

# Welcome to the AIA Vitality experience!



**Make sure you visit the Vitality Consultants today to receive your AIA Vitality points.**

This is your opportunity to find out more about our exciting partners and boost your AIA Vitality points. You can earn enough points today to jump an AIA Vitality status!

Here is a list of where you can earn AIA Vitality points. For some of your key health metrics, you earn additional AIA Vitality points if you are within the healthy range (shown in brackets).

| ACTIVITY                            | POINTS      |
|-------------------------------------|-------------|
| Online AIA Vitality Health Review   | 1,000       |
| Blood Pressure                      | 750 (1,000) |
| Blood Glucose                       | 750 (1,000) |
| Body Mass Index (BMI)               | 750 (1,000) |
| Cholesterol                         | 750 (1,000) |
| Eye Check                           | 500         |
| Step test*                          | 750 (+750)  |
| Online Mental Wellbeing Assessment* | up to 750   |
| Online Nutrition Assessment*        | 500         |
| Skin Self-Examination               | 500         |

\*Can be done twice a year

## Online Vitality Health Review

If you haven't already, make sure you complete your Online AIA Vitality Health Review, it only takes around 10 minutes and we will ask you questions about your lifestyle and behaviours. We will also ask for your clinical measures for blood glucose, blood pressure, cholesterol and BMI. If you don't know these, simply select 'I don't know' for those answers and you will still be able to complete the review.

After today's AIA Vitality Experience you will be able to update any measures that you have had tested on [aiavitality.com.au](https://aiavitality.com.au)

**AIA Vitality Points** – You will receive 1,000 AIA Vitality points for completion of your AIA Vitality Health Review.

## Blood Pressure

Blood pressure is the force of the blood pushing against the artery walls and is affected by how hard the heart pumps, the amount of blood in the body and the diameter of the blood vessels. When blood pressure is high, it means that the heart is having to work harder to pump blood around the body. **High blood pressure** doesn't often give early warning signs, but it increases the risk for coronary heart disease and other forms of heart disease, stroke, and kidney failure.

**The healthy range** for blood pressure, as approved by the Australian Heart Foundation, is 120/80 or lower on both measurements.

**AIA Vitality Points** – You will receive 750 AIA Vitality points for having the test, plus an additional 1,000 if your results are within the healthy range. You are able to earn AIA Vitality points for a blood pressure check once per year.

## Blood Glucose

Glucose is a type of sugar that comes from carbohydrate foods and is the main source of energy used by the body. Normally your blood glucose level will increase slightly after you have eaten, but if it remains high over time it can cause damage to your eyes, kidneys, nerves and blood vessels.

A blood glucose test can help to determine whether you are at risk of diabetes, a condition that 280 Australians develop every day.

The blood glucose test we do is a random test, therefore you do not need to fast before the test.

The healthy range for random blood glucose, as approved by Diabetes Australia, is <7.8mmol/L.

**AIA Vitality Points** – You will receive 750 AIA Vitality points for having the test, plus an additional 1,000 if your results are within the healthy range. You are able to earn AIA Vitality points for a blood glucose check once per year.

## BMI

Body Mass Index (BMI) is a method of estimating body composition.

For most of us, BMI is a good indicator of whether we are over or underweight. For some, including pregnant women and body builders, body fat percentage or waist circumference is more accurate.

**The healthy range** for BMI is 18.5-24.9.

**AIA Vitality Points** – You will receive 750 AIA Vitality points for having the measurement, plus an additional 1,000 if your results are within the healthy range. You are able to earn AIA Vitality points for a BMI check once per year.

## Cholesterol

Your body needs some cholesterol, there are good (HDL) and bad types; LDL and triglycerides, which are stored in fat cells. Too much LDL and triglycerides can clog your arteries making it harder for blood to get to your heart. This can result in chest pain, or even a heart attack.

**The healthy range** for total cholesterol is < 5.5 mmol/L.

**AIA Vitality Points** – You will receive 750 AIA Vitality points for having the test, plus an additional 1,000 if your results are within the healthy range. You are able to earn AIA Vitality points for a cholesterol check once per year.

## Eye Check

A visual acuity eye test will be given by an optometrist to determine whether you need to make an appointment for a more thorough eye examination.

**AIA Vitality Points** – You will receive 500 AIA Vitality points for having an eye check. You are able to earn AIA Vitality points for an eye check once per year.

## Step Test

The step test is an indirect measure of a person's aerobic capacity (cardiorespiratory fitness), which is the capacity of the heart, lungs, and blood vessels to supply oxygen and nutrients to the muscles for a sustained period.

A person with a higher cardiorespiratory fitness will have a lower heart rate for any given work rate than an unfit person. In addition the heart rate of a fit person will recover quicker than that of a less fit person.

The step test is a valid and reliable predictor of fitness through the determination of changes in cardiorespiratory fitness following exercise.

**AIA Vitality Points** – You will receive 750 AIA Vitality points for taking part in the step test, plus an additional 750 if your results are within the healthy range. You are able to earn AIA Vitality points for two fitness assessments per year; they must be 6 months apart.

## Online Mental Wellbeing Assessment

Mental wellbeing is a complex issue, with many inter-related factors. Stressors are challenges that place real or perceived demands on you leading to strain, which can manifest as anxiety, depression or physical symptoms such as low energy.

The AIA Vitality Mental Wellbeing Assessment has been developed to help you to assess what is causing your stress; your current level of mental wellbeing; how you respond to stress; and what social support you have to help improve your mental wellbeing.

**AIA Vitality Points** – You will receive 250 AIA Vitality points for each completed section of the assessment, a total of 750 points for completing all four. You are able to earn AIA Vitality points for the Online Mental Wellbeing Assessment twice per year; completion must be 6 months apart.

## Online Nutrition Assessment

The AIA Vitality Online Nutrition Assessment provides a complete view of your dietary and lifestyle habit. Find out where you're doing well and where you can improve.

**AIA Vitality Points** – You will receive 500 AIA Vitality points for completion of the Online Nutrition Assessment twice per year; completion must be 6 months apart.

## Skin Self-Examination

A skin self-examination can help you notice any skin changes or anything unusual in your skin, assisting in the early detection and management of potentially dangerous lesions.

The AIA Vitality Skin Self Examination video gives you a step by step guide to conducting a self-examination, to help you routinely check your skin.

**AIA Vitality Points** – You will receive 500 AIA Vitality points for watching the skin check video at the AIA Vitality Experience. You are able to earn AIA Vitality points for watching the skin self-examination in the AIA Vitality member portal once per year.

**Thank you for participating in the AIA Vitality Experience.**

**For more information please go to [aiavitality.com.au](https://aiavitality.com.au) or call the AIA Vitality call centre Member Services Team on 1800 VITALITY.**