



THE HANDBOOK OF LITTLE VICTORIES

Allen Carr's Easyway to Stop Smoking

AIA Vitality

AIAVitality.com.sg



**THE REAL LIFE
COMPANY**

What is the Allen Carr's Easyway to Stop Smoking Benefit?

Allen Carr's Easyway to Stop Smoking is one of the most successful smoking cessation programmes in the world with 150 clinics in over 45 countries. They have a unique money back guarantee and based on this, it enjoys a success rate of over 90% worldwide!

Allen Carr's Easyway to Stop Smoking deals with the physical and mental addiction of smoking using a combination of cognitive and relaxation therapy, which works in the opposite way to the willpower method. It does not concentrate on why smokers shouldn't smoke: the money, the health, the slavery, the stigma. Smokers know that already. Instead, the method focuses on why smokers continue to smoke in spite of the obvious disadvantages. Smokers who quit with the Allen Carr's Easyway to Stop Smoking method do not feel deprived and are able to stop smoking with a huge sense of relief, elation and freedom. 11 million smokers worldwide have used this method successfully and celebrity clients include Sir Anthony Hopkins, Ellen Degeneres, Hrithik Roshan and Jason Mraz.

Who may use this Benefit?

All AIA Vitality members qualify for 20% discount off the ordinary retail price of an Allen Carr's Easyway to Stop Smoking seminar. Most smokers only require one six-hour session with smoking breaks during the session. In addition, Allen Carr's Easyway to Stop Smoking offers a three-month money back guarantee if you do not succeed in quitting, provided the terms and conditions are met.

What you pay

You will pay \$520 (inclusive of GST) after the 20% discount on the retail price.

How does the Benefit work?

- To make a booking, you can contact Allen Carr's Easyway to Stop Smoking on +65 6329 9660 or email info@allencarr.com.sg
- You will need to provide the following:
 - Your name and surname
 - Email
 - Phone
 - Identification number (NRIC, Passport or FIN no.)
 - AIA Vitality membership card number
- Allen Carr's Easyway to Stop Smoking will validate your AIA Vitality membership and confirm your attendance.
- Allen Carr's Easyway to Stop Smoking will send you an email confirmation of your booking.
- You may pay for the course in cash or cheque on the day of your session.

AIA Vitality will award you 1,000 AIA Vitality Points if you stop smoking for a minimum of three (3) consecutive months and declare that you are a non-smoker. You can log onto the AIA Vitality website and complete the non-smoker's declaration to receive your AIA Vitality Points.

Important points to remember

- There is no limit on the number of smoking cessation courses that you can register for at the discounted rate, provided the person attending the course is an AIA Vitality member.
- If you claim to be a non-smoker, we have the right to do random blood tests to confirm that you are nicotine-free after you have earned the AIA Vitality Points.
- Allen Carr's Easyway to Stop Smoking offers a money back guarantee on their programme. Please see the Allen Carr's Easyway to Stop Smoking website for more information on their guarantee at www.allencarr.com.sg
- Allen Carr's Easyway to Stop Smoking will refund members the full seminar fee if members are still smoking within three months from the date of the first session as long as:
 - They do not cancel, postpone or fail to attend any session or arrive over fifteen minutes late for any session.
 - They attend at least two free back-up sessions within three months from date of the first session
- You will need to contact Allen Carr's Easyway to Stop Smoking for the money back guarantee.
- You cannot claim your money back more than three months after the 3rd session date.
- If your AIA Vitality membership is cancelled, you can continue on Allen Carr's Easyway to Stop Smoking programme, but will be required to pay the standard rate for any future payments.

Allen Carr's Easyway to Stop Smoking

- Your entitlement to, and enjoyment of, this Benefit is subject to the rules herein and the AIA Vitality Terms and Conditions (see www.aiavitality.com.sg/memberportal/terms_and_conditions). In the event of any conflict between this Benefit Guide and the AIA Vitality Terms and Conditions, the AIA Vitality Terms and Conditions shall prevail.
- By signing up for a smoking cessation course under this Benefit, you acknowledge that you have read these rules, the AIA Vitality Terms and Conditions (see www.aiavitality.com.sg/memberportal/terms_and_conditions), including the disclaimers below, and that you accept and will be bound by the terms hereof.
- In the event of dispute, the decision of AIA Singapore and Allen Carr's Easyway to Stop Smoking shall be final.

Disclaimers and Governing Law

We make no representations or warranties, express or implied, of any kind with respect to Allen Carr's Easyway to Stop Smoking, including without limitation, its success rate, fitness for a particular purpose and quality, nor do we assume any legal liability or responsibility for the completeness, accuracy, adequacy or currency of the contents of this Benefit Guide. Any dispute about Allen Carr's Easyway's services must be resolved directly with the merchant. We shall not be liable for any loss, injury, claim or damage suffered or incurred as a result of Allen Carr's Easyway's to Stop Smoking services.

AIA Singapore is not an agent of Allen Carr or vice versa.

This Benefit Guide shall be governed by and interpreted in accordance with the laws of Singapore.

If you have any questions or need more information about this Benefit, please visit AIAVitality.com.sg; or email us at support@aiavitality.com.sg; or call 1800 248 8000.

Information and prices (if any) are correct as at 17 July 2017 and are subject to change.