

YOUR GUIDE TO POINTS AND REWARDS

March 2024



Know your health

Category	How	Benefit
Online		
AIA Vitality Age Assessment	AIA Vitality app	<ul style="list-style-type: none"> Up to 2,250 points per membership year
Skin Self-examination		<ul style="list-style-type: none"> 1,000 points – once per membership year
Online Non-smoker Declaration		<ul style="list-style-type: none"> 1,000 points – once per membership year
Financial Wellbeing Assessment		<ul style="list-style-type: none"> 250 points – once per membership year
Offline		
AIA Vitality Health Check	<p>GP, Health Practitioner or participating TerryWhite Chemmart, Amcal or Guardian pharmacies.</p> <p>Members get one FREE AIA Vitality Health Check at participating pharmacies each membership year. Please see AIA Vitality app for participating pharmacies</p>	<ul style="list-style-type: none"> Measured: 750 points per measure (up to 3,000 points) In healthy range: 1,000 points per measure (up to 4,000 points)
AIA Vitality Fitness Assessment	<p>Participating Virgin Active, Fitness First, and Goodlife gyms</p> <p>Please see AIA Vitality app for participating gyms</p>	<ul style="list-style-type: none"> Up to 3,000 points – twice per membership year, 6 months apart (up to 1,500 points per assessment) Measured: 750 points In healthy range: 750 points
Eye check	Optometrist	<ul style="list-style-type: none"> 1,000 points – once every three years (1,000 points applied for three consecutive years)
Dental check	Dentist	<ul style="list-style-type: none"> 1,000 points – Once per membership year
Vaccinations	GP or Health Practitioner	<ul style="list-style-type: none"> Influenza (flu): 1,000 points – once per calendar year COVID-19: 1,000 points – once per calendar year Shingles Zoster (adults 65+ or as clinically appropriate): 1,000 points – once off Pneumococcal (adults 65+ or as clinically appropriate): 1,000 points – once off

Category	How	Benefit
Preventative health checks		
Bowel cancer screen (adults 50+ or clinically appropriate)	Medical specialist	<ul style="list-style-type: none"> • 1,000 points every year for two consecutive years
Breast cancer screen (females 50+ or clinically appropriate)		<ul style="list-style-type: none"> • 1,000 points every year for two consecutive years
Cervical screening Test (females 18+)		<ul style="list-style-type: none"> • 1,000 points every year for five consecutive years

Improve your health

Category	How	Benefit
Physical health		
Physical activity*	Compatible fitness devices and apps	<ul style="list-style-type: none"> • 50 or 100 points per day, based on physical activity. Activity tracked by one of the following methods: steps per day; heart rate; speed; calories burned
Gym visits*	<ul style="list-style-type: none"> • Virgin Active • Fitness First • Goodlife 	<ul style="list-style-type: none"> • 100 points per day • 50% off eligible memberships
Organised fitness events*	Approved events	<ul style="list-style-type: none"> • Up to 1,500 points per event (up to 3,000 points per membership year)
Fitness devices	Fitbit (via AIA Vitality app)	<ul style="list-style-type: none"> • Up to 30% discount on eligible devices
	Garmin (via AIA Vitality app)	<ul style="list-style-type: none"> • 25% discount on eligible devices
Apple Watch Benefit	Get active and achieve your weekly Active Benefits target each week for 24 months	<ul style="list-style-type: none"> • Earn an Apple Watch Series 9 (GPS)
Smoking cessation	Allen Carr's Easyway to Stop Smoking	<ul style="list-style-type: none"> • 100% upfront discount • Earn 1,000 points when you complete the online Non-smoker Declaration after three months of not smoking
Cycling Partners	Peloton	<ul style="list-style-type: none"> • 25% off Peloton Bike¹ • Earn 50 points for a short workout (at least 20 minutes) • Earn 100 points for a long workout (at least 45 minutes)
	Specialized	<ul style="list-style-type: none"> • 25% discount on Specialized bikes² (capped at \$750)
Nutrition		
Nutrition tracking	Fitbit (via fitbit.com or Fitbit app)	<ul style="list-style-type: none"> • Up to 1,200 points per membership year (300 points per calendar quarter)
AIA Vitality Nutrition Consultation	Accredited Practicing Dietitian Please see AIA Vitality website for participating dietitians	<ul style="list-style-type: none"> • Up to 2,000 points • 1,000 points on initial consultation. Up to 1,000 points for subsequent follow ups (maximum two follow ups, each awarding 500 points) • 70% off nutrition initial consultation

* 15,000 points per membership year.

