

AIA Vitality

AT AIA, WE'RE
COMMITTED TO HELPING
NEW ZEALANDERS LIVE
**HEALTHIER, LONGER,
BETTER LIVES.**

That's why we're proud to offer
AIA Vitality in New Zealand.



WHAT IS AIA VITALITY?

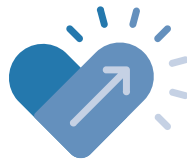
AIA Vitality is a science-backed health and wellbeing programme that helps you get more out of life by motivating you to take control of your health, life and wellbeing.

It helps you get to know your health, provides tools to improve it and offers great rewards to keep you motivated on your journey to a healthier you.



Know your health

Learn more about your health with our network of experts and tools.



Improve your health

Get access to the tools you need to improve your health and wellbeing.

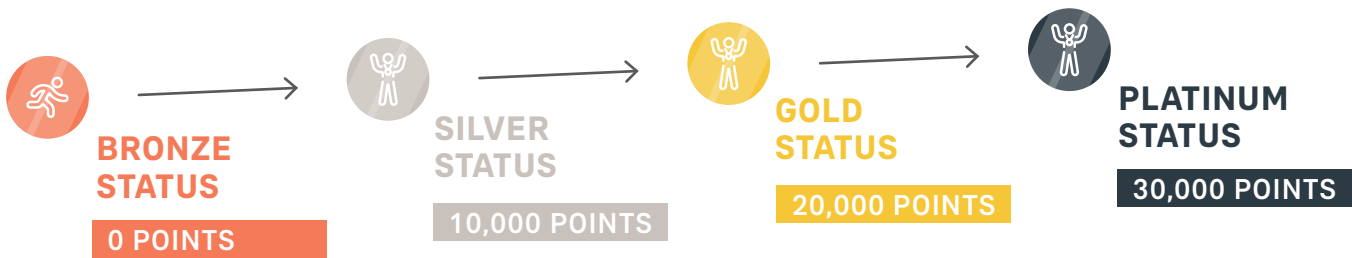


Enjoy the rewards

Access to amazing discounts and offers.

How to earn Points and improve your status

You start each membership year on Bronze Status with zero AIA Vitality Points and accumulate them through ongoing programme engagement. The higher your Points, the higher your status, the greater your rewards. When your next membership year rolls around, you retain the status you've earned and the rewards that come with it. Here are some ways you can climb to Platinum Status:



Here's a number of key ways you can earn AIA Vitality Points

AIA VITALITY HEALTH CHECK Up to 10,000 points	AIA VITALITY FITNESS ASSESSMENT Up to 2,000 points	VACCINATIONS Up to 1,000 points per vaccination	MENTAL WELLBEING ACTIVITY (Sleep tracking, meditation and Groov) Up to 5,000 points
AIA VITALITY AGE ASSESSMENT Up to 3,000 points	NON-SMOKER DECLARATION 1,000 points	BOWEL CANCER SCREENING 1,000 points	ORGANISED FITNESS EVENT Up to 1,500 points per event, up to 3,000 points per year
EYE CHECK 500 points	MOLEMAP SKIN ASSESSMENT 1,000 points	CERVICAL SMEAR TEST 1,000 points	PHYSICAL ACTIVITY Up to 150 points per day, up to 15,000 points per year
SKIN SELF-EXAMINATION 500 points	DENTAL ASSESSMENT 1,000 points	MAMMOGRAM 1,000 points	AIA VITALITY NUTRITION CONSULTATION AND TRACKING Up to 2,500 points

BENEFITS AND REWARDS

You can enjoy great benefits and rewards from our programme partners to help you reach your health and wellbeing goals.



FREE AIA VITALITY HEALTH CHECK



50% CASHBACK ON AN AIA VITALITY FITNESS ASSESSMENT



25% OFF A SKIN ASSESSMENT



ONLINE AND OFFLINE HEALTH ASSESSMENTS



SAVE UP TO 50% ON A LES MILLS MEMBERSHIP¹



USE YOUR ACTIVE REWARDS TO EARN AN APPLE WATCH SERIES 9 (GPS)²



SAVE 20% ON A JETTS FITNESS MEMBERSHIP³



GET 6 WEEKS FREE ON A SNAP FITNESS MEMBERSHIP⁴



UP TO 30% DISCOUNT ON SELECTED DEVICES



UP TO 25% DISCOUNT ON SELECTED DEVICES



30% OFF SELECTED FOOTWEAR, APPAREL AND ACCESSORIES



UP TO 80% OFF NUTRITION CONSULTATIONS WITH A DIETITIAN



FREE ACCESS TO ALLEN CARR'S QUIT SMOKING AND ALCOHOL PROGRAMS



EARN POINTS FOR SUPPORTING YOUR MENTAL WELLBEING



INITIAL PREMIUM DISCOUNT OF 10%



STATUS REWARDS



UP TO 50% OFF MOVIE TICKETS (limits apply)



