

GET STARTED ON YOUR AIA VITALITY JOURNEY

1 

Download the **AIA+** app and set up your My AIA account.

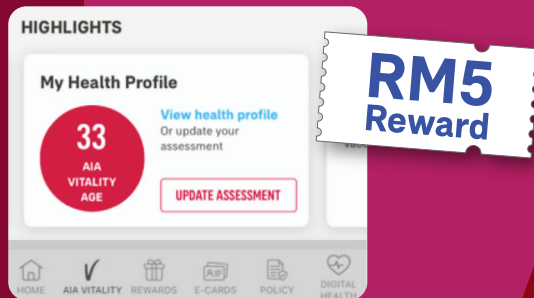
Learn how at bit.ly/aiaappregistration



2 

Find out your AIA Vitality Age by completing your Health Profile and earn 500 points. You'll also get an **RM5 reward** from this!

PRO-TIP: Complete all 5 online assessments to earn up to 2,000 points



3 

Know your health with the **AIA Vitality Health Check** to earn up to 10,000 points and move up your status easily. Members can do this for free or discounted rates!

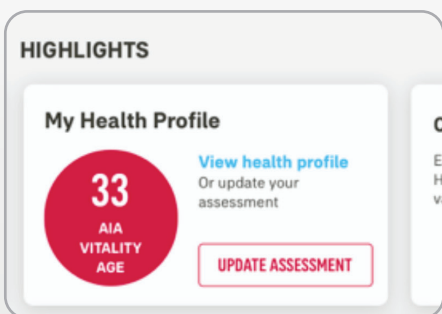


Find out how at bit.ly/howtovhc

EARN YOUR WEEKLY CHALLENGE REWARD

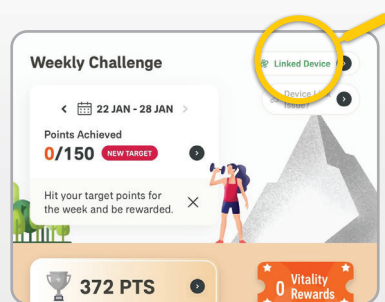
STEP 1

Complete your Health Profile to get your AIA Vitality Age to unlock these rewards in your membership year.



STEP 2

Select the 'Link Device' icon on your dashboard to link your app or device.



FREE APPS!



STEP 3

Get active! Start earning physical activity points when you walk at least 7,500 steps or workout each day.



STEP 4

Achieve your personalized weekly target to receive your Weekly Challenge reward on the app!



--> Find out how points are awarded at bit.ly/weeklychallengeguide

Stay on top of your wellness journey

MULAKAN PERJALANAN ANDA BERSAMA AIA VITALITY

1 

Muat turun aplikasi AIA+ dan daftarkan diri anda.

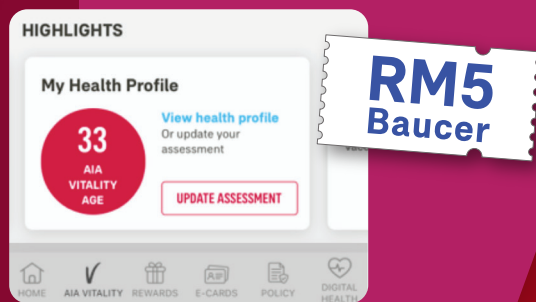
Ketahui lebih lanjut di bit.ly/aiaappregistration

AIA+

2 

Lengkapkan 'Health Profile' anda untuk ketahui usia AIA Vitality dan dapatkan 500 mata! Anda juga akan mendapat **baucer RM5**.

PETUA: Lengkapkan 5 penilaian untuk dapat sehingga 2,000 mata



3 

Ketahui tahap kesihatan anda dengan **AIA Vitality Health Check** dan dapat sehingga **10,000** mata untuk naik taraf status AIA Vitality anda. Ahli turut boleh lengkapkan pemeriksaan ini secara percuma atau kadar diskaun.

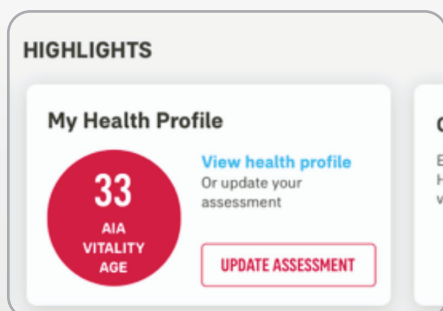


Ketahui lebih lanjut di bit.ly/howtovhc

DAPATKAN GANJARAN SETIAP MINGGU DENGAN 'WEEKLY CHALLENGE'

LANGKAH 1

Lengkapkan 'Health Profile' dan dapatkan usia AIA Vitality dalam tahun keahlian semasa anda.



LANGKAH 2

Pilih ikon 'Link Device' di dashboard dan hubungkan peranti atau aplikasi pilihan anda.



LANGKAH 3

Kekal aktif! Dapatkan mata apabila anda mencapai 7,500 langkah atau dengan bersenam setiap hari.



LANGKAH 4

Capai sasaran mata mingguan anda untuk menerima ganjaran!



--> Ketahui cara mengumpul mata bit.ly/weeklychallengeguide

Marilah kita utamakan kesihatan kita