

YOUR WELLNESS JOURNEY STARTS HERE

AIA Vitality

Make your first step with AIA Vitality

Join AIA Vitality for only RM10/month when you get an AIA Life Insurance or Takaful plan.



SCAN ME

Scan to check your membership eligibility

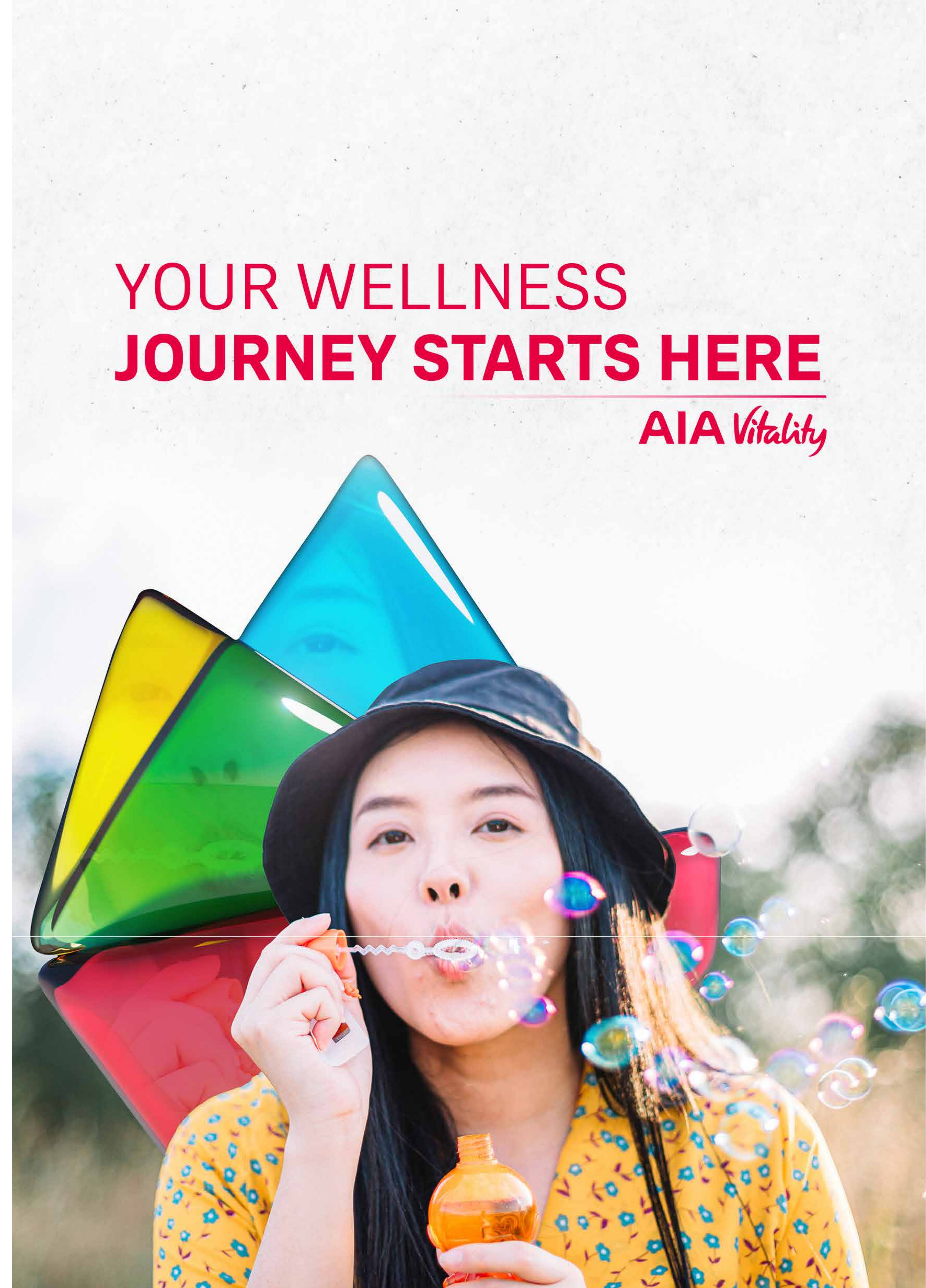
<https://bit.ly/aiavapplyform>



SCAN ME

Scan to talk to an AIA Life Planner

<https://bit.ly/leadgenaia>



AIA Vitality

Your source of support and inspiration for living a healthier, longer and better life.

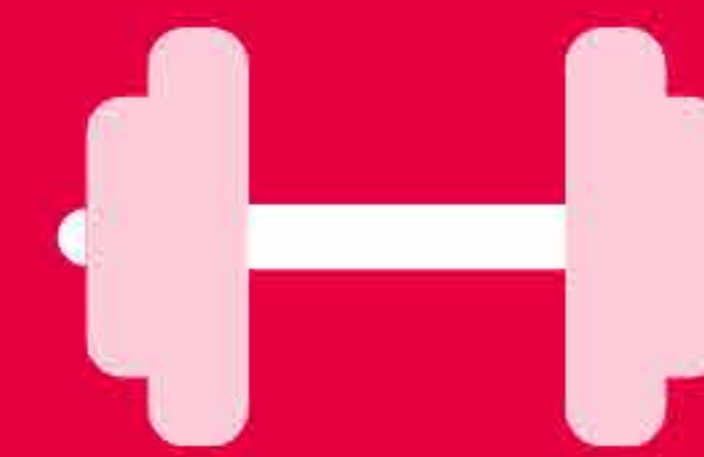


Be the change you want to see

Our continuous three-step cycle helps you make sustainable healthy choices every day.



Know your current health status, discover your AIA Vitality age, and earn points upon completing health assessments.