ACTIVE REWARDS REACH YOUR ACTIVITY TARGET AND EARN \$5 EVERY WEEK



OR DONATE \$5 EVERY WEEK



1. Member receives 15% discount on a Les Mills standard 12 Month Multi Club membership, and 35% cashback on membership fees based on frequency of visits (minimum of 24 visits on 24 different days, per calendar quarter is required to be eligible for cashback).
2. Member cannot select any other \$5 Active Rewards while participating in the Apple Watch Benefit. Apple Watch® is a registered trademark of Apple Inc. All rights reserved.
3. Member receives a 20% discount on a Jetts Fitness All Club 12 Month membership.
4. Member receives the first 6 weeks free on a Snap Fitness 12 month plan.

HOW ACTIVE REWARDS WORK

Monitor your steps, heart rate, speed or calories burnt using your activity tracker or smart phone, and earn \$5 per week if you reach your weekly personalised physical activity target (up to \$260 per membership year). Personalised physical activity targets range between 200 and 500 AIA Vitality Points per week, depending on individual fitness and activity levels. **Use your \$5 credit to choose between:**



5 Airpoints Dollars™ loaded into your Airpoints account



A \$5 Countdown, HOYTS, Harvey Norman or iTunes voucher



A \$5 donation to either the Mental Health Foundation of New Zealand, the Heart Foundation or Trees That Count

APPLE WATCH
SERIES 9



Or choose the Apple Watch Benefit

Get active and reach your physical activity target each week for 24 months to earn an Apple Watch Series 9 GPS (RRP \$749) in full*.

The more physical activity targets you reach every month, the less your repayment. You really can earn your Apple Watch just by being active!

For more details on how this benefit works, visit the Apple Watch Benefit page found on aia.co.nz/vitality

*Apple is not a participant in or sponsor of this promotion. Apple Watch® is a registered trademark of Apple Inc. All rights reserved. Apple Watch Series 9 requires an iPhone Xs or later with iOS 17 or later.

HOW STATUS REWARDS WORK

Airpoints Dollars™, Countdown and endota

As you earn points and increase your AIA Vitality Status, you'll have access to larger rewards.

	B BRONZE 0 POINTS	S SILVER 10,000 POINTS	G GOLD 20,000 POINTS	P PLATINUM 30,000 POINTS 35,000 POINTS	
airpoints™		+25 Airpoints Dollars™	+50 Airpoints Dollars™	+100 Airpoints Dollars™	+125 Airpoints Dollars™
		Or +\$25 Countdown Gift Card	Or +\$50 Countdown Gift Card	Or +\$100 Countdown Gift Card	Or +\$125 Countdown Gift Card
	20% discount voucher	30% discount voucher	40% discount voucher	50% discount voucher	

HOW LES MILLS MEMBERSHIP DISCOUNT WORKS

Help improve your health through your AIA Vitality membership, and save up to 50% on a Les Mills standard 12 Month Multi Club membership with no joining fee.

	New Les Mills Member	Existing Les Mills Member
15% discount on a Les Mills membership RRP	✓	✗*
35% cashback on membership fees**	✓	✓
100 AIA Vitality Points awarded per daily Les Mills visit	✓	✓

*Existing Les Mills members have the option to terminate their existing membership (paying any required early termination fees), and then sign a new standard 12 Month Multi Club membership to receive the 15% membership discount

**35% cashback on membership fees based on a standard 12 Month Multi Club membership, and frequency of visits (minimum of 24 visits on 24 different days, per calendar quarter is required to be eligible for cashback)

AIA PREMIUM DISCOUNT

When you sign up to AIA Vitality you receive an initial **10% premium discount** on your eligible insurance policies. Then you're in control of the discount you can receive through ongoing engagement with the AIA Vitality programme.

On your policy anniversary, your premium discount will be **adjusted depending on your AIA Vitality Status**.

