



AIA Vitality

MEMBER PORTAL TUTORIAL

2

Online Assessments and Declaration

- 2.1 AIA Vitality Health Review
- 2.2 Mental Wellbeing Assessments
- 2.3 AIA Vitality Nutrition Assessment
- 2.4 Non-smoker Declaration

AIA Vitality Health Review

Start here!

Know Your Health

- Overview
- Health Review
- Health Results
- Health Check
- Mental Wellbeing Assessments
- Screening and Prevention
- Nutrition Assessment
- Fitness Assessment

Home - Know Your Health - AIA Vitality Health Review (VHR)

Points: 26,850 | Status: Gold | 3,150 points to reach Platinum | Vitality Age: 42 | Goals: 0 | Friends: 2 | Challenges: 0

AIA Vitality Health Review

Hello Eva Soon
Welcome to AIA Vitality!

The AIA Vitality Health Review (VHR) is an in-depth online assessment that tells you how healthy you are based on certain lifestyle patterns. The VHR takes approximately 10 minutes to complete. We will ask you questions about your lifestyle, behaviours, as well as your clinical measures such as height, weight, blood glucose (sugar) and blood pressure. If you don't know your clinical measures, it's okay. Simply indicate that you don't have the

Health measures during pregnancy

Please speak to your healthcare provider about healthy weight gain and monitoring your health measures during pregnancy. BMI and waist circumference as health measures do not apply during pregnancy. Other measures taken during any AIA Vitality screening may also change, which can affect the evaluation of your health status. If you input these results into your AIA Vitality Health Review it can affect the accuracy of your AIA Vitality Age, the feedback you get and the goals we recommend for you. The AIA Vitality Fitness Assessment is not suitable during pregnancy because of variations in your heart rate response to exercise.

Do my AIA Vitality Health Review later | **I agree, start now**

Disclaimer
This is general information only. The results of each of these assessments or tools cannot replace any advice from a doctor or other health professional. You should obtain professional advice from a medical practitioner, pharmacist, dentist, nutritionist or other appropriate health professional in relation to your

0
Scroll Down

You are here

OVERALL HEALTH | MEDICAL HISTORY | FAMILY'S HISTORY | KEY MEASUREMENTS | TOBACCO USE | ALCOHOL INTAKE | EATING HABITS | PHYSICAL ACTIVITY LEVELS | SLEEPING PATTERNS | WELLBEING | RESULTS

Your Overall Health

In general, would you say your health is:

Poor | Good | Excellent

Save & Exit | **Next**

1000 points upon completion!
**once a year.*

1 Click **Health Review** from dropdown menu.

2 Click **I agree, start now**.

3 Click **Next** to answer all the health questions and get your AIA Vitality Age.

Mental Wellbeing Assessments

Start here!

Know Your Health

- Overview
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- Health Check
- Mental Wellbeing Assessments**
- Screening and Prevention
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Mental Wellbeing Assessment Profile


Mental Wellbeing Assessments

The Mental Wellbeing Assessments help you understand your emotional health and mental wellbeing. A personalised profile and recommendations will help you to understand and improve your overall mental wellbeing, including your stress.


[More >>](#)

[Start Now](#)

Your Overall Profile Rating:



My Current Profile

 **600 points upon completion!**

**twice a year, 6 months apart.*

Assessments

What is My Psychological Wellbeing?

Psychological wellbeing is not just the absence of mental illness. It is an overall state of health with low levels of negative emotions, like depression and anxiety and high levels of positive emotions like happiness and energy. This assessment gives a picture of your overall mental health.

[Re-take](#) [My Results](#)

Identify My Stressors

Daily challenges can be stressful, especially if they carry on over a long time. To manage stress, you need to understand the sources of stress (stressors) in your life so you can develop ways to lower them or cope with them. This assessment will help you to identify your major long- and short-term stressors.

[Re-take](#) [My Results](#)

Identify My Social Support Network

Social support is the physical and emotional comfort and help we get from family, friends, co-workers and others. It is also one of the best defences we have against the negative effects of stress. This assessment will help you understand the strength and sources of any social support you may have and how you can develop these to help you manage your stress.

1

Click **Mental Wellbeing Assessments** from dropdown menu.

2

Click **Start Now**.

AIA Vitality Nutrition Assessment

Start here!

- Know Your Health**
- Overview
- Health Review
- Health Results
- Health Check
- Mental Wellbeing Assessments
- Screening and Prevention
- Nutrition Assessment**
- Fitness Assessment

You can book a Vitality Nutrition Consultation session with BP healthcare here.

AIA Vitality Nutrition Assessment

The AIA Vitality Nutrition Assessment is made up of an online assessment and a dietitian consultation at BP Healthcare. The assessment gives you a complete view of your dietary habits and shows you where you're doing well and where you can improve.

Get Started

Online AIA Vitality Nutrition Assessment

You have already completed the Online AIA Vitality Nutrition Assessment in the last 6 months.

- Book Nutrition Consultation
- Retake Online Assessment

You may complete the Online AIA Vitality Nutrition Assessment as many times as you want, but points will be awarded only twice in each membership year. There should be at least 6 months' interval between the two points-awarded online assessments. You can earn a maximum of 2,500 points in a year for both the online assessment and dietitian consultations.

Start now

Scroll Down

1000 points + 500 points upon completion!

**twice a year, 6 months apart.*

1 Click **Nutrition Assessment** from dropdown menu.

2 Click **Start Now**.

Non-smoker Declaration

Start here!

Improve Your Health

- Overview
- Goals
- Gym and Fitness
- Fitness Devices
- Organised Fitness Events
- Healthy Gear
- Healthy Eating
- Stop Smoking**

Tick this box to acknowledge the terms & conditions.

Stop Smoking

BP Healthcare can improve your health by helping you to stop smoking.

If you sign up with BP Healthcare [here](#), you will receive a complimentary RM150 cash voucher and earn 1,000 AIA Vitality Points when you complete a non-smoker's declaration online after 3 months of not smoking.

Non-Smoker's Declaration

Complete a non-smoker's declaration and earn 1,000 points.

I confirm that I am currently a non-smoker.


- I do not smoke and have not smoked (any tobacco regularly or occasionally) within the last 3 months.
- I agree to undergo a test to prove my non-smoker status should AIA Vitality request one.

I agree to the above terms and conditions.

Submit

Non-Smoker's Declaration

Congratulations! You have completed the Non-smoker's Declaration on 08 Jan 2016

 **1000 points** upon completion!
*once a year.

Scroll Down

1 Click **Stop Smoking** from dropdown menu.

2 Agree to the **terms and conditions**, then click **Submit** to proceed with the declaration.