

# YOUR GUIDE TO POINTS AND REWARDS

May 2024 | AIA Vitality Starter



## Know your health

Category	How	Benefit
<b>Online</b>		
AIA Vitality Age Assessment	AIA Vitality app	<ul style="list-style-type: none"> <li>Up to <b>2,250 points</b> per membership year</li> </ul>
Skin Self-examination		<ul style="list-style-type: none"> <li><b>1,000 points</b> – once per membership year</li> </ul>
Online Non-smoker Declaration		<ul style="list-style-type: none"> <li><b>1,000 points</b> – once per membership year</li> </ul>
Financial Wellbeing Assessment		<ul style="list-style-type: none"> <li><b>250 points</b> – once per membership year</li> </ul>
<b>Offline</b>		
AIA Vitality Health Check	<p>GP, Health Practitioner or participating TerryWhite Chemmart, or Amcal pharmacies.</p> <p>Members get one FREE AIA Vitality Health Check at participating pharmacies each membership year. Please see AIA Vitality app for participating pharmacies</p>	<ul style="list-style-type: none"> <li>Measured: <b>750 points</b> per measure (up to 3,000 points)</li> <li>In healthy range: <b>1,000 points</b> per measure (up to 4,000 points)</li> </ul>
AIA Vitality Fitness Assessment	<p>Participating Virgin Active, Fitness First, and Goodlife gyms</p> <p>Please see AIA Vitality app for participating gyms</p>	<ul style="list-style-type: none"> <li>Up to <b>3,000 points</b> – twice per membership year, 6 months apart (up to 1,500 points per assessment)</li> <li>Measured: <b>750 points</b></li> <li>In healthy range: <b>750 points</b></li> </ul>
Eye check	Optometrist	<ul style="list-style-type: none"> <li><b>1,000 points</b> – once every three years (1,000 points applied for three consecutive years)</li> </ul>
Dental check	Dentist	<ul style="list-style-type: none"> <li><b>1,000 points</b> – once per membership year</li> </ul>
Vaccinations	GP or Health Practitioner	<ul style="list-style-type: none"> <li>Influenza (flu): <b>1,000 points</b> – once per calendar year</li> <li>COVID-19: <b>1,000 points</b> – once per calendar year</li> <li>Shingles Zoster (adults 60+ or as clinically appropriate): <b>1,000 points</b> – once-off</li> <li>Pneumococcal (adults 65+ or as clinically appropriate): <b>1,000 points</b> – once off</li> </ul>

Category	How	Benefit
<b>Preventative health checks</b>		
Bowel cancer screen (adults 50+ or clinically appropriate)	Medical specialist	<ul style="list-style-type: none"> <li>• <b>1,000 points</b> every year for two consecutive years</li> </ul>
Breast cancer screen (females 50+ or clinically appropriate)		<ul style="list-style-type: none"> <li>• <b>1,000 points</b> every year for two consecutive years</li> </ul>
Cervical screening Test (females 18+)		<ul style="list-style-type: none"> <li>• <b>1,000 points</b> every year for five consecutive years</li> </ul>

## Improve your health

Category	How	Benefit
<b>Physical health</b>		
Physical activity*	Compatible fitness devices and apps	<ul style="list-style-type: none"> <li>• <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; speed; calories burned</li> </ul>
	Peloton app	<ul style="list-style-type: none"> <li>• Earn <b>50 points</b> for a short workout (at least 20 minutes)</li> <li>• Earn <b>100 points</b> for a long workout (at least 45 minutes)</li> </ul>
Gym visits*	<ul style="list-style-type: none"> <li>• Virgin Active</li> <li>• Fitness First</li> <li>• Goodlife</li> </ul>	<ul style="list-style-type: none"> <li>• <b>100 points</b> per day</li> <li>• <b>30% off</b> eligible memberships</li> </ul>
Organised Fitness Events*	Approved events	<ul style="list-style-type: none"> <li>• Up to <b>1,500 points</b> per event (up to 3,000 points per membership year)</li> </ul>
Fitness Devices	Garmin (via AIA Vitality app)	<ul style="list-style-type: none"> <li>• <b>25% discount</b> on eligible devices</li> </ul>
Smoking Cessation	Allen Carr's Easyway to Stop Smoking	<ul style="list-style-type: none"> <li>• <b>100% upfront discount</b></li> <li>• Earn <b>1,000 points</b> when you complete the online Non-smoker Declaration after three months of not smoking</li> </ul>
<b>Nutrition</b>		
Nutrition Tracking	Fitbit (via fitbit.com or Fitbit app)	<ul style="list-style-type: none"> <li>• Up to <b>1,200 points</b> per membership year (300 points per calendar quarter)</li> </ul>
AIA Vitality Nutrition Consultation	Accredited Practicing Dietitian Please see AIA Vitality website for participating dietitians	<ul style="list-style-type: none"> <li>• Up to <b>2,000 points</b></li> <li>• <b>1,000 points</b> on initial consultation. Up to 1,000 points for subsequent follow ups (maximum two follow ups, each awarding 500 points)</li> <li>• <b>70% off</b> nutrition consultation</li> </ul>
<b>Mental Wellbeing Benefit</b>		

