

AIA Vitality Fitness Assessment Results

Att: Fitness Professionals:

- This form is to confirm that the AIA Vitality member has completed a fitness assessment on the date below.
- Only current fitness professionals or other appropriately qualified and accredited health professionals may complete this form and they must be independent from the AIA Vitality member and their immediate family.
- As a qualified fitness professional, you will need to complete each section (where applicable).

Fitness Professional Name

Date (dd/mm/yyyy)

Member Name

AIA Vitality Membership No.

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(Available in the Account section of the app)

UP TO
4,500
POINTS*

Fitness Check (Member to complete after results are known)

1 Blood Pressure

Systolic

Diastolic

3 Fitness Result

Resting Heart Rate
(Wellness Event)

Or

VO² Max

(Anytime Fitness/ Fitness First)

2 Height

(cm)

Weight

(kg)

BMI

(Body Mass Index)

*You will receive 750 points for each of the three tests (Blood Pressure, BMI, Recovery Heart Rate or VO² Max.) and a further 750 points for each test in the healthy range. Note: If you have already earned points for Blood Pressure and BMI this membership year through the Health Check you will not receive them again.

Declarations (Member and fitness professional to complete)

Fitness Professional's Signature

Gym Name and Location

*Member Signature

Gym Contact Number

*As an AIA Vitality member, by signing and submitting this form to AIA Australia Limited, I acknowledge and agree that AIA Australia Limited will use my AIA Vitality Fitness Assessment results solely for the purpose of determining my entitlement to be awarded AIA Vitality Points; that it is my responsibility to seek further medical advice in respect of my results; and that (to the maximum extent permitted by law) each of the fitness institution and fitness professional named above and AIA Australia Limited are not responsible for any loss or damage which I may suffer due to my failure to seek such advice.

Results Capture and Upload

Submit via the app

- Input the results above & a photo of this form through the AIA Vitality Fitness Assessment section of the app to earn points.
- Please submit one form per fitness professional only.

Take AIA Vitality wherever you go through our app for iPhone and Android.

Any questions about the AIA Vitality Fitness Assessment, please do not hesitate to contact us.



Blood Pressure (Up to 1,500 points once per membership year)

Blood pressure is the force of blood pushing against the artery walls. It's 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.

Body Mass Index (Up to 1,500 points once per membership year)

Body Mass Index (BMI) is a method of estimating body composition. For most of us, BMI is a good indicator of whether we are under or overweight. For some, including pregnant women and body builders, body fat percentage or waist circumference is more accurate.

Fitness Result for Recovery Heart Rate & VO² Max (Up to 1,500 points twice per membership year)

The step test (Anytime Fitness) and Row test (Fitness First) 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. The step test is a valid and reliable predictor of fitness through the determination of changes in cardiorespiratory fitness following exercise.

*As an AIA Vitality member, by signing and submitting the above, I confirm that I have read and consent to the collection, use, handling and disclosure of my personal information in the manner described in the Privacy Policy each of AIA Australia Ltd, AIA Vitality Company Limited and Discovery located at <http://www.aia.com.au/en/tools/modal-pages/Mobile-App-Privacy.html> (AIAA) and <https://www.discovery.co.za/portal/individual/terms-and-conditions> (Discovery) and agree that these documents may be updated from time to time, and that any personal information AIA Australia and/or Discovery hold will be governed by that entity's most current Privacy Policy. I understand that in addition to the purposes set out in these privacy policies that my personal information may be used and I may be contacted by AIA Australia Ltd for the purposes of verifying the information on this form. AIA Australia Limited ABN 79 004 837 861. VIT4262 10/18

AIA Vitality