1. Discount off Full Priced Peloton Bike. 50% off Full Priced Peloton Bike for AIA Extra members until 31/12/24.

2. Discount applies to select Specialized bikes.

Category	How	Benefit
Mental Wellbeing Benefit		
Learn	Online content (via AIA Vitality app)	<ul style="list-style-type: none"> • Up to 1,200 points per membership year - Up to 1,000 points per membership year – earn 25 points each time you read, watch and listen to content (cap of 500 per 6 months) - Up to 200 points per membership year for learning more about how and where to access mental health services in Australia (cap of 100 per 6 months)
Act	Meditation via: <ul style="list-style-type: none"> • Headspace • Calm • Buddhify • Breathe (Apple Watch only) • The Mindfulness App • Insight Timer[^] • Meditation Log & Timer[^] • Peloton (excluding free app) 	<ul style="list-style-type: none"> • Up to 3,000 points per membership year – 15 points daily (capped at 75 points per week for Meditation and Mood tracking combined)
	Mood tracking (via moodflx)	
	Sleep tracking (via a compatible device)	<ul style="list-style-type: none"> • Up to 2,000 points per membership year – 10 points per night for at least 7 hours of sleep (capped at 50 points per week)

[^] Available for iOS users only.

Enjoy the rewards

Category	Partner	Benefit
Active Benefits	<p>Receive:</p> <ul style="list-style-type: none"> • Woolworths • Uber • Uber Eats • Google Play • Apple Gift Card • Participating AFL clubs • Apple Watch Series 9 (GPS) <hr/> <p>Donate:</p> <ul style="list-style-type: none"> • Baker Heart & Diabetes Institute • Black Dog Institute • Cancer Council • Diabetes Australia • National Breast Cancer Foundation • The Forktree Project <hr/> <p>Save:</p> <ul style="list-style-type: none"> • Commonwealth Bank 	<ul style="list-style-type: none"> • \$5 reward per week if personalised Active Benefits target is met (excludes points earned through organised fitness events). <p>You may choose to redeem your reward:</p> <ul style="list-style-type: none"> - as a voucher for selected retailers, - as a voucher for participating AFL clubs, - to earn an Apple Watch Series 9 (GPS) in full if you activate the Apple Watch Benefit (iOS users only), - a donation to selected charities, or - a deposit into your nominated Commonwealth Bank account

Category	Partner	Benefit
Shopping rewards	<p>Receive:</p> <ul style="list-style-type: none"> • Amazon Australia • Bunnings • House • Myer • rebel • Ticketmaster • Woolworths • Participating AFL clubs <hr/> <p>Save:</p> <ul style="list-style-type: none"> • Commonwealth Bank 	<ul style="list-style-type: none"> • \$20/\$40/\$60/\$80/\$100/\$200 reward at selected retailers or participating AFL clubs, or as a deposit into your nominated Commonwealth Bank account • Earn a Shopping Reward once you earn 10,000 points and for every 5,000 points you earn thereafter, up to 35,000 points each membership year
Entertainment	HOYTS	<ul style="list-style-type: none"> • 50% off movie vouchers at HOYTS, HOYTS Lux, CMAX, Majestic and Grand Cinemas. Maximum of 6 vouchers per month
Beauty/spa	endota	<ul style="list-style-type: none"> • Up to 4 e-Gift cards per membership year, at status-based discount <p>B 10% S 20% G 30% P 50%</p>
Flight Benefit	Virgin Australia and international alliance partners	<ul style="list-style-type: none"> • Up to 50% cashback on the base fare of one international and one domestic booking, or two domestic bookings, operated by Virgin Australia. Flights must be booked via the dedicated Virgin Australia booking portal available via the AIA Vitality app <p>B 10% S 20% G 30% P 50%</p>

AIA Vitality Status



Bronze

0 points



Silver

10,000 points



Gold

20,000 points



Platinum

30,000 points