



THE HANDBOOK OF LITTLE VICTORIES

Vitality Nutrition Assessment

AIA Vitality

AIAVitality.com.sg



THE REAL LIFE
COMPANY

Overview

The Vitality Nutrition Assessment (VNA) helps you assess your eating habits and gives you suggestions on how you can improve on your diet and lifestyle. The VNA can be performed with Health Can Be Fun or your preferred nutritionist .

Health Can Be Fun is a Nutrition Consultancy Company in Singapore that develops and delivers quality nutrition programmes and consulting services to various communities.

Who may use this Benefit?

The Vitality Nutrition Assessment is available to all AIA Vitality members.

How does the Benefit work?

- You can do the Vitality Nutrition Assessment with Health Can Be Fun. The assessment takes 30 minutes to complete. An AIA Vitality member pays Health Can Be Fun S\$65 for the assessment.
- You can also visit your preferred nutritionist for a nutrition assessment.

To book an appointment with Health Can Be Fun:

1. Call 9668 0924 or visit <http://healthcanbefun.setmore.com> to make an appointment . You will need to provide your name, AIA Vitality membership number, email address and telephone number.
2. Complete the pre-assessment questionnaire and food diary prior to your appointment.
3. Go for your Vitality Nutrition Assessment. Remember to take your AIA Vitality membership card with you to enjoy the exclusive rate.

Vitality Nutrition Assessment

Vitality Nutrition Assessment will be conducted at your preferred location or Health Can Be Fun's office.

Health Can Be Fun office:

114 Lavender Street (CT Hub 2) #02-53 Singapore 338729 Consultation hours: Monday to Saturdays (except eves of public holidays and public holidays) 9am to 8pm (last appointment booking at 7pm)

Remember to be on time as the appointment slot is only 30 minutes and to make full payment of S\$65 to Health Can Be Fun.

You can make a follow up appointment with Health Can Be Fun if desired. Please note that you will need to call at least 2 days in advance to change your appointment date.

AIA Vitality Points

- You will earn 1,000 AIA Vitality Points once per membership year for completing the Vitality Nutrition Assessment with Health Can Be Fun or your preferred nutritionist.
- Your AIA Vitality Points will show on your AIA Vitality Points Statement within seven (7) days upon completion of the Vitality Nutrition Assessment with Health Can Be Fun
- For Vitality Nutrition Assessment completed with your preferred nutritionist, you will need to log on to AIAVitality.com.sg to submit your receipt. Your AIA Vitality Points will show on your AIA Vitality Points Statement within seven (7) days.

Important points to remember

- There is no limit to the number of Vitality Nutrition Assessments you can do, but you will only be awarded points once per membership year, capped at 1,000 AIA Vitality Points a year.
- You need to take your AIA Vitality membership card with you for the Vitality Nutrition Assessment with Health Can Be Fun.
- If you need to change your appointment date/time, you must notify Health Can Be Fun at least two (2) days in advance.
- 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 Vitality Nutrition Assessment 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 Health Can Be Fun shall be final.

Vitality Nutrition Assessment

Disclaimers and Governing Law

We make no representations or warranties, express or implied, of any kind with respect to this Benefit, nor do we assume any legal liability or responsibility for the completeness, accuracy, adequacy or currency of the contents of this Benefit Guide or the medical advice rendered under this Benefit. Any dispute about services by Health Can Be Fun or your preferred nutritionist must be resolved directly with Health Can Be Fun or your preferred nutritionist respectively. We shall not be liable for any loss, injury, claim or damage suffered or incurred as a result of the services of Health Can Be Fun and/or your preferred nutritionist.

AIA Singapore is neither the agent of Health Can Be Fun and neither is Health Can Be Fun is the agent of AIA Singapore. 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 1 April 2017 and are subject to change.