



AIA Vitality Fast Start Guide

1. Activate your AIA Vitality membership

Before you can access AIA Vitality and all the benefits, you must first set-up and activate your account

- You will receive an email from AIA Vitality to activate your account (check your email junk/spam folders if you haven't received it)
- Follow the instructions to set up your password and activate your AIA Vitality membership.
- Log into the AIA Vitality website or app to start your journey to better health.

2. Earn 5,000 AIA Vitality Points & get a \$20 gift voucher

Get an understanding of your health and wellbeing, earn thousands of AIA Vitality points and be rewarded

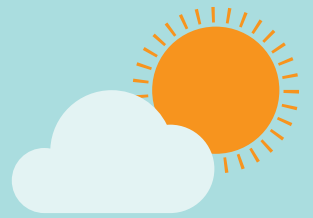
- To begin, login to the AIA Vitality website or app, and navigate to 'Know Your Health – Online Assessments' on the website, and to 'Get Points – Health Assessments' on the app.

ACTIVITY	TIME	POINTS
Complete the AIA Vitality Health Review online	10 mins	1,000
Complete the Non-Smokers Declaration online	1 min	1,000
Complete the Mental Wellbeing Assessment online	10 mins	600
Complete the Nutrition Assessment online	5 mins	500
Complete the Skin Self Examination online	5 mins	500
Link a fitness device or app and complete 7,500 steps (50 points per day)	28 days	1,400
Track your sleep and get 10 AIA Vitality points when you sleep for at least seven (7) hours	28 days	280



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START
HERE



2

Complete the
Non-Smokers Declaration
online
1,000 AIA VITALITY POINTS
(1 min to complete)

1



Complete the
**AIA Vitality
Online Health Review**
1,000 AIA VITALITY POINTS
(10mins to complete)

3

Complete the **Mental
Wellbeing Assessment** online
600 AIA VITALITY POINTS
(10mins to complete)

4

Complete the **Nutritional
Assessment** online
500 AIA VITALITY POINTS
(5mins to complete)

6



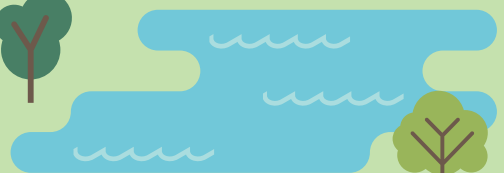
Link a fitness device or app
and complete **7,500 steps**
(50 points per day)
1,400 AIA VITALITY POINTS
(28 days to complete)

5

Complete the **Self Skin
examination** online
500 AIA VITALITY POINTS
(5mins to complete)

7

Earn 5,000 AIA Vitality Points and get a
\$20 shopping gift voucher. For every 5,000
points you earn, you'll receive another gift
voucher. You can earn up to \$650 worth of
vouchers each membership year.



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