAD	30% off
Sleep Tracking	Through an approved, AIA Vitality-connected device (fitness tracker)	Capped at 2,000 points per membership year.

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

When you sign up with Allen Carr's Easyway, you can earn 1,000 AIA Vitality Points when you complete the online Non-Smoker's Declaration after 3 months of not smoking.

Enjoy the Rewards

Category	Partner	Benefit
Travel	Flights	Bronze: 10% Silver: 30% Gold: 40% Platinum: 50%
		First two bookings made during the membership year at the member status-level discount, thereafter at 10% cashback. Complete the AIA Vitality Health Check to unlock discounts at Silver, Gold and Platinum status. Bookings can include up to 8 accompanying passengers, however no discounts will be applied to these accompanying passengers.
Spa	endota spa	Bronze: 20% Silver: 30% Gold: 40% Platinum: 50% Maximum of 4 vouchers per membership year
Movie	HOYTS	50% off movie vouchers at HOYTS, HOYTS LUX, CMAX, Majestic and Grand Cinemas. Tickets from \$8 for children, \$10.50 for adults. Maximum of 6 tickets per month .
Shopping Rewards	Myer	\$20/\$40/\$60/\$80/\$100/\$150/\$200 at your choice of retailer at every 5,000 points (up to 35,000 points)
	JB Hi-Fi	
	Woolworths	
	DYMOCKS	
Active Benefits	Rebel	1 voucher per week to value of \$5.00 if personalised Active Benefits target is met (excludes points earned through organised fitness events)
	Boost Juice	
	iTunes	
	HOYTS	
	Woolworths	