

# AIA Vitality

## HOW TO CLAIM POINTS FOR THE AIA VITALITY HEALTH CHECK

Get up to 10,000 points by completing 4 basic tests\*!



+1,000  
POINTS

BMI



+1,000  
POINTS

BLOOD PRESSURE



+1,000  
POINTS

BLOOD GLUCOSE



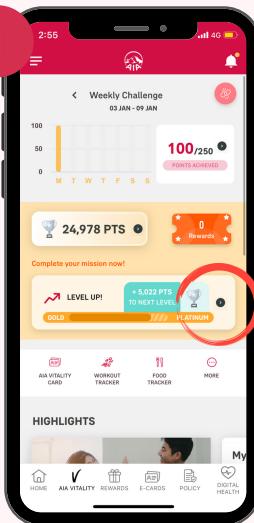
+1,000  
POINTS

CHOLESTEROL

+1,500  
POINTS

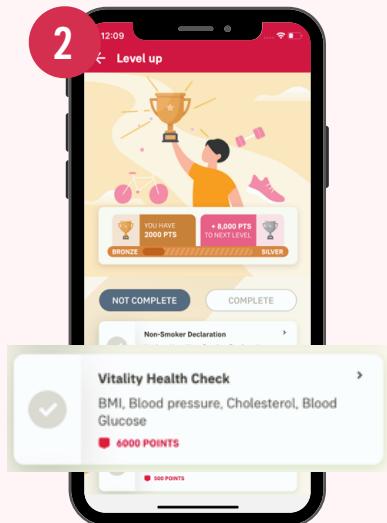
for each result that falls within the healthy range

1



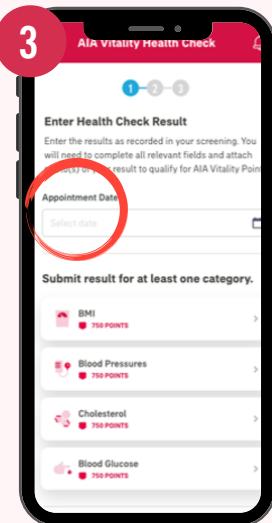
Select your Level Up dashboard from the AIA Vitality page

2



Select the task 'Vitality Health Check'

3



Select your appointment date

WHERE CAN I COMPLETE THIS HEALTH CHECK?

guardian **FREE**

Prior appointment is required\*\*



Leader in Health Check

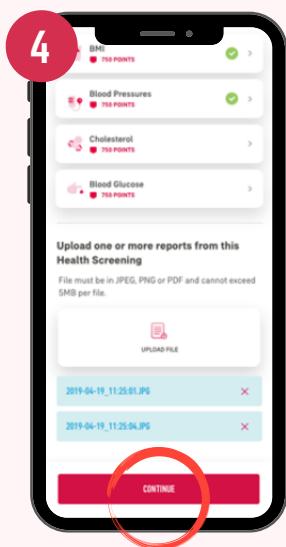
Member exclusive rates

AIA panel clinics & hospitals

10% off health screenings in selected clinics and hospitals

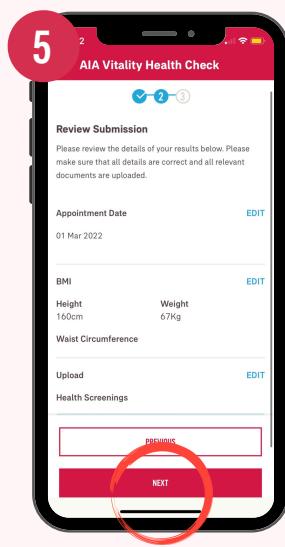
Any healthcare provider  
As long as you have these 4 tests documented

4



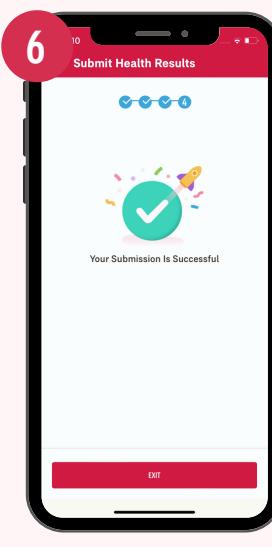
Input in your results and upload all supporting documents. Select 'Continue' once done

5



Review your submission and select 'Next'

6



All set!

Uploaded results must be within 6 months in your current membership year and contain your name stated clearly.

MORE INFO AT  
[www.bit.ly/howtovhc](http://www.bit.ly/howtovhc)



\*T&C for points apply and are subject to change at any time. Any ingenuine activity will result in points being reversed.

\*\*Selected pharmacies only. Guardian also reserves the right to turn away members who walk in for the health check without prior appointment.

# AIA Vitality

## PEROLEH MATA DARI AIA VITALITY HEALTH CHECK

Dapatkan sebanyak 10,000 mata melalui 4 ujian asas\*!



