



## About Allen Carr

**Allen Carr's Easyway To Stop Smoking is one of the most successful smoking cessation programs in the world. There are 150 clinics in over 50 countries worldwide. The Allen Carr's Easyway To Stop Smoking program deals with the real problem, the mental addiction. Allen Carr believes that once this is achieved, withdrawal becomes easy to manage and no willpower is required. 11 million smokers worldwide have used this method successfully.**

## What is the benefit?

AIA Vitality members get FREE access to Allen Carr's Easyway to Stop Smoking seminar, where the booking is made via the AIA Vitality website. Most smokers only require one six-hour session.

In addition, Allen Carr's Easyway to Stop Smoking offers a three-month money back guarantee if you do not succeed in quitting, provided that the following terms and conditions are met:

- You do not cancel, postpone or fail to attend any session or arrive over fifteen minutes late for any session.
- You attend at least two free back-up sessions within three months of the date of the first session.

## Who can use this benefit?

AIA Vitality members are eligible to use Allen Carr's Easyway To Stop Smoking seminar.

## How does the benefit work?

- Log on to [aiavitality.com.au](http://aiavitality.com.au) and click through to the Allen Carr page via Stop Smoking under the Improve Your Health tab.
- Click on 'Get Started' and follow the prompts to make a booking.
- Allen Carr's Easyway To Stop Smoking will send you an email confirmation of your booking.

## AIA Vitality Points

You will be awarded 1,000 AIA Vitality points if you stop smoking for a minimum of three consecutive months and declare that you are a non-smoker. You will have to log onto the

AIA Vitality website and complete the non-smoker's declaration to receive your points.

## Important points to remember

- There is no limit on the number of smoking cessation courses that you can register for at the discounted rate, provided the person attending the course is an AIA Vitality member.
- If you claim to be a non-smoker, we have the right to require random blood tests to confirm that you are nicotine-free after you have earned the points.
- If your AIA Vitality membership is cancelled, you can continue on Allen Carr's Easyway To Stop Smoking program, but will be required to pay the standard rate for any future payments.
- You will need to contact Allen Carr's Easyway To Stop Smoking for the money back guarantee.

- In case of dispute, the decision of AIA Australia and Allen Carr's Easyway to Stop Smoking shall be final.
- Use of this benefit is subject to the AIA Vitality Terms and Conditions, AIA Vitality Terms of Use and the AIA Australia Privacy Policy available at [aiavitality.com.au](http://aiavitality.com.au). Benefits may be varied or withdrawn at any time.



### Any questions?

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

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

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