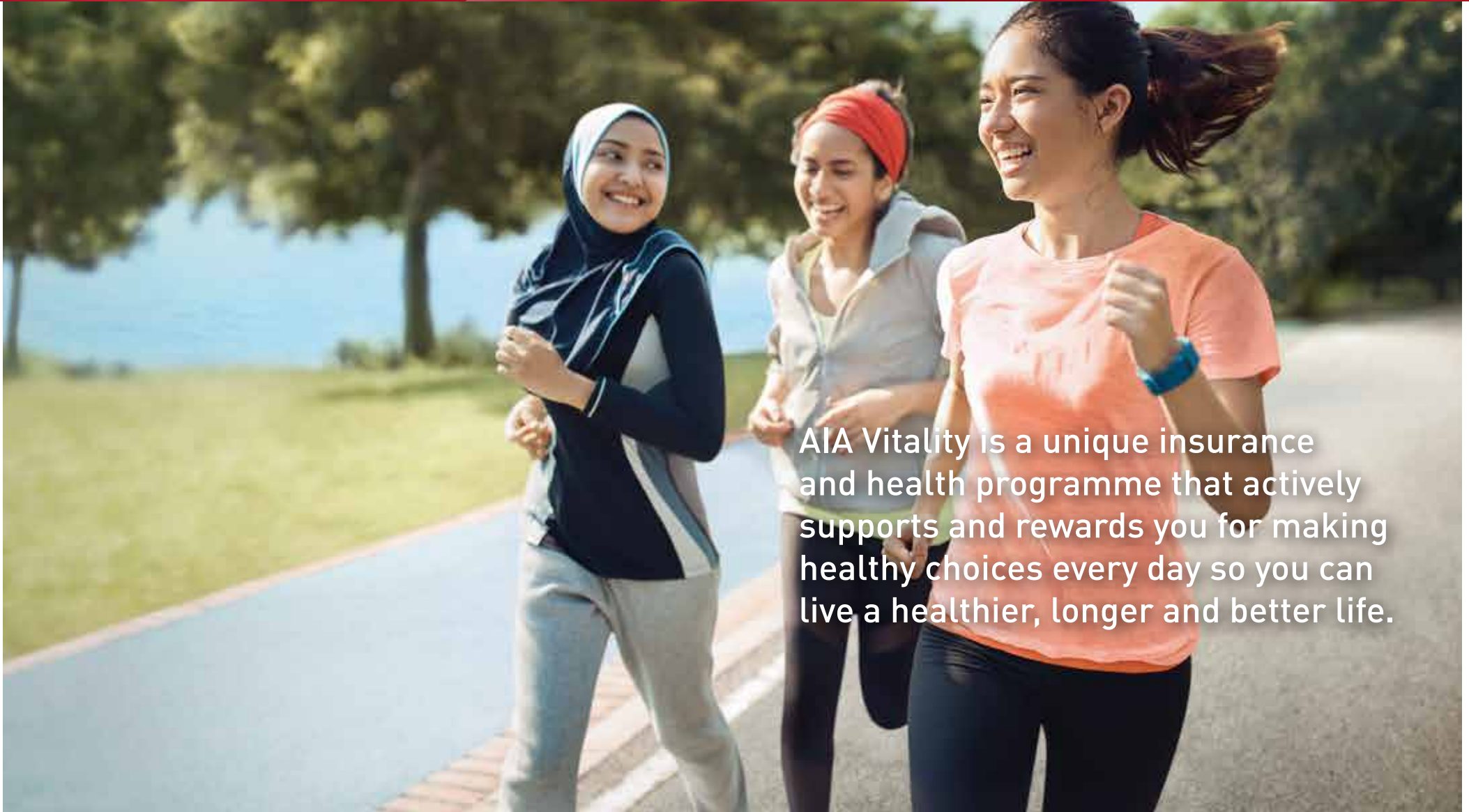


For more information, visit our website at
www.aiavitality.com.my

Introducing **AIA Vitality**



AIA Vitality is a unique insurance and health programme that actively supports and rewards you for making healthy choices every day so you can live a healthier, longer and better life.

How does AIA Vitality work?

Healthier living in 3 simple steps

1 Know Your Health

Get your AIA Vitality Age



Health Check

Earn AIA Vitality Points by completing your health assessments and discover your AIA Vitality Age.



