

The Guide to Little Victories

With AIA Vitality, no effort is too small to be rewarded. From making healthier lifestyle choices, to being more active, every little step earns you AIA Vitality Points and brings you closer to your health goals. Now, celebrate all your little health victories and be rewarded throughout your AIA wellness journey!

#LittleHealthVictories
No effort is too small to be rewarded



AIA Vitality

AIAVitality.com.sg



THE REAL LIFE
COMPANY

Step 1: Complete Online Health Assessments



Begin your journey of little health victories! Simply access the 'Know Your Health' section at [AIAVitality.com.sg](https://www.aivitality.com.sg) and complete the online health assessments. Earn up to **4,200** AIA Vitality Points a year when you complete all the assessments.



AIA Vitality Health Review

Earn **1,000** AIA Vitality Points.



Mental Well-being Assessment

Earn up to **1,200** AIA Vitality Points
(150 AIA Vitality Points for each assessment).



AIA Vitality Online Nutrition Assessment

Earn up to **1,000** AIA Vitality Points.



Non-smoker's Declaration

Earn **1,000** AIA Vitality Points.



Step 2: Learn About Your Health



AIA Vitality Health Check

All it takes is 15 minutes to complete the Blood Glucose, Blood Pressure, and Body Mass Index at your preferred clinics. Earn up to **4,500** AIA Vitality Points upon completion.



AIA Vitality Fitness Assessment

Head to a True Fitness Centre near you to learn more about your fitness level and earn up to **1,500** AIA Vitality Points. Plus, Singaporean National Servicemen earn additional **1,500** AIA Vitality Points when they complete and pass their IPPT.



TRUE FITNESS



AIA Vitality Nutrition Assessment

Let our certified nutritionist dietician help you assess your eating habits and earn **1,000** AIA Vitality Points. You will also receive little tips to improve your diet and health.

Find out more about your health status with our AIA Vitality Partners and earn up to **9,500** AIA Vitality Points a year.



Dental Maintenance

Good dental health is important for you and your family. AIA Vitality partners with Q & M to offer members exclusive dental maintenance package. Earn **1,000** AIA Vitality Points every membership year when you go for your dental screening at Q & M or upload your dental assessment from your preferred clinic. Find your nearest Q & M **clinic here**.





Step 3: Do Further Health Checks



Make full use of exclusive AIA Vitality rates for Advanced Healthcare Screening packages and vaccinations at Fullerton Healthcare or with your own health-care provider. You can earn up to **1,500** AIA Vitality Points when you complete each eligible screening.

Cholesterol

Earn up to **1,500** AIA Vitality Points.

Colon Cancer Screen (for adults aged 50 years and older)

Earn **1,000** AIA Vitality Points.

Pap Smear (for females)

Earn **1,000** AIA Vitality Points.

Flu Vaccination

Earn **1,000** AIA Vitality Points.

Mammogram (for females aged 40 years and older)

Earn **1,000** AIA Vitality Points.

Hepatitis B Vaccination

Earn **1,000** AIA Vitality Points.

Prostate Screen (for males aged 50 years and older)

Earn **1,000** AIA Vitality Points.

Cervarix Vaccination (for females aged 26 years and below)

Earn **1,000** AIA Vitality Points.



Step 4: Buy HealthyFood™ At Cold Storage



Celebrate a little health victory with each healthy choice you make. Plus, enjoy **attractive cashback** on HealthyFood™ purchases at Cold Storage. **Click here** to find out more.

Activate Your HealthyFood™ Benefit

Enjoy attractive **cashback** when you complete the online AIA Vitality Review and/or your AIA Vitality Health Check at your own preferred clinics.

Eating healthy is now more affordable! Identify healthy choices and save when you shop for HealthyFood™ items at Cold Storage. That's not all! You can even earn up to **400** AIA Vitality Points with your HealthyFood™ purchases every month.

The HealthyFood™ range includes vegetables, fruit, high-fibre carbohydrate-rich foods, protein-rich foods, dairy products, lentils and legumes, and healthy fats and oils that can help prevent lifestyle-related chronic diseases such as diabetes, heart disease and certain cancers. **Click here** to view the full list of HealthyFood™ items.

Click here for details on how to activate this benefit.



Step 5: Get Active



With AIA Vitality, no effort is too small to be rewarded. Let us reward you at every step of your wellness journey with exclusive savings from our AIA Vitality partners while you earn up to **15,000** AIA Vitality Points every membership year.

AIA Vitality Mobile App

Record your workout with the AIA Vitality App and earn up to **100** AIA Vitality Points for each workout.



