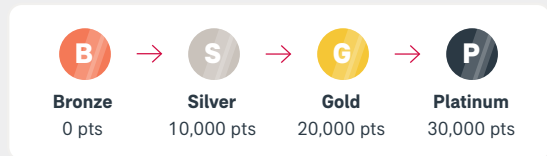


Points and rewards guide



Know your health

CATEGORY	HOW	BENEFIT
ONLINE		
✓ AIA Vitality Age Assessment	aivitality.co.nz or AIA Vitality app 4 online assessments: <ul style="list-style-type: none"> About You Physical Activity Nutrition Mental Wellbeing 	Up to 3,000 points 750 points for each section
✓ Skin Self-Examination	aivitality.co.nz or AIA Vitality app	500 points
OFFLINE		
✓ AIA Vitality Health Check	GP or a participating Unichem or Life Pharmacy Four measures: <ul style="list-style-type: none"> BMI Blood Pressure Random Blood Glucose Total Cholesterol 	Up to 10,000 points Attendance: 1,000 points for each measure taken (up to 4,000 points) Results within healthy range: 1,500 points for each measure (up to 6,000 points)
✓ AIA Vitality Fitness Assessment	Registered with a Clinical Exercise Physiologist Assessment includes: <ul style="list-style-type: none"> Health measurements Cardiovascular fitness Functional mobility 	Up to 2,000 points 1,000 points for initial consultation 500 points for each assessment reaching healthy range
✓ Eye Check	Optometrist	500 points (can be done once every three years)
✓ Dental Check	Dentist	1,000 points
✓ Vaccinations	GP or Health Practitioner	Flu: 1,000 points COVID-19: 1,000 points (for having both doses of the COVID-19 vaccine) Pneumococcal (aged 65+): 1,000 points (once-off) Shingles (Zoster) (aged 65+) : 1,000 points (once-off) Td: 1,000 points (once every 10 years)
✓ Preventative Health Checks		
Mammogram	Medical specialist	1,000 points every year for two consecutive years
Cervical Smear Test	Medical specialist	1,000 points every year for three consecutive years
Colon Cancer Screen	Medical specialist	1,000 points every year for two consecutive years
MoleMap Skin Assessment	MoleMap appointment	1,000 points

All AIA Vitality Points listed are able to be earned in each AIA Vitality membership year, unless otherwise indicated.



Improve your health

CATEGORY	HOW	BENEFIT
✓ Physical Activity*	AIA Vitality-compatible fitness device or app OR: Visiting a Les Mills club	50 or 100 points per day, based on physical activity. Activity tracked by one of the following methods: steps per day; heart rate; calories burned OR: 100 points per Les Mills visit, per day
✓ Organised Fitness Events*	Approved events	Up to 1,500 points , depending on fitness event. Up to 3,000 points per membership year
✓ Fitness Devices	Fitbit (via aiavitality.co.nz or AIA Vitality app)	Save up to 30% discount on devices
	Samsung (via aiavitality.co.nz or AIA Vitality app)	Save up to 30% discount on devices
	Garmin (via aiavitality.co.nz or AIA Vitality app)	Save up to 25% discount on devices
✓ Apple Watch Benefit	Get active and achieve your weekly physical activity target each week for 24 months	Earn an Apple Watch Series 7 GPS, 41mm (RRP \$649) in full
✓ Healthy Gear	New Balance (via aiavitality.co.nz or AIA Vitality app)	30% discount on selected footwear, apparel and accessories
✓ AIA Vitality Nutrition Consultation	Mission Nutrition	Up to 2,500 points 1,000 points for initial consultation 500 points for each follow up consultation (max 2) 500 points for completing nutrition tracking
✓ Non-Smoker's Declaration	aiavitality.co.nz or AIA Vitality app	1,000 points
✓ Quit Smoking	Allen Carr's Easyway to Stop Smoking (booked via aiavitality.co.nz or AIA Vitality app)	Free access
✓ Quit Alcohol	Allen Carr's Easyway to Stop Drinking Alcohol (booked via aiavitality.co.nz or AIA Vitality app)	Free access and 500 points
✓ Meditation	By syncing with the following apps: Headspace, Calm, Insight Timer, Buddhify and Meditation Timer & Log.	Up to 2,000 points per membership year. Meditate for 10 minutes, at least 3 times a week and get 75 AIA Vitality Points.
✓ Sleep Tracking	AIA Vitality-compatible fitness devices	Up to 2,000 points per membership year. 10 points per night for minimum 7 hours sleep



Enjoy the rewards

CATEGORY	HOW	BENEFIT
✓ Active Rewards	Retail and Charity Partners	Up to \$260 in rewards per year through Active Rewards. Reach your personalised physical activity target each week and you'll get the choice between: <ul style="list-style-type: none"> • 5 Airpoints Dollars™ • a \$5 Countdown, HOYTS, Harvey Norman or iTunes voucher • a \$5 donation to the Mental Health Foundation of New Zealand, the Heart Foundation or Trees That Count OR: <ul style="list-style-type: none"> • earn an Apple Watch Series 7 GPS, 41mm (RRP \$649)**
✓ Entertainment	HOYTS (via aiavitality.co.nz or AIA Vitality app)	Up to 50% off HOYTS vouchers. Maximum of 6 tickets per calendar month
	Event Cinemas (via aiavitality.co.nz or AIA Vitality app)	\$12 movie tickets. Maximum of 6 tickets per calendar month
✓ Cashback	AIA Starter Plan anniversary	Earn 10% cashback of the total AIA Starter Plan charges you paid over the previous year when you reach Silver AIA Vitality Status.

*Physical activity points are capped at 100 points per day and 15,000 points per membership year.

**Member cannot select any other \$5 Active Rewards while participating in the Apple Watch Benefit. Apple Watch® is a registered trademark of Apple Inc. All rights reserved.

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