

AIA Vitality Points and rewards guide



Know your health

B Bronze 0 pts

G Gold 20,000 pts

S Silver 10,000 pts

P Platinum 30,000 pts

Category	How	Benefit
Online		
AIA Vitality Age Assessment	aiavitality.co.nz or AIA Vitality app 4 online assessments: <ul style="list-style-type: none"> About You Physical Activity Nutrition Mental Wellbeing 	Up to 3,500 points <ul style="list-style-type: none"> 750 points for each section 500 points for completing all 4 sections
Skin Self-Examination	aiavitality.co.nz or AIA Vitality app	500 points
Offline		
AIA Vitality Health Check	GP or participating Unichem or Life pharmacy Four measures: <ul style="list-style-type: none"> BMI Blood Pressure Random Blood Glucose Total Cholesterol 	Up to 10,000 points <ul style="list-style-type: none"> Attendance: 1,000 points for each measure taken (up to 4,000 points) Results within healthy range: 1,500 points for each measure (up to 6,000 points)
AIA Vitality Nutrition Consultation	Mission Nutrition	Up to 2,000 points <ul style="list-style-type: none"> 1,000 points for initial consultation 500 points for each follow up consultation (max 2)
Eye Check	Optometrist	500 points (can be done once every three years)
Dental Check	Dentist	1,000 points
Vaccinations	GP or Health Practitioner	<ul style="list-style-type: none"> Flu: 1,000 points HPV (females aged 18-26): 1,000 points (once-off) Pneumococcal (aged 65+): 1,000 points (once-off) Shingles (Zoster) (aged 65+): 1,000 points (once-off) Td: 1,000 points (once every 10 years)
Preventative Health Checks		
Mammogram	Medical specialist	1,000 points every year for two consecutive years
Cervical Smear Test	Medical specialist	1,000 points every year for three consecutive years
Colon Cancer Screen	Medical specialist	1,000 points every year for two consecutive years
Skin Self-Assessment	MoleMap appointment	1,000 points [^]

[^] Points are capped at 1,000 per membership year for both the Skin Self-Examination and MoleMap appointment.

Category	How	Benefit
Bonus points (effective as at May 2019. Subject to removal/change – please visit www.aiavitality.co.nz for confirmation)		
Complete Initial Nutrition Consultation	Mission Nutrition	1,200 points
Complete an Advanced Health Screen* or Vaccination	Various – see above	1,200 points
Complete Mental Wellbeing Assessment	AIA Vitality Age Assessment	1,200 points
Opt-in for AIA Vitality Active Benefits	AIA Vitality app	1,200 points

* Excluding online skin self-assessment, and AIA Vitality Health Check.



Improve your health

Category	How	Benefit
Physical Activity*	AIA Vitality-compatible fitness device or app	50 or 100 points per day, based on physical activity. Activity tracked by one of the following methods: steps per day; heart rate; calories burned
Organised Fitness Events*	Approved events	Up to 1,500 points , depending on fitness event
Fitness Devices*	Fitbit (via aiavitality.co.nz or AIA Vitality app)	Up to 25% discount on devices
	Garmin (via aiavitality.co.nz or AIA Vitality app)	25% discount on devices
Athletic apparel	JAGGAD (via aiavitality.co.nz or AIA Vitality app)	25% discount
Non-Smoker's Declaration	aiavitality.co.nz or AIA Vitality app	1,000 points
Smoking Cessation	Allen Carr's Easyway to Stop Smoking (booked via aiavitality.co.nz or AIA Vitality app)	100% discount
Sleep Tracking	AIA Vitality-compatible fitness device or app	Up to 2,000 points per membership year. 10 points per night for minimum 7 hours sleep



Enjoy the rewards

Category	How	Benefit
Active Benefits	Retail Partners and Charity Partners	Up to \$260 in rewards per year through Active Benefits. Reach your personalised physical activity target each week and you'll get the choice between: <ul style="list-style-type: none"> • 5 Airpoints Dollars™ • 5 New World Dollars loaded onto your New World Clubcard • a \$5 HOYTS, Harvey Norman or iTunes voucher • a \$5 donation to the Mental Health Foundation of New Zealand or the Heart Foundation
Entertainment	HOYTS (via aiavitality.co.nz or AIA Vitality app)	up to 50% off HOYTS vouchers. Maximum of 6 tickets per calendar month.
Beauty/Spa	Forme Spa & Wellbeing	Maximum of 4 Vouchers per membership year, at a discounted rate based on AIA Vitality status at time of purchase: B 20% S 30% G 40% P 50%
Travel Benefit	Airpoints™	Earn up to 300 Airpoints Dollars™ each membership year, for reaching each AIA Vitality status. S 25 Airpoints Dollars™ G 100 Airpoints Dollars™ P 175 Airpoints Dollars™

* Physical activity points are capped at 100 points per day and 15,000 points per membership year.

All points listed are able to be earned in each membership year, unless otherwise indicated

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