AIA Vitality

Subscribe to a better life with **AIA Vitality Starter**

Get motivated to live healthier, FREE for the next 12 weeks! Download your AIA+ app now to uncover a healthier, longer and better life - with up to 18,500 Vitality points and RM65 worth of vouchers ahead!



Legends:



Complete assessment



Track at least 7,500 steps for 5 days in a week



Unlock Weekly Challenge reward









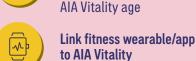




Create AIA+ account & log-in



500 points + RM5 TnG eWallet reward About You assessment for





250 points per week



750 points 5min Nutrition & Exercise

assessments



250 points per week



RM10 voucher / **TGV** movie ticket



1,750 points 5min Non-Smoker Declaration, Mental Well-

being & Sleep assessments



250 points per week



Up to 10,000 points FREE AIA Vitality Health Check worth RM20* *Prior appointment with Guardian

or BP Healthcare required.



250 points per week



RM10 voucher / TGV movie ticket











Week 5

Week 8

Week 7



1,000 points FREE AIA Vitality Nutrition

Week 6





250 points per week



RM10 voucher / TGV movie ticket

250 points per week



250 points per week



250 points per week



RM10 voucher / TGV movie ticket



Financial Health Check to better understand your coverage









Week 12

Week 10







Week 9



250 points per week



Up to 1.500 points FREE AIA Vitality x Fitness First assessment



250 points per week



RM10 voucher / TGV movie ticket



250 points per week



250 points per week



RM10 voucher / TGV movie ticket