

## Your benefits and rewards guide to AIA Vitality

This guide covers all the latest changes we're making to the program effective from 1 December 2015.

### KNOW YOUR HEALTH

| Category   | How   | Benefit   |
|--|---|---|
| Online Nutrition Assessment  | aiavitality.com.au  | <b>1,000 points</b><br>Twice per year, 6 months apart ( <b>500 points</b> per assessment)   |
| Vitality Nutrition Assessment  | Accredited Practising Dietitian   | <b>30% off initial</b> consultation and <b>20% cashback</b><br>Up to <b>1,500 points</b>  |
| Eye Checks   | Optometrist   | <b>500 points</b> every year for three consecutive years  |
| Nutrition Tracking   | aiavitality.com.au  | <b>1,200 points</b> per quarter for logging food intake on Fitbit, Fitbug and Jawbone apps (up to <b>4,800 points</b> per year)   |
| Online Skin Self-Examination   | aiavitality.com.au  | <b>500 points</b>   |
| Vitality Health Check  | Chemmart  | <b>1 x Free</b> Vitality Health Check every year  |
|  | Chemmart or doctor  | 4 x Measures:<br>Body Mass Index (BMI), blood pressure, cholesterol and random blood glucose<br>Attendance: <b>750 points</b> each measure<br>Results within the healthy range:<br><b>750 points</b> each measure up to <b>6,000 points</b> |
| Vitality Health Review   | aiavitality.com.au  | <b>1,000 points</b>   |
| Vitality Fitness Assessment  | See <a href="http://aiavitality.com.au">aiavitality.com.au</a> for participating Virgin Active and Anytime Fitness gyms | Attendance only: <b>750 points</b><br>Results within the healthy range: <b>750 points</b><br>Twice per year, 6 months apart (total up to <b>3,000 points</b> )  |
| Mental Wellbeing Assessment  | aiavitality.com.au  | <b>1,200 points</b><br>Twice per year, 6 months apart <b>150 points</b> per assessment (total of 4 assessments)   |
| Advance Screenings – Mammogram (Females 50+ or clinically appropriate)           | Medical specialist  | <b>1,000 points</b> every year for two consecutive years  |
| Advance Screenings – Pap Smear (Females 18+)                                     | Medical specialist  | <b>1,000 points</b> every year for two consecutive years  |
| Advance Screenings – Colon Cancer Screen (Females 50+ or clinically appropriate) | Medical specialist  | <b>1,000 points</b> every year for two consecutive years  |
| Dental Check-up  | Dentist   | <b>1,000 points</b>   |
| <b>TOTAL POINTS EARNING POTENTIAL</b>  |   | Up to <b>23,500 points</b>  |

| AIA Vitality status | Points        |
|---------------------|---------------|
| Bronze              | 0–9,999       |
| Silver              | 10,000–19,999 |
| Gold                | 20,000–29,999 |
| Platinum            | 30,000+       |

## IMPROVE YOUR HEALTH

| Category                              | How                               | New benefit   |
|---------------------------------------|-----------------------------------|---|
| Daily step count*                     | Approved fitness tracker          | 7,500–12,499 steps – <b>50 points</b><br>12,500+ steps – <b>100 points</b>  |
| Gym/Outdoor Fitness*                  | Anytime Fitness                   | Up to <b>\$400</b> cashback every AIA Vitality Membership year (with <b>24 visits</b> every quarterly rolling 91 days), <b>100 points</b> per visit |
|                                       | Step Into Life                    | <b>40% off</b> membership fee, <b>100 points</b> per visit  |
|                                       | Virgin Active                     | <b>50% off</b> membership fee, <b>100 points</b> per visit  |
| Organised Fitness Events*             | Approved events                   | up to <b>1,500 points</b>   |
| Goals                                 | aiavitality.com.au                | up to <b>6,000 points</b>   |
| Fitness Devices                       | Fitbit                            | <b>25% off</b>  |
|                                       | Fitbug                            | <b>30% off</b>  |
|                                       | Polar                             | <b>35% off</b>  |
|                                       | Garmin                            | <b>25% off</b>  |
|                                       | Jawbone                           | Up to <b>20% off</b>  |
| Smoking Cessation                     | Allen Carr                        | <b>30% off</b> and <b>20% cashback</b> and <b>1,000 points</b>  |
| Vaccinations                          | Flu vaccination                   | <b>1,000 points</b>   |
|                                       | HPV<br>(females 18 – 26 yrs only) | <b>1,000 points</b>   |
|                                       | Pneumococcal<br>(65+ yrs only)    | <b>1,000 points</b>   |
| <b>TOTAL POINTS EARNING POTENTIAL</b> |                                   | Up to <b>25,000 points</b>  |

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

## ENJOY THE REWARDS

| Category         | Partner           | New benefit  |
|------------------|-------------------|--|
| Flights          | Qantas            | Bronze: <b>10%</b><br>Silver: <b>30%</b><br>Gold: <b>40%</b><br>Platinum: <b>50%</b><br>First two flights at the member status-level discount per membership year. Vitality Health Check unlocks discounts at Silver, Gold and Platinum statuses. Bookings can include up to 8 accompanying passengers, however no discounts will be applied to these accompanying passengers. |
| Spa              | endota spa        | Bronze: <b>20%</b><br>Silver: <b>30%</b><br>Gold: <b>40%</b><br>Platinum: <b>50%</b><br>Maximum of <b>4 vouchers</b> per membership year   |
| Movie            | HOYTS             | HOYTS and Alliance partners tickets<br>Off peak <b>\$6</b> , Restricted <b>\$9</b> , Unrestricted <b>\$12</b><br>Maximum of <b>6 tickets per month</b>   |
| Shopping Rewards | Myer              | <b>\$20/\$40/\$60/\$80/\$100/\$150/\$200</b> at your choice of retailer at every <b>5,000 points</b> (up to <b>35,000 points</b> )   |
|                  | JB Hi-Fi          |  |
|                  | Woolworths        |  |
|                  | Caltex Woolworths |  |
|                  | Rebel             |  |
| Active Benefits  | Boost Juice       | <b>1 voucher</b> per week to value of <b>\$7.50</b> if physical activity requirement is met (250 physical activity points)   |

For more information (including full details of these benefits and rewards) visit [aiavitality.com.au](http://aiavitality.com.au)