PROGRAMME ENGAGEMENT ↑	AIA Vitality Status achieved	Premium flex	Example: Your AIA Vitality year 1 discount is 10% (the initial discount)
	PLATINUM	+2.0% P.A. up to maximum of 20%	If you reach Platinum, your year 2 DISCOUNT WILL BE 12%
GOLD	RETAIN CURRENT DISCOUNT	If you reach Gold, your year 2 DISCOUNT WILL BE 10%	
SILVER	-1% P.A. to a minimum of 0%	If you reach Silver, your year 2 DISCOUNT WILL BE 9%	
BRONZE	-2.0% P.A. to a minimum of 0%	If you retain Bronze, your year 2 DISCOUNT WILL BE 8%	

For more details on Premium Flex, refer to the AIA Vitality Premium Adjustment Rules found on aia.co.nz/vitality

AIA VITALITY MEMBERSHIP FEE

AIA Vitality is available with eligible AIA insurance policies. Pay just \$11.50 per month (including GST), in addition to your monthly premium to access the full programme and earn benefits and rewards.

The membership fee and policy premium are charged separately. The AIA Vitality membership fee can be paid by either the policy owner or the AIA Vitality member (Life Assured).



HOW TO JOIN AIA VITALITY



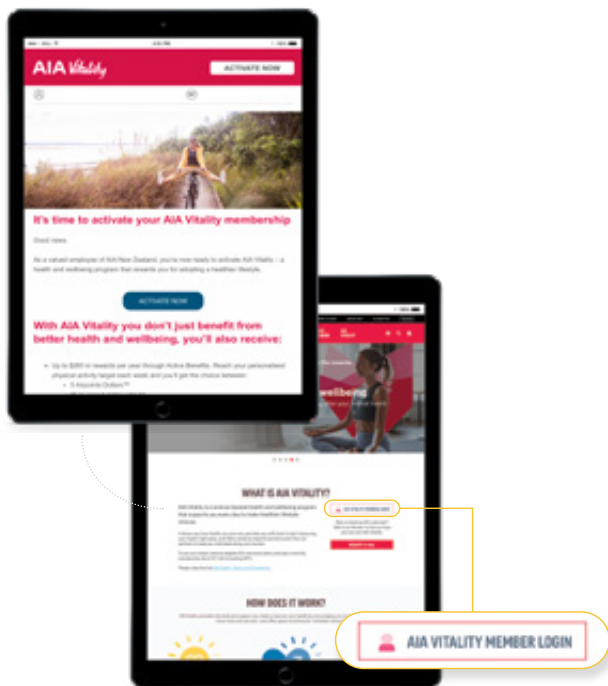
1. Find out if you're eligible and join up.

- New AIA customers – call us on **0800 500 108** to talk to an adviser
- Existing AIA insurance customers – If you have an existing AIA policy with us, you may be eligible to join AIA Vitality straight away. Talk to your insurance adviser, or call us on **0800 242 888**
- Or you can jump online at talk to us via Live Chat. Visit aia.co.nz/live-chat

2. Activate your AIA Vitality membership.

- Once you've enrolled as a member, you will receive an email from AIA Vitality asking you to activate your membership
- Click the 'Activate Now' button and set up your password, which takes less than 30 seconds
- You can now access the AIA Vitality website to start your journey to a healthier lifestyle

aia.co.nz/vitality



3. Download the app for Android or iPhone.



- iPhone users, download the app from the App Store



- Android users go to the Google Play Store



- Opt-in to Active Rewards to earn weekly rewards every time you meet your personalised Active Rewards target, or activate the Apple Watch Benefit
- Access the many benefits and rewards from our AIA Vitality partners
- If you need any help with your app, phone us on **0800 242 888**, email us on **NZVitality@aia.com**, or talk to us on [Live Chat](#).

4. Start earning Points!



- Link your fitness device or mobile app and earn points from your workout data
- Get an understanding of your health and wellbeing by completing our online and offline assessments
- Maintain your fitness and reach your personalised health goals

GARMIN.

fitbit.

POWERED BY
STRAVA

Google Fit

Apple Health

SAMSUNG Health



Our **Content Hub**, brought to you by AIA Vitality, offers a range of **articles and tips** to help you **Plan Well, Eat Well, Move Well and Think Well.**

aia.co.nz/contenthub

AIA Vitality



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Disclaimer

AIA Vitality has a monthly membership fee and can only be taken out with eligible AIA insurance policies. For AIA Vitality terms and conditions and data privacy information, head to aia.co.nz/vitality

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