2 Improve Your Health

Earn AIA Vitality Points



Personal Goals



Exercise



Nutrition



Quit Smoking

Engage in healthier activities to earn more AIA Vitality Points.

3 Enjoy The Rewards

Achieve AIA Vitality Status

Achieve AIA Vitality Status with your accumulated points and enjoy the rewards.

Get better rewards, including extra insurance benefits.

BRONZE	SILVER	GOLD	PLATINUM
0 points	10,000 points	20,000 points	30,000 points



Airline



Hotel



Movies



E-Magazine

How does AIA Vitality help?

AIA Vitality helps you to manage

3 lifestyle behaviours



Physical inactivity



Poor Nutrition



Smoking

that lead to

4 chronic conditions



Diabetes



Heart disease



Lung disease



Cancer

which cause

50% of deaths worldwide

Current Estimates are approx 60% of deaths caused by Lifestyle behaviours
Source : Vitality Institute Recommendations, 2014

How do I join AIA Vitality?

You can join AIA Vitality if you are insured with an AIA Life insurance or Takaful plan.
The AIA Vitality membership fee is RM10 per month.

STEP
1

Apply for AIA Vitality

(via your AIA Life Planner)

Submit a new insurance/
Takaful proposal form with
premium/contribution

+

Submit AIA Vitality application
form with membership fee

STEP
2

Activate AIA Vitality

Receive email notification to
activate AIA Vitality

▼

Click on activation link in
the same email

▼

Follow instructions to
register online

▼

Start using AIA Vitality online
portal, tools & rewards

STEP
3

Use the benefits

Receive welcome pack
with AIA Vitality card

▼

Use the card at selected
AIA Vitality partners for
discounts and earn points

or

Use AIA Vitality online portal
to access AIA Vitality partners'
benefits and earn points

CHOOSE HEALTHY. BE REWARDED.

KNOW YOUR HEALTH

Do health assessments to **understand** your health and set **health goals**

FREE ONLINE WELLNESS TOOLS

AIA Vitality Health Reviews
Mental Wellbeing Assessment
AIA Vitality Nutrition Assessment

HEALTH SCREENINGS

AIA Vitality Express Health Check
RM3



AIA Vitality Health Check - **50% off**
Advanced Screening - **20% off**
Vaccinations - **10% off**
Dental Assessment - **50% off**
AIA Vitality Nutrition Consultation - **RM20**



FITNESS ASSESSMENT

Fitness Explorer Test - **FREE**



MOVIE BENEFITS (coming soon)

FREE Movie Tickets

AIRLINES

Air Fares - **Up to 50% off**



HOTELS

Rooms - **Up to 50% off**



IMPROVE YOUR HEALTH

Use the online tools and partner discounts to make healthy living **easier** and **more affordable**

GYM & FITNESS



Gym Membership - **Up to 50% off**

FITNESS DEVICES



Selected Devices - **25% off**

HEALTHY GEAR (coming soon)



@ Royal Sporting House
25% off

HEALTHYFOOD™ (coming soon)

Save on purchase of HealthyFood™

SMOKING CESSATION



Smoking Cessation Programme
RM150 cash voucher

RETAIL



Air Sterilizers - **25% off**

E-MAGAZINE



Complimentary Digital Magazine

AIA VITALITY INSURANCE BENEFIT



Extra Coverage on selected insurance plans - **Up to 45%**



ENJOY THE REWARDS

Get rewarded for all the healthy choices you make, and **stay** motivated to enjoy the benefits

Extra Insurance Benefits with AIA Vitality!

Enjoy extra insurance benefits when you sign up as an AIA Vitality member upon your purchase of selected AIA plans.



Cover Boost - Enjoy additional coverage on death and disability at no extra cost

The additional coverage you enjoy under the **Cover Boost** will vary annually depending on your **AIA Vitality Status**. This will spur you on to make healthy choices on a daily basis.

+ Lifestyle Rewards

Up to 50% off gym membership

Up to 50% off air fare

Up to 50% off hotels

Up to 25% off fitness devices
... and many more

* Terms and conditions apply
- AIA Vitality is offered by AIA Health Services Sdn Bhd (368501-T)