+1,000  
MATA

BMI



+1,000  
MATA

BLOOD PRESSURE



+1,000  
MATA

BLOOD GLUCOSE



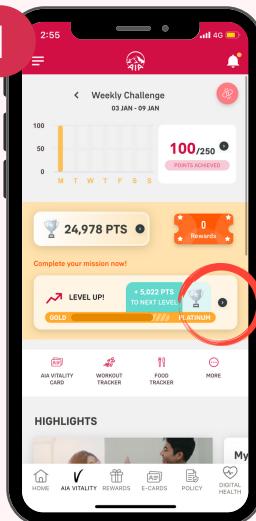
+1,000  
MATA

CHOLESTEROL

+1,500  
MATA

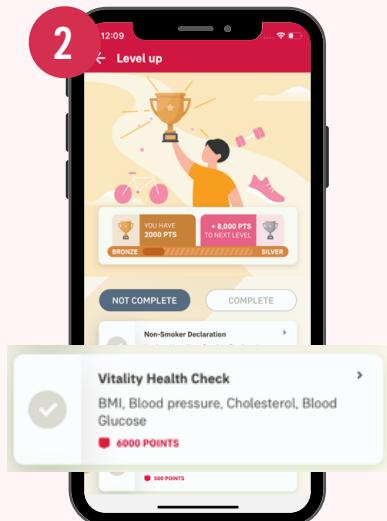
bagi setiap keputusan dalam lingkungan sihat

1



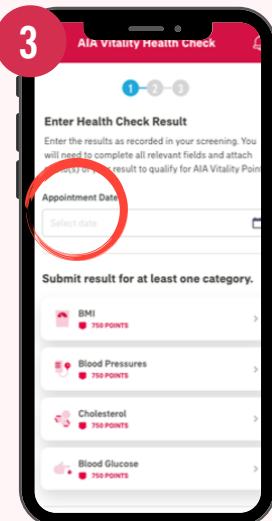
Pilih dashboard 'Level Up'  
dari paparan AIA Vitality

2



Pilih 'Vitality Health Check'

3



Pilih tarikh janji temu anda

CARA MEMBUAT  
PEMERIKSAAN  
KESIHATAN INI

guardian **FREE**

Temu janji adalah wajib\*\*



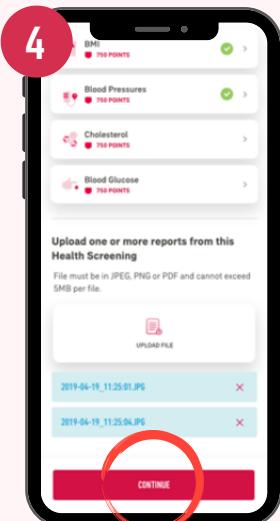
Leader in Health Check

Kadar ekslusif ahli

Klinik dan hospital panel AIA

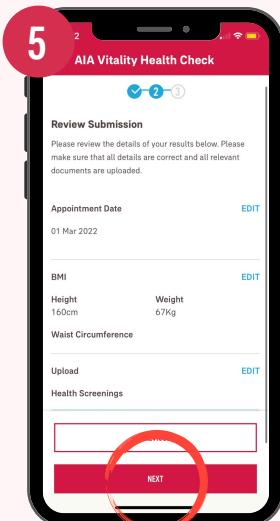
Diskaun 10% untuk pemeriksaan  
kesihatan di klinik dan hospital terpilih

4



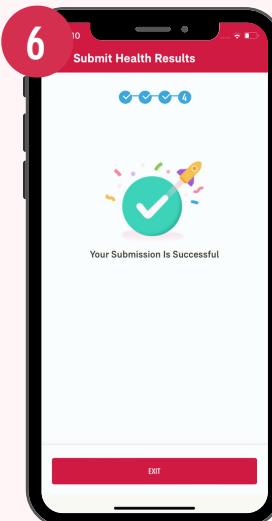
Masukkan keputusan ujian dan muat naik dokumen berkaitan. Pilih 'Continue'

5



Semak maklumat anda  
dan pilih 'Next'

6



Sebaua sedia!

Pusat kesihatan pilihan anda  
Asalkan anda mempunyai  
keputusan 4 ujian ini

Keputusan yang dimuat naik  
mestilah dalam tempoh 6 bulan  
dalam tahun keahlian anda dan  
mengandungi nama anda.

MAKLUMAT LANJUT DI  
[www.bit.ly/howtovhc](http://www.bit.ly/howtovhc)



\*Jumlah mata tertakluk kepada terma dan syarat dan perubahan pada bila-bila masa. Sebarang aktiviti yang tidak asli akan menyebabkan mata diambil balik.

\*\*Farmasi terpilih sahaja. Guardian juga berhak menolak ahli yang datang tanpa membuat temu janji terlebih dahulu.