

HOW DO I EARN AIA VITALITY POINTS?

December 2024



Get to AIA Vitality Silver Status



Achieve AIA Vitality Silver Status with ease by following this guide.

Online/App based health checks

| | |
|--------------------------------|--|
| AIA Vitality Age Assessment | Up to 2,250 points per membership year |
| Financial Wellbeing Assessment | 250 points per membership year |
| Skin Self-examination | 1,000 points per membership year |
| Non-smoker Declaration | 1,000 points per membership year |
| Subtotal | up to 4,500 points |

Health professional health checks

| | |
|---------------------------|---------------------------|
| AIA Vitality Health Check | Up to 7,000 points |
| Eye Check | 1,000 points |
| Dental Check | 1,000 points |
| Subtotal | up to 9,000 points |

Vaccinations

| | |
|-----------------|---------------------------|
| Flu | 1,000 points |
| COVID-19 | 1,000 points |
| Subtotal | up to 2,000 points |

Exercise and physical activity

| | |
|----------------------------|----------------------------------|
| Steps (7,500 per day) | 50 points |
| Gym workout (partner gyms) | 100 points |
| Subtotal | 2,250 points (in 1 month) |
| Total | up to 17,500 points |

Already a member? Click here to open the AIA Vitality app and start earning Points now!

Don't have the AIA Vitality app? Click here to download it now.

EARN POINTS NOW