Organised Fitness Events

Earn between **150** and **1,500** AIA Vitality Points when you participate in fitness events such as walking, swimming, running (e.g. The Music Run by AIA), cycling and triathlons. Log in to 'Organised Fitness Events' to claim your AIA Vitality Points.

Gym & Fitness

Enjoy these **exclusive rates** and earn **100** AIA Vitality Points for each visit.

65% off monthly
membership fee

50% off monthly
membership fee

50% off monthly
membership fee



TRUE FITNESS



TRUE YOGA



Bikram
Original HOT Yoga

Fitness Devices

Enjoy up to **33% off** your fitness device purchase and earn up to **100** AIA Vitality Points for each workout.



You may earn points for only one physical activity a day. This includes a workout at True Fitness, True Yoga or Bikram Hot Yoga or other activities, such as walking or running, tracked with our partner fitness tracking devices.



Be Rewarded As You Get Healthier



AIA Vitality Insurance Premium Discount

Enjoy **5% off** your first-year premium when you buy selected new AIA insurance plans. What's more, we'll boost this discount each year on renewal as you make an effort to get healthy and improve on your Vitality Status – this adds up to a potential premium discount of **15%**!



Annual Cashback

Enjoy up to **S\$120** cashback based on your AIA Vitality Status each year.

- Bronze: N.A.
- Gold: **S\$60**
- Silver: N.A.
- Platinum: **S\$120**



Movies at Golden Village Multiplexes

Enjoy discounted movie tickets, no matter your Vitality Status.



From S\$5.50 per movie ticket.



Travel

AirAsia

Save up to **50%** on flights.



Emirates

Save up to **50%** on Economy Class international flights.



Royal Caribbean®

Save up to **50%** on Southeast Asian cruises.



Marriott International

Enjoy up to **50% off** hotel stays at eligible Marriott International hotels.

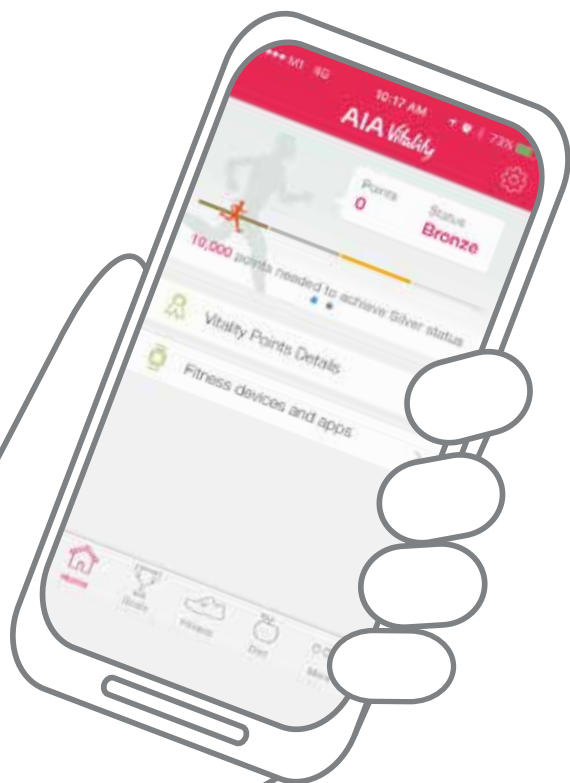


Active Reward

Receive a **S\$5** Cold Storage voucher each week when you earn **250** AIA Vitality Points from your workouts.



Tools And Advice



With AIA Vitality, you can engage with an entire community of like-minded members who are also achieving little health victories along the way. Plus, make full use of fitness and nutritional tools at AIA Vitality to help you track your progress towards a healthier lifestyle. Earn up to **500** AIA Vitality Points a year when you embark on the following activities:

Nutrition Tracking
(log a food)

Glucose Tracking
(only for diabetic members)

Accept and achieve a challenge

Successfully challenging a friend

Download The AIA Vitality App

Available for your iPhone or Android device, discover an easy way to track your health and fitness progress on the go. Log your daily food intake, record and track your workouts, calculate your calorie budget, monitor your weight and BMI, and upload your health assessment results – whenever, wherever!



Terms and conditions apply.

[Click here](#) for each partner/benefit details.



AIA Vitality Membership Status

It's easy to chalk up AIA Vitality Points to reach your desired AIA Vitality Status! Simply get more active and make healthier decisions. Here's how many AIA Vitality Points you need to improve your AIA Vitality Status from Bronze to Silver, Gold and ultimately, Platinum.



Contact us



1800 248 8000

Monday to Friday: 8:45am to 5:30pm



support@aiavitality.com.sg

AIA VITALITY BENEFITS AT A GLANCE

[Click here](#) to view a summary of benefits and AIA Vitality Points award details.

