

YOUR AIA VITALITY POINTS CHECKLIST

September 2024



Activity	Points
Online	
AIA Vitality Age Assessment	Up to 2,250
<ul style="list-style-type: none"> Mental Wellbeing Assessment twice a year, six months apart Physical Wellbeing Assessment once a year 	
Non-Smoker declaration	1,000
Skin Self-examination	1,000
Financial Wellbeing Assessment	250
Offline	
AIA Vitality Health Check	Up to 7,000
AIA Vitality Fitness Assessment (1,500 points per assessment, done twice per year, six months apart)	Up to 3,000
AIA Vitality Nutrition Assessment	2,000
Eye Check (can be done once every three years. Points applied per membership year)	1,000
Dental Check	1,000
Vaccinations (flu, COVID-19, shingles vorster and pneumococcal, as appropriate)	1,000
Preventative Health Checks	
Breast Cancer screen (females 50+ or clinically appropriate)	1,000
Cervical Screening test (females 18+)	1,000
Bowel Cancer screen (adults 45+ or clinically appropriate)	1,000
Improve your health	
Physical activity ¹ (tracked by either: steps per day; heart rate; speed; calories burned or length of workout with Peloton)	50 or 100
Gym/Outdoor fitness ¹	100
Organised fitness events ¹	Up to 3,000
Nutrition tracking (300 points per calendar quarter)	1,200
Learn: Read, Watch, Listen and View online learning content (1,200 points per membership year)	1,200
Sleep tracking ² (10 points per night for minimum of 7 hours sleep)	2,000
Mindfulness meditation and mood tracking ³ (15 points per 10 minute meditation)	3,000

1. Physical activity points are capped at 100 points per day, and 15,000 points per membership year.
 2. Sleep Tracking points are capped at 2,000 points per membership year.
 3. Mindfulness meditation and mood tracking points are capped at 3,000 points per membership year.