

# EARNING PHYSICAL ACTIVITY POINTS

June 2023

Earning physical activity points allows you to earn weekly rewards that help you reach your everyday fitness goals while building towards your AIA Vitality status, which unlocks even bigger rewards.

Link your compatible fitness device or app:  
Open the AIA Vitality app and tap Tap 'Account', then  
'Connected apps & devices'.

**Please note:** AIA Vitality only supports activity tracked directly from Apple Health, Google Fit and Samsung Health apps, and Fitbit, Garmin, Strava and Polar devices. Due to potential data integrity issues with third party devices, activity tracked by any other third party device, (even if linked to any of the apps listed), is not supported and cannot be used to earn AIA Vitality Points.

**The maximum points you can earn per day is 100.**

If you complete two or more fitness activities in one day then the higher points between them will be awarded.

Your points will usually be displayed the next day. However, on some occasions they may take up to two weeks to show on your points statement, so please be patient.

Even if you reach your 15,000 physical activity point cap for the year, you can still earn physical activity points that will contribute to your weekly Active Benefits target.

Steps per day	AIA Vitality Points
7,500 – 12,499 50 Once a day	50
12,500 or greater 100 Once a day	100

OR

Heart rate data	AIA Vitality Points
At least 30 minutes of physical activity in one exercise session a day at an average heart rate of more than 60% of your age-related maximum heart rate.	50
OR	
At least 30 minutes of physical activity in one exercise session a day at an average heart rate of more than 70% of your age-related maximum heart rate.	100
OR	
At least 60 minutes of physical activity in one exercise session a day at an average heart rate of more than 60% of your age-related maximum heart rate.	100

OR

Calorie data	AIA Vitality Points
At least 30 minutes of physical activity and a minimum of 150 calories burned (at a rate of no fewer than 300 calories an hour) in one exercise session a day.	50
OR	
At least 30 minutes of physical activity and a minimum of 300 calories burned (at a rate of no fewer than 600 calories an hour) in one exercise session a day.	100
OR	
At least 60 minutes or more of physical activity and a minimum of 300 calories burned (at a rate of no fewer than 300 calories an hour) in one exercise session a day.	100

OR

Event	AIA Vitality Points
At least 30 minutes of physical activity at a minimum average speed of 4km/h (2.5mph) in one exercise session a day.	50
OR	
At least 30 minutes of physical activity at a minimum average speed of 7.2km/h (4.5mph) in one exercise session a day.	100
OR	
At least 60 minutes of physical activity at a minimum average speed of 4km/h (2.5mph) in one exercise session a day.	100