

GET STARTED



AIA Vitality Member Portal
www.aiavitality.com.my

AIA Care Line 1300 88 1899
For overseas customers call us at 603 2056 1111

Version 4.1

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.

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!

Getting started
is **EASY!** 



REGISTER AND ACTIVATE NOW

AUTO REGISTRATION: Click on link provided in your Welcome Email > Follow guided steps

MANUAL REGISTRATION: Go to aiavitality.com.my
> Click "Log In" > Select "Register"



COMPLETE THE FREE ONLINE ASSESSMENTS
to earn up to 3100 points instantly



1000 PTS

15 MIN

AIA Vitality Health Review



600 PTS

8 MIN

Mental Wellbeing Assessments



1000 PTS

0.5 MIN

Non-Smoker Declaration (if applicable)



500 PTS

10 MIN

AIA Vitality Nutrition Assessment

**Get Active.
Be Rewarded.**



1

Download the AIA Vitality Weekly Challenge App*



2

Sync your fitness tracking devices or apps

Log on to the AIA Vitality Member Portal for the list of compatible devices and apps



3

Start tracking your activities and earn points to move up your AIA Vitality Status



4

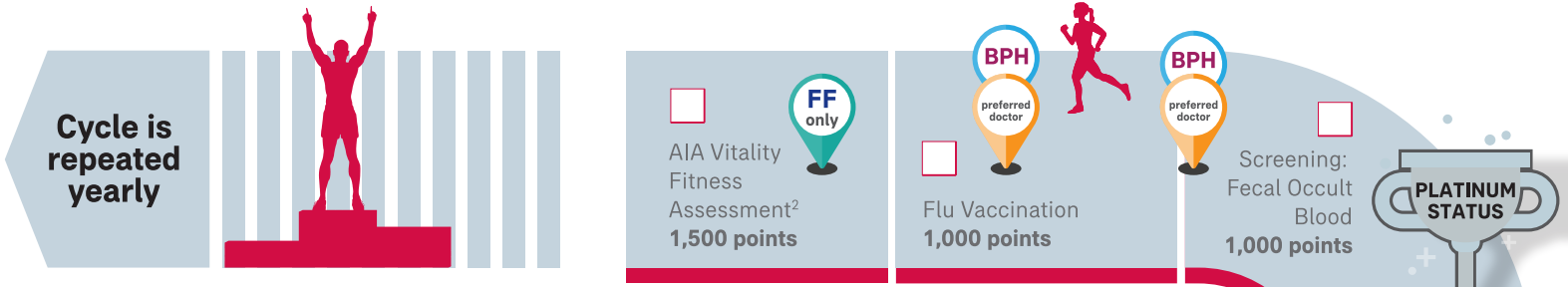
Earn a reward every time you achieve your weekly target for 2 consecutive weeks via the AIA Vitality Weekly Challenge App



***NOTE:**

- Log in with your existing AIA Vitality Member Portal User ID and Password.
- **You must obtain your Vitality Age by completing the "Get My Vitality Age" questionnaire before you can start earning your rewards.** If you have completed your AIA Vitality Health Review on the AIA Vitality Member Portal, you can skip this step.
- Even if you have achieved your 15,000 points annual limit from physical activities, you may continue to earn the rewards from the AIA Vitality Weekly Challenge App.

Set your goals and start earning your AIA Vitality Points today!



START HERE

BRONZE STATUS

0 AIA Vitality Points

AIA Vitality Health Review **1,000 points**

Mental Wellbeing Assessments² **600 points**

Non-Smoker Declaration **1,000 points**

Health Check III **1,500 points**

complete Blood Glucose test (750 pts) + in healthy range (750 pts)

BPH
GDN
preferred doctor

Health Check II **1,500 points**

complete Blood Pressure test (750 pts) + in healthy range (750 pts)

BPH
GDN
preferred doctor

10,000 AIA Vitality Points

SILVER STATUS

Health Check IV **1,500 points**

complete Cholesterol test (750 pts) + in healthy range (750 pts)

BPH
preferred doctor

Health Check I **1,500 points**

complete BMI test (750 pts) + in healthy range (750 pts)

BPH
GDN
preferred doctor

AIA Vitality Nutrition Assessment^{2,4} **500 points**

VMP

AIA Vitality Nutrition Consultation^{2,4} **1,000 points**

BPH only

AIA Vitality Fitness Assessment² **1,500 points**

FF only

Reach 7,500 steps daily **7,500 points**

(150 days x 50 points)

fitness device

20,000 AIA Vitality Points

GOLD STATUS

Dental Assessment **1,000 points**

BPH
preferred dentist

AIA Vitality Fitness Assessment² **1,500 points**

FF only

Flu Vaccination **1,000 points**

BPH
preferred doctor

Screening: Fecal Occult Blood **1,000 points**

BPH
preferred doctor

Reach 7,500 steps daily **7,500 points**

(150 days x 50 points)

fitness device

Mental Wellbeing Assessments² **600 points**

VMP

30,000 AIA Vitality Points

PLATINUM STATUS

Complete 10 Challenges **500 points**

(10 x 50 points)

