

# AIA Vitality Points and rewards guide



## Know your health

**B** Bronze 0 pts

**G** Gold 20,000 pts

**S** Silver 10,000 pts

**P** Platinum 30,000 pts

Category	How	Benefit
<b>Online</b>		
<b>AIA Vitality Age Assessment</b>	aiavitality.co.nz or AIA Vitality app 4 online assessments: <ul style="list-style-type: none"> <li>About You</li> <li>Physical Activity</li> <li>Nutrition</li> <li>Mental Wellbeing</li> </ul>	<b>Up to 3,500 points</b> <ul style="list-style-type: none"> <li>750 points for each section</li> <li>500 points for completing all 4 sections</li> </ul>
<b>Skin Self-Examination</b>	aiavitality.co.nz or AIA Vitality app	<b>500 points<sup>^</sup></b>
<b>Offline</b>		
<b>AIA Vitality Health Check</b>	GP or participating Unichem or Life Pharmacy Four measures: <ul style="list-style-type: none"> <li>BMI</li> <li>Blood Pressure</li> <li>Random Blood Glucose</li> <li>Total Cholesterol</li> </ul>	<b>Up to 10,000 points</b> <ul style="list-style-type: none"> <li>Attendance: 1,000 points for each measure taken (up to 4,000 points)</li> <li>Results within healthy range: 1,500 points for each measure (up to 6,000 points)</li> </ul>
<b>AIA Vitality Nutrition Consultation</b>	Mission Nutrition	<b>Up to 2,000 points</b> <ul style="list-style-type: none"> <li>1,000 points for initial consultation</li> <li>500 points for each follow up consultation (max 2)</li> </ul>
<b>Eye Check</b>	Optometrist	<b>500 points</b> (can be done once every three years)
<b>Dental Check</b>	Dentist	<b>1,000 points</b>
<b>Vaccinations</b>	GP or Health Practitioner	<ul style="list-style-type: none"> <li>Flu: <b>1,000 points</b></li> <li>HPV (females aged 18-26): <b>1,000 points</b> (once-off)</li> <li>Pneumococcal (aged 65+): <b>1,000 points</b> (once-off)</li> <li>Shingles (Zoster) (aged 65+): <b>1,000 points</b> (once-off)</li> <li>Td: <b>1,000 points</b> (once every 10 years)</li> </ul>
<b>Preventative Health Checks</b>		
<b>Mammogram</b>	Medical specialist	<b>1,000 points</b> every year for two consecutive years
<b>Cervical Smear Test</b>	Medical specialist	<b>1,000 points</b> every year for three consecutive years
<b>Colon Cancer Screen</b>	Medical specialist	<b>1,000 points</b> every year for two consecutive years
<b>Skin Self-Assessment</b>	MoleMap appointment	<b>1,000 points<sup>^</sup></b>

<sup>^</sup> Points are capped at 1,000 per membership year for both the Skin Self-Examination and MoleMap appointment.

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

Category	How	Benefit
<b>Bonus points</b> (effective as at July 2019. Subject to removal/change – please visit <a href="http://www.aiavitality.co.nz">www.aiavitality.co.nz</a> for confirmation)		
<b>Complete Initial Nutrition Consultation</b>	Mission Nutrition	<b>1,200 points</b>
<b>Complete an Advanced Health Screen* or Vaccination</b>	Various – see above	<b>1,200 points</b>
<b>Complete Mental Wellbeing Assessment</b>	AIA Vitality Age Assessment	<b>1,200 points</b>
<b>Opt-in for AIA Vitality Active Benefits</b>	AIA Vitality app	<b>1,200 points</b>

\* Excluding online skin self-assessment and AIA Vitality Health Check.



## Improve your health

Category	How	Benefit
<b>Physical Activity*</b>	AIA Vitality-compatible fitness device or app	<b>50 or 100 points</b> per day, based on physical activity. Activity tracked by one of the following methods: steps per day; heart rate; calories burned
<b>Organised Fitness Events*</b>	Approved events	<b>Up to 1,500 points</b> , depending on fitness event
<b>Fitness Devices*</b>	Fitbit (via <a href="http://aiavitality.co.nz">aiavitality.co.nz</a> or AIA Vitality app)	<b>Up to 25% discount</b> on devices
	Garmin (via <a href="http://aiavitality.co.nz">aiavitality.co.nz</a> or AIA Vitality app)	<b>25% discount</b> on devices
<b>Athletic apparel</b>	JAGGAD (via <a href="http://aiavitality.co.nz">aiavitality.co.nz</a> or AIA Vitality app)	<b>25% discount</b>
<b>Non-Smoker's Declaration</b>	<a href="http://aiavitality.co.nz">aiavitality.co.nz</a> or AIA Vitality app	<b>1,000 points</b>
<b>Smoking Cessation</b>	Allen Carr's Easyway to Stop Smoking (booked via <a href="http://aiavitality.co.nz">aiavitality.co.nz</a> or AIA Vitality app)	<b>100% discount</b>
<b>Sleep Tracking</b>	AIA Vitality-compatible fitness device or app	<b>Up to 2,000 points</b> per membership year. 10 points per night for minimum 7 hours sleep



## Enjoy the rewards

Category	How	Benefit
<b>Active Benefits</b>	Retail Partners and Charity Partners	<b>Up to \$260</b> in rewards per year through Active Benefits. Reach your personalised physical activity target each week and you'll get the choice between: <ul style="list-style-type: none"> <li>• 5 Airpoints Dollars™</li> <li>• 5 New World Dollars loaded onto your New World Clubcard</li> <li>• a \$5 HOYTS, Harvey Norman or iTunes voucher</li> <li>• a \$5 donation to the Mental Health Foundation of New Zealand or the Heart Foundation</li> </ul>
<b>Entertainment</b>	HOYTS (via <a href="http://aiavitality.co.nz">aiavitality.co.nz</a> or AIA Vitality app)	<b>up to 50% off</b> HOYTS vouchers. Maximum of 6 tickets per calendar month.
<b>Beauty/Spa</b>	Forme Spa & Wellbeing	Maximum of 4 Vouchers per membership year, at a discounted rate based on AIA Vitality status at time of purchase: <b>B</b> 20%   <b>S</b> 30%   <b>G</b> 40%   <b>P</b> 50%
<b>Travel Benefit</b>	Airpoints™	Earn up to <b>300 Airpoints Dollars™</b> each membership year, for reaching each AIA Vitality status. <ul style="list-style-type: none"> <li><b>S</b> 25 Airpoints Dollars™   <b>G</b> 100 Airpoints Dollars™   <b>P</b> 175 Airpoints Dollars™</li> </ul>

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

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

Copyright © 2019, AIA Services New Zealand Limited (969417). All rights reserved. The information contained in this document is current as at July 2019 and is subject to change at any time. It contains only a summary of the AIA Vitality program effective July 2019. AIA New Zealand takes no responsibility for any incorrect information (by omission or otherwise). For the most up-to-date information, for full terms and conditions on AIA Vitality partners, benefits and rewards, and to view the AIA Vitality terms and conditions see [aiavitality.co.nz](http://aiavitality.co.nz). Partner terms and conditions may also apply.