Improve your health by setting and hitting your wellness goals, such as exercising and eating right. You can earn AIA Vitality points to boost your AIA Vitality status.



Say hello to greater rewards and a healthier you as you progress and achieve a higher AIA Vitality status.



Earn more points, enjoy greater rewards

Every AIA Vitality member starts at Bronze status. Each healthy lifestyle choice you make grants you points that reward you in many ways - including **extra insurance/takaful benefits with AIA**.

AIA Vitality Status <small>Extra insurance/takaful benefits (Differs by plan)</small>	 You start here	 10,000 points	 20,000 points	 30,000 points
	Bronze status	Silver status	Gold status	Platinum status
Yearly Cash Bonus	Nil	Nil	10% of premium/ contribution paid for the year	20% of premium/ contribution paid for the year
Health Screening Benefit	Up to RM300 biennially	Up to RM300 biennially	Up to RM500 biennially	Up to RM600 biennially
Hospital Admission Waiver	Nil	RM150	RM300	RM300

The above is a sample illustration of the benefits of AIA Vitality members who are insured/covered with selected AIA life insurance/takaful plans. Please refer to the respective product brochures for more information.

While AIA Vitality points will reset every membership year to help you maintain a healthy lifestyle, we will reward you based on your AIA Vitality status from the previous year. If you earn enough points to level up during the year, you can look forward to enjoying the benefits of your newfound status.



Earn points and boost your AIA Vitality status like a pro

SILVER

- ✓ AIA Vitality Health Check UP TO 10,000 pts
FREE AT  

OR

- ✓ About You Assessment My AIA app 500 pts
- ✓ Mental Wellbeing Assessment My AIA app 500 pts
- ✓ Nutrition Assessment My AIA app 500 pts
- ✓ Sleep Assessment My AIA app 250 pts
- ✓ Exercise Assessment My AIA app 250 pts
- ✓ Non-Smoker's Assessment My AIA app 250 pts
- ✓ Steps or Workouts up to 100 points per day 250 pts

GOLD 20,000 PTS

- ✓ Steps or Workouts up to 100 points per day 6,500 pts
- ✓ Sleep Tracking 10 points per night of >7 hours sleep 500 pts
- ✓ Dental Assessment 1,000 pts
- ✓ Flu Vaccination 1,000 pts
- ✓ Nutrition Consultation at BP Healthcare 1,000 pts

PLATINUM 30,000 PTS

- ✓ Steps or Workouts up to 100 points per day 3,400 pts
- ✓ AIA Vitality Fitness Assessment UP TO 1,500 pts
- ✓ Advance Screenings UP TO 3,000 pts
- ✓ All 5 Online Assessments 2,000 pts
6 months after last completion
- ✓ HealthFood™ purchases at Jaya Grocer 100 pts
1 point for every RM 1 spent

How does Living Well benefit YOU



John
Gold Member

HEALTH BENEFITS

AIA Vitality Age **reduced by 2 years** to his actual age



Reduced **his weight by 5kg** and achieved a **healthy BMI** just by staying active daily



Able to maintain his **blood pressure** by prioritising his mental health



Borderline diabetes managed with **blood sugar levels** at a good level



Maintained **healthy cholesterol levels** by controlling his diet



LIFESTYLE BENEFITS

WEEKLY CHALLENGE RM10 REWARD RM 240
2 vouchers each month

10% SAVINGS ON FRESH FRUITS & VEGETABLES RM 120
RM100 spend each month



30% SAVINGS ON NEW FITBIT DEVICE RM 150
Inspire 2 RRP: RM498

LIFESTYLE & WELLNESS BENEFITS RM 510

EXTRA INSURANCE BENEFITS

Annual Net Premium RM12k, Sum Assured RM1.25m

VITALITY WEALTH BOOSTER

20% x 20% x RM1.25mil

A-Life Wealth Builder RM 50,000

Annual Net Premium RM3k, Plan 200

Deductible Waiver = RM300

R&B Upgrade = RM100

HW Booster (5% x RM1,500) = RM75

A-Life Link2 + A-Plus Health RM 475

Annual Net Premium RM3k

Health Screening = RM500 biennially

Yearly Cash Bonus = RM300

A-Life Beyond Critical Care RM 800

PRODUCT BENEFITS RM 1,275
=RM50,000 COVERAGE BENEFIT

AIA Vitality Member Benefits and Rewards*



*Subject to change.

KNOW YOUR HEALTH

ONLINE WELLNESS TOOLS

About You Assessment

AIA Vitality Nutrition Assessment

Exercise Assessment

Mental Wellbeing Assessment

Sleep Assessment



FITNESS ASSESSMENT

Fitness Explorer Test
FREE



HEALTH SCREENINGS

AIA Vitality Health Check
FREE every membership year

Advanced Screenings
20% OFF

AIA Vitality Nutrition Consultation
FREE every membership year

Dental Assessment
50% OFF

Vaccinations
10% OFF



IMPROVE YOUR HEALTH

HealthyFood™
Fresh Fruits and Vegetables
10% OFF



Gym & Fitness
Gym Membership
Up to 55% OFF



Wearables
Selected Fitness Devices
Up to 30% OFF



Smoking Cessation
Cessation Programme
RM150 cash voucher



ENJOY YOUR REWARDS

Hotels
Rooms
Up to 50% OFF



Retail
Air-Surface Sterilisers
25% OFF



Leisure
Domestic & International Travels
Extra 5% OFF



Lifestyle Electronic & Electrical Appliances
Selected Products
Up to 35% OFF



Insurance benefits with AIA Vitality
Extra benefits on selected insurance and Takaful plans



AIA Vitality Weekly Challenge
Weekly reward vouchers or fitness device cashback
Terms and Conditions apply



