

Take your first steps today:

- 1 Look out for an email from AIA Vitality, info@aiavitality.com.au.
- 2 Activate your AIA Vitality Starter membership and download the AIA Vitality app.
- 3 Link health apps like Apple Health, GoogleFit or Strava to AIA Vitality.
- 4 You can order a discounted fitness device through AIA Vitality, if you don't already have one.

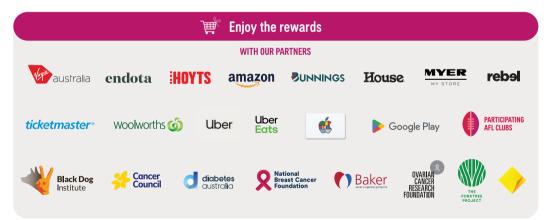
Start your journey to better health:

- 1 Complete the online assessments on the AIA Vitality app to earn up to 4,500 AIA Vitality Points.
- 2 Link your activity tracking app or fitness device to AIA Vitality to earn up to 100 Points per day.
- 3 Earn a \$5 voucher each week when you reach your personalised physical activity target.

Partner benefits







^{*} Must achieve AIA Vitality Platinum Status to unlock access to Apple Watch Benefit

