



**CHOOSE HEALTHY.
BE REWARDED.**

www.aia.com.my/aiavitality

Version 1.2

AIA Vitality



**THE REAL LIFE
COMPANY**

What is AIA Vitality?

AIA Vitality is a health programme that rewards your healthy choices. It empowers you with the knowledge, tools and motivation to achieve your health goals.

HOW IT WORKS

AIA Vitality motivates you to make healthy choices through a sustainable and continuous 3-step cycle



Understand your current health status and discover your AIA Vitality Age.

You will also earn AIA Vitality Points by completing health assessments and health checks.

Set your health goals and engage in healthy activities, like exercising and eating right.

You can earn more AIA Vitality Points to move up your AIA Vitality Status.

Enjoy fantastic rewards as you progress. The higher your AIA Vitality Status, the greater your rewards.

How does AIA Vitality help you?

Modern lifestyle has contributed to the rise in major health issues. AIA Vitality actively supports and rewards you to make better lifestyle choices and achieve your health goals.

AIA Vitality helps you manage

3

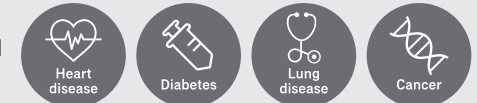
LIFESTYLE BEHAVIOURS



that lead to

4

CHRONIC CONDITIONS



which cause

50%

of deaths worldwide

Current estimates are approx 60% of deaths caused by lifestyle behaviours.
Source: Vitality Institute Recommendations, 2014

AIA Vitality Member Benefits and Rewards*



ONLINE WELLNESS TOOLS

AIA Vitality Health Reviews
Mental Wellbeing Assessment
AIA Vitality Nutrition Assessment

AIA Vitality Member Portal

HEALTH SCREENINGS

AIA Vitality Express Health Check
RM3

guardian

AIA Vitality Health Check

50% off

Advanced Screenings

20% off

Vaccinations

10% off

Dental Assessment

50% off

AIA Vitality Nutrition Consultation

RM20

BP
Leader in Health Check

FITNESS ASSESSMENT

Fitness Explorer Test

FREE

F
Fitness First

HEALTHYFOOD™

Fresh Fruits and Vegetables

10% off

@Jaya Grocer

Jaya
GROCER

GYM & FITNESS

Gym Membership

Up to 50% off

F
Fitness First

FITNESS DEVICES

Selected Devices

Up to 25% off

GARMIN
fitbit

HEALTHY GEAR

All Reebok merchandise

25% off

@Royal Sporting House

Reebok

SMOKING CESSATION

Smoking Cessation Programme

RM150

cash voucher

BP
Leader in Health Check

AIRLINES

Flights

Up to 50% off

AirAsia

AIA VITALITY INSURANCE BENEFITS

Extra insurance benefits on selected insurance and Takaful plans

AIA
THE REAL LIFE COMPANY

HOTELS

Rooms

Up to 50% off

Marriott
BERJAYA
HOTELS & RESORTS

RETAIL

Air+Surface Sterilizers

25% off

medlinn
your world

AIA VITALITY WEEKLY CHALLENGE

Earn up to 2 Rewards per month (e.g. FREE TGV Cinemas movie pass, RM10 e-voucher)
Terms and conditions apply

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The more points you earn, the greater your rewards.

Earn AIA Vitality Points when you do healthy activities like going for health checks, eating right or exercising. The more points you earn, the higher your AIA Vitality Status and the greater the rewards. You can even get extra insurance benefits with your AIA insurance plans.



Your AIA Vitality Points will reset every membership year, but not to worry, your rewards will be based on the AIA Vitality Status you achieved from the previous year.

However during the year, if you earn enough points to reach an even higher AIA Vitality Status, you will automatically enjoy the benefits of your new AIA Vitality Status!

How Do I Join AIA Vitality?

You can join AIA Vitality if you are insured with an AIA Life Insurance or Takaful plan. The membership fee is only **RM10** a month.

Visit www.aia.net.my/AIAVitalityStd to check if you are eligible to join.



Real change begins here.
Let us stay in touch with you.

Full Name

IC No

Email Address

Mobile Number

Are you an existing AIA customer? Yes No

I agree to receive communications regarding this Product and any future products & promotions by AIA (AIA Bhd / APTB / APAM / AHS)



10% OFF



**FRESH
FRUITS &
VEGETABLES**

In partnership with



Present your **AIA Vitality membership card** to **enjoy your savings and earn AIA Vitality Points.**



Forgot to bring your membership card?

No worries! Use your e-card in the:

- AIA Vitality Malaysia mobile app (under Home).
- AIA Vitality Member Portal (under About > Profile and Settings)



For enquiries about the AIA Vitality member benefit, please call the number at the back of your membership card.

www.aia.com.my/aiavitality

Version 1.4