VMP

Reach 7,500 steps daily **7,500 points**

(150 days x 50 points)

fitness device

AIA Vitality HealthyFood™ purchase⁵ **1,200 points**

(6 months x 200 points)

JG only

LEGEND

Recommended duration for completion of activities

- 1st to 6th month
- 7th to 11th month
- Check Box

VMP AIA Vitality Member Portal

BPH BP Healthcare

GDN Guardian

FF Fitness First

JG Jaya Grocer

- Tips:**
- This is only a recommendation. You may complete the activities in no particular order (except the AIA Vitality Nutrition Consultation which can only be done after completing the AIA Vitality Nutrition Assessment).
 - These activities can each be completed twice a year, 6 months apart within the membership year.
 - Maximum fitness activity points (from fitness devices apps, gym visits, daily steps & organised fitness events) are capped at 15,000 points per membership year.
 - The AIA Vitality Nutrition Assessment and Nutrition Consultant has a combined limit of 2,500 points per membership year.
 - You can earn up to a maximum 400 AIA Vitality Points in a month or a maximum of 4,800 AIA Vitality Points per membership year from HealthyFood™ spend.

YOUR GUIDE TO WELLNESS

KNOW YOUR HEALTH

PARTNERS	MEMBER BENEFITS	AIA VITALITY POINTS
Guardian	AIA Vitality Express Health Check Three quick tests for only RM3.00	Up to 4,500 a year
BP Healthcare	AIA Vitality Health Check Up to 50% discount (Four tests)	Up to 6,000 a year
	Advanced Screenings 20% discount	1,000 (per screening)
	Vaccinations 10% discount for selected vaccinations	1,000 (per vaccination)
	Dental Assessment 50% discount	1,000 a year
	AIA Vitality Nutrition Consultation RM20	Up to 2,500 a year
Fitness First	Fitness Assessment FREE	Up to 3,000 a year

IMPROVE YOUR HEALTH

PARTNERS	MEMBER BENEFITS	AIA VITALITY POINTS
Fitness First	Up to 50% off gym membership	100 per visit
Fitbit	Up to 25% discount off selected tracker devices	50 for 7,500 steps per day OR 100 for 12,500 steps per day
Garmin	25% discount off selected tracker devices	
BP Healthcare	Smoking Cessation Package with complimentary RM150 cash voucher	1,000 for non-smoker declaration
Reebok	25% discount off Reebok merchandise at Reebok concept stores, Royal Sporting House, Studio R & Stadium outlets nationwide	-
Jaya Grocer	10% off HealthyFood™ items (fresh fruits and vegetables) at Jaya Grocer, Hock Choon Supermarket, and Family Grocer nationwide	1 for every Ringgit spent on HealthyFood™ items

ENJOY THE REWARDS

PARTNERS	MEMBER BENEFITS
AIA	EXTRA insurance benefits on selected plans
AirAsia	Up to 50% off Flights (basic economy class)
Berjaya Hotels & Resorts	Up to 50% off hotel rooms
Marriott	Up to 50% off hotel rooms
MedKlinn	25% off selected Medklinn Air+Surface Sterilizers
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

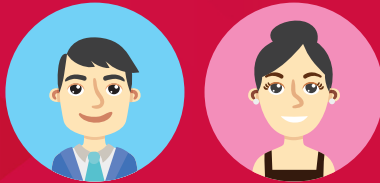
AIA Vitality member benefits and rewards are subject to change. Please visit aiavitality.com.my for the complete guide in English, Malay and Chinese languages.

Manfaat dan ganjaran ahli AIA Vitality tertakluk kepada perubahan. Sila layari aiavitality.com.my untuk panduan yang lengkap dalam Bahasa Inggeris, Bahasa Malaysia dan Bahasa Cina.

AIA Vitality会员利益及奖赏可能有所更改。欲知完整说明请浏览aiavitality.com.my，我们提供英语、马来语和中文版本。

MEMBER OF THE MONTH

Check out our members' stories in our AIA Vitality Member Exclusive page to find out how AIA Vitality has helped them on their journey to better health.



Share with us how AIA Vitality has given you the knowledge, tools, and motivation to improve your health and receive a token of appreciation from our sponsors if you are selected to be our next member of the month.

To submit your story, please email to my.AIAVitality@aia.com

AIA VITALITY MEMBER EXCLUSIVE

Do not miss out on the latest AIA Vitality **member benefits, promotions and contests**. You may find them in our:



AIA Vitality Member Exclusive page at www.aia.com.my/aiavitalityexclusive



Monthly member e-newsletter

**With you every step
of the way.**

SPONSORED BY