\* 15,000 points per membership year.

^ Available for iOS users only.

Category	How	Benefit
Learn	Online content (via AIA Vitality app)	<ul style="list-style-type: none"> <li>• Up to <b>1,200 points</b> per membership year</li> <li>- Up to <b>1,000 points</b> per membership year – earn 25 points each time you read, watch and listen to content (cap of 500 per 6 months)</li> <li>- Up to <b>200 points</b> per membership year for learning more about how and where to access mental health services in Australia (cap of 100 per 6 months)</li> </ul>
Act	Meditation via: <ul style="list-style-type: none"> <li>• Headspace</li> <li>• Calm</li> <li>• Buddhify</li> <li>• Breathe (Apple Watch only)</li> <li>• The Mindfulness App</li> <li>• Insight Timer<sup>^</sup></li> <li>• Meditation Log &amp; Timer<sup>^</sup></li> <li>• Peloton (excluding free app)</li> </ul>	<ul style="list-style-type: none"> <li>• Up to <b>3,000 points</b> per membership year – 15 points daily (capped at 75 points per week for Meditation and Mood tracking combined)</li> </ul>
	Mood tracking (via moodflx) <hr/> Sleep tracking (via a compatible device)	

<sup>^</sup> Available for iOS users only.

## Enjoy the rewards

Category	Partner	Benefit
Active Benefits	<p><b>Receive:</b></p> <ul style="list-style-type: none"> <li>• Woolworths</li> <li>• Uber</li> <li>• Uber Eats</li> <li>• Google Play</li> <li>• Apple Gift Card</li> <li>• Participating AFL clubs</li> </ul> <hr/> <p><b>Donate:</b></p> <ul style="list-style-type: none"> <li>• Baker Heart &amp; Diabetes Institute</li> <li>• Black Dog Institute</li> <li>• Cancer Council</li> <li>• Diabetes Australia</li> <li>• National Breast Cancer Foundation</li> <li>• Ovarian Cancer Research Foundation</li> <li>• The Forktree Project</li> </ul> <hr/> <p><b>Save:</b></p> <ul style="list-style-type: none"> <li>• Commonwealth Bank</li> </ul>	<ul style="list-style-type: none"> <li>• <b>\$5 reward</b> per week if personalised Active Benefits target is met (excludes points earned through organised fitness events).</li> </ul> <p>You may choose to redeem your reward:</p> <ul style="list-style-type: none"> <li>- as a voucher for selected retailers,</li> <li>- as a voucher for participating AFL clubs,</li> <li>- a donation to selected charities, or</li> <li>- a deposit into your nominated Commonwealth Bank account</li> </ul>

Category	Partner	Benefit
Flight Benefit	Virgin Australia and international alliance partners	<ul style="list-style-type: none"> <li>Up to <b>30% cashback</b> on the base fare of one international and one domestic booking, or two domestic bookings, operated by Virgin Australia. Flights must be booked via the dedicated Virgin Australia booking portal available via the AIA Vitality app</li> </ul> <p><b>B</b> 10%   <b>S</b> 20%   <b>G</b> 30%   <b>P</b> 30%</p>

## AIA Vitality Status



**Bronze**

0 points



**Silver**

10,000 points



**Gold**

20,000 points



**Platinum**

30,000 points