



AIA Vitality
**SEIZE LIFE,
LIVE WITH VITALITY.**

This guide will help you choose to do one more for your health every day.



THE AIA VITALITY PROMISE

Are you ready to take the right step towards living a healthier, longer, and better life?

Welcome to AIA Vitality, a total wellness program that rewards you for being healthy.

Think of it as your personal health and wellness buddy that's there for you every day to encourage you to take one small step, and then one more. Before you know it, you're right on track to living the healthy lifestyle you've always wanted.

Discover how being healthy can be fun and rewarding as you go through this guide.

HOW AIA VITALITY WORKS

AIA Vitality awards you with points for doing healthy activities such as taking online health assessments, exercising, doing medical check-ups, and more. Earning a specific number of points will increase your AIA Vitality Status. As a result, you'll be able to enjoy more rewards from a wide range of AIA Vitality partners!





The more points you earn, the higher your status climbs, and the greater rewards you can enjoy—from exclusive discounts to insurance benefits across all your AIA Vitality integrated plans!

**Time to begin your journey together
with millions of members across the world.**



DO ONE MORE EVERY DAY

There are 4 statuses you progress through when earning points. Start at bronze status, make healthy choices to earn points and make your way to platinum status. Each new level reached provides you with even better and more perks to reward you for making healthy choices.

 <p>Take one more step to achieve 7,500 steps daily</p>	 <p>Complete one more health assessment</p>
 <p>Get one more hour of sleep</p>	 <p>Take one more vaccination</p>



Notes:

- Points accumulate for one membership year and reset to zero on your membership anniversary.
- Your AIA Vitality Status is carried over to the next membership year. You will enjoy status-based benefits depending on either your current or previous status, whichever is higher.

START YOUR JOURNEY TO BETTER HEALTH TODAY!

AIA Vitality

Download your wellness buddy right on your mobile phone.



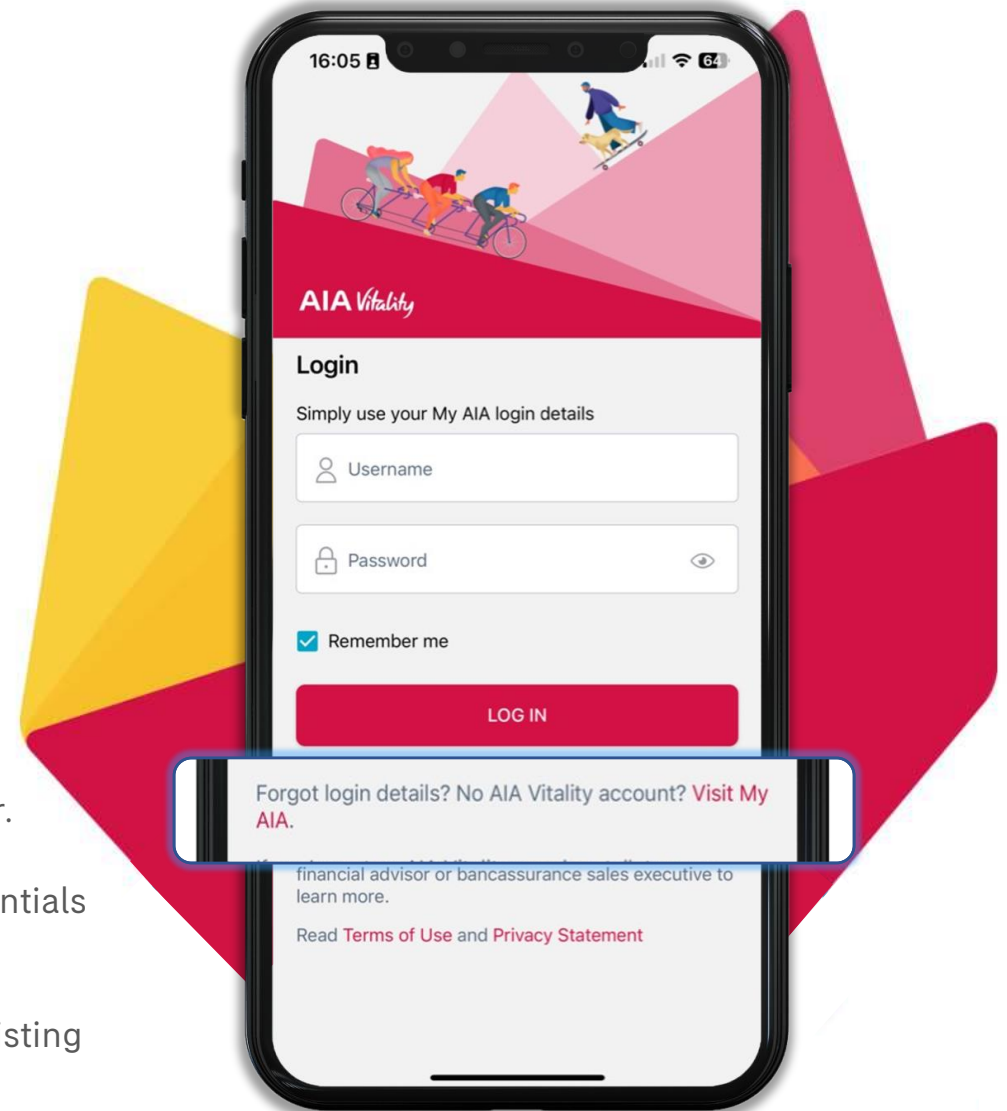
Activate your AIA Vitality account in 3 easy steps:

- 1 Go to www.aia.com.ph/MyAIA and 'Create Account'.
- 2 Fill out the required fields, you can use either your policy number or AIA Vitality membership number to create your account.
- 3 Enter the One-Time Pin (OTP) sent to your registered mobile number.

Once you have created your My AIA account, simply use the same log-in credentials to access your AIA Vitality app.

If you already have an existing My AIA account, you only need to enter your existing username and password to log into the app.

Note: For log in issues, email ask@aiavitality.com.ph and provide a screenshot of log in error



TRACK YOUR FITNESS ACTIVITIES

Link your fitness device or app to AIA Vitality and sync your workout data regularly to keep track of your health and earn points.

Compatible Fitness Device:

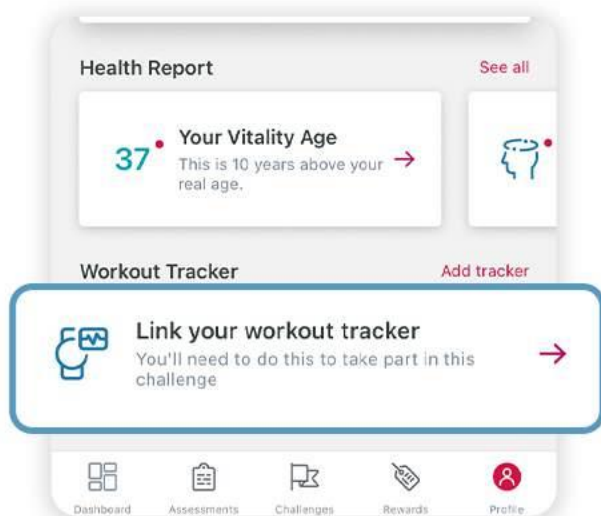


Compatible Fitness Apps:



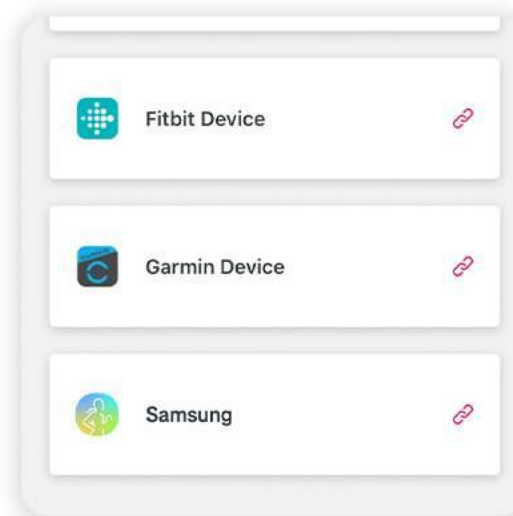
1

Go to **“Profile”** and click **“Link your workout tracker”**.



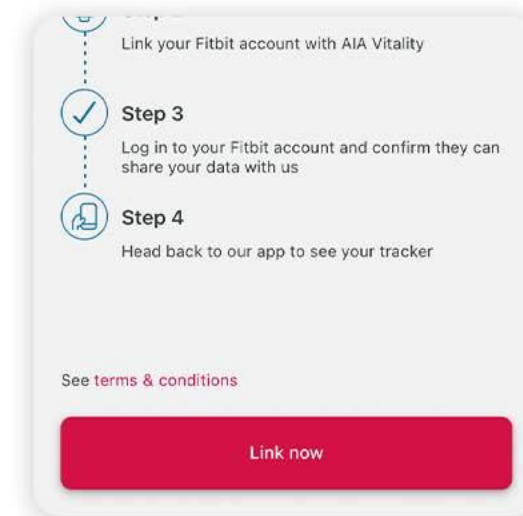
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Select your preferred fitness device or app.



3

Follow the steps and click the **“Link now”** button.



If your fitness device is not on the list above, check if it's compatible with Apple Health, Samsung Health or Strava. If yes, link it first to any of the three apps mentioned. Then, you can link those apps to AIA Vitality. Make sure to allow full access to share health data when linking to your AIA Vitality account to avoid points syncing issues.

Compatible fitness devices and apps are subject to change without prior notice. Visit www.aia.com.ph for the latest updates on compatible fitness devices and apps.

BEING HEALTHY HAS NEVER BEEN THIS REWARDING!

KNOW YOUR HEALTH

The best way to stay healthy is to know what your mind and body need.

Start your journey by taking our online assessments!

- Do the AIA Vitality Health Check.
- Complete the online assessments.
- Find out your health goals.
- Take vaccinations and other preventive care assessments.
- Take a fitness assessment and nutrition consultation.



UP TO PHP 600 OFF
fitness assessment
and nutrition consultation



10% OFF
basic and selected
advanced screens



UP TO 30% OFF
selected products
and services



10% OFF
basic and selected
advanced screens



UP TO PHP575 OFF
fitness assessment
and nutrition consultation

IMPROVE YOUR HEALTH

Make one more healthy choice daily. Rack up points by hitting your fitness, sleep and nutrition goals.

- Walk or jog to earn easy points.
- Work out at partner gyms.
- Avoid unhealthy habits.
- Get new workout gear at a discount.
- Get 7 hours of sleep.



UP TO 25% OFF*
selected fitness
devices



UP TO 30% OFF*
selected fitness
devices



70% OFF
Elite membership



10% OFF
Smoking Cessation
Program



25% OFF***
regular-priced items



UP TO 30% OFF*
selected fitness devices



25% OFF***
regular-priced items



70% OFF
Champion membership



25% OFF***
regular-priced items

ENJOY THE REWARDS

Increase your AIA Vitality Status by earning points for your healthy choices! The higher your status, the greater your rewards!

NOTE: Answer the "How Healthy Are You?" assessment every membership year to unlock Active Rewards.

- Enjoy perks from our wide range of partners.
- Earn more rewards by increasing your AIA Vitality Status.
- Save and get more value for money through AIA Philippines and BPI AIA insurance plans.



UP TO 20%**
premium discount



UP TO 50%**
coverage boost



UP TO 100%**
loyalty boost



UP TO 50%**
double booster
(loyalty + coverage boost)



15% OFF
admission tickets
(max. of 11 tickets /day)



UP TO 35% OFF*
local and international
roundtrip airfare



UP TO 30% OFF*
selected gadgets
and appliances



UP TO 35% OFF*
best available rates



ACTIVE REWARD
when you hit your
weekly fitness target

Your choice of PHP100 eGift:



NOTES:

*depending on your AIA Vitality Status

**depending on your insurance policy and AIA Vitality Status

