

MENTAL WELLBEING BENEFIT GUIDE

November 2023

AIA Vitality

About the AIA Vitality Mental Wellbeing Benefit



- All AIA Vitality members have access to the AIA Vitality Mental Wellbeing Benefit, which offers a variety of mental wellbeing tools, services, and information designed to help build mental fitness whilst earning AIA Vitality Points.
- Partnering with the best-in-class mental wellbeing providers, members have access to insightful content, meditation apps, sleep and mood tracking, and opportunities for social connection.

Who is eligible?

All AIA Vitality members have access to the AIA Vitality Mental Wellbeing Benefit.

How does the Benefit work?

There are *two* components to the AIA Vitality Mental Wellbeing Benefit.

-  **1. LEARN** – Listen, watch, and read insightful content to help members understand more about mental wellbeing, its impact, and how to manage it.
-  **2. ACT** – Engage in different activities that help maintain and improve mental wellbeing such as meditation, mood tracking, sleep tracking, and social connection.

The Benefit is designed to support members in different ways. Recognising that everyone is different, and that we all have our own preferences when it comes to the resources and tools available to us, members can choose to engage with some, or all, of the activities at a time that suits.

Learn

ONLINE CONTENT

- In partnership with Groov, AIA Vitality members have access to evidence-based content focussing on inspired action and behavioural change which can be completed at a time that suits, via the AIA Vitality app.
- Members can earn up to 1,000 points per membership year. Each time content is read, watched, or listened to, members will earn 25 points, with a cap of 500 points per 6 months. A green tick will appear indicating content that has been completed.
- Members can revisit the same content but will not receive additional AIA Vitality Points for content already completed.
- Members will also find information about the types of support services available in Australia, how to access them and which services may be appropriate for you or someone you know who needs help. Members will also find information about how to access mental wellbeing services provided by AIA Vitality.
- Members can earn 100 points every 6 months for learning about and keeping up-to-date with the mental wellbeing landscape in Australia. .
- This component of the benefit is accessible via the AIA Vitality app.

Act



MINDFULNESS - MEDITATION AND MOOD-TRACKING

- Members can earn points by using one of the following supported mindfulness apps: Headspace, Calm, Breathe (Apple Watch only), Buddhify, Insight Timer, Meditation Timer & Log, and The Mindfulness App. Links to these apps can be found in the AIA Vitality app.
- The mindfulness app should be linked to Apple Health (iOS) or Google Fit (Android). Members can earn 15 points per day for completing 10 consecutive minutes of meditation.
- moodflx is our mood tracking partner. AIA Vitality members have free access to the moodflx app where mood can be tracked throughout the day to earn points.
- Members can earn up to 3,000 points per membership year. Earn 15 points daily for either meditating or mood-tracking. Points are capped at 75 points per week.



SLEEP TRACKING

- Members can track sleep and earn AIA Vitality points by linking a compatible sleep tracking device to the AIA Vitality app.
- Sleep must be recorded for at least 7 hours in a 24-hour period (between 12pm on one day and 12pm the next day) to earn 10 points, capped at 50 points per week.
- 2,000 points can be earned per membership year.



SOCIAL CONNECTION

- AIA Vitality has partnered with Togetherall, an online community where people can talk, share, and support each other anonymously, to improve their mental wellbeing.
- Engagement with the Togetherall platform is anonymous which means we are unable to allocate AIA Vitality Points for this activity.
- Members have access to Togetherall via the AIA Vitality app and from there will be transferred to the Togetherall platform.



Any questions?

Visit aiavitality.com.au

Email queries@aiavitality.com.au

Call **1800 848 254**

Important things to remember

Learn

- AIA Vitality Points for the online content will only be earned after the content has been completed (read, listened, or watched including an infographic, article, video, or audio).

Act

- The AIA Vitality app must be synced to a compatible meditation app to earn AIA Vitality Points.
- Ten consecutive minutes must be spent meditating each day to earn AIA Vitality Points. Additional points are not earned for any extra meditation sessions completed on a given day, however members can continue to track activity. Meditating can help you deal with everyday life, reduce stress, and improve your overall wellbeing so you may choose to meditate beyond 10 minutes.
- When tracking sleep, the device must be worn while sleeping.
- AIA Vitality Points will only be allocated based on sleep recorded from the following compatible devices: Fitbit, Garmin, Apple Health (iOS only), and Apple Watch.
- moodflx is an evidence-based app focused on improving mental fitness. Regularly tracking your mood can help identify patterns to better understand what situations or circumstances positively or negatively impact your mood.
- Members simply tap on the mood tracking button on the Wellbeing activities screen to download the app.
- Mood tracking cannot be backdated.