

Welcome to the

AIA Vitality Experience



aiavitality.com.au

AIA Vitality

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Make sure you hand this to the facilitator at each stand to get awarded Vitality points.

Your name:

AIA Vitality member number:

Know your health through online health assessments

- ☐ Non-smoking declaration (1,000 points)
- ☐ AIA Vitality Health Review (1,000 points)
- ☐ Mental Wellbeing Assessment (750 points*)
- ☐ Online AIA Vitality Nutrition Assessment (500 points†)

For more information please go to aiavitality.com.au or call the AIA Vitality Member Services team on 1800 848 254.

*Mental Wellbeing Assessment can be done twice a year for total of 1,500 points.

†Online AIA Vitality Nutrition Assessment can be done twice a year for total of 1,000 points.

Health results

Validated by

BMI result:

Height	Weight	BMI
/	/	

Blood pressure:

Systolic	Distolic
/	

Glucose level:
(Random)

Cholesterol level:

Recovery heart rate:
(after fitness test)

Fitness rating:

Other Assessment:

Once you have the validated results, the next step is to upload this form via the AIA Vitality app.

1. Download the AIA Vitality app and log in
2. Click 'Get Points' on the bottom tab and the 'click' on Health Assessments
3. 'Click' on AIA Vitality Health Check and then 'Report Now'
4. Enter your relevant information and add a photo of this passport as verification.

Results can also be uploaded through the Vitality website www.aiavitality.com.au