

AIA Vitality

TAKE YOUR FIRST STEP TO BETTER HEALTH

Activate your membership to AIA Vitality Starter, a science-backed health and wellbeing program that rewards you for making healthier choices.



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

Know your health

WITH OUR PARTNERS



Improve your health

WITH OUR PARTNERS



Enjoy the rewards

WITH OUR PARTNERS



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

aiavitality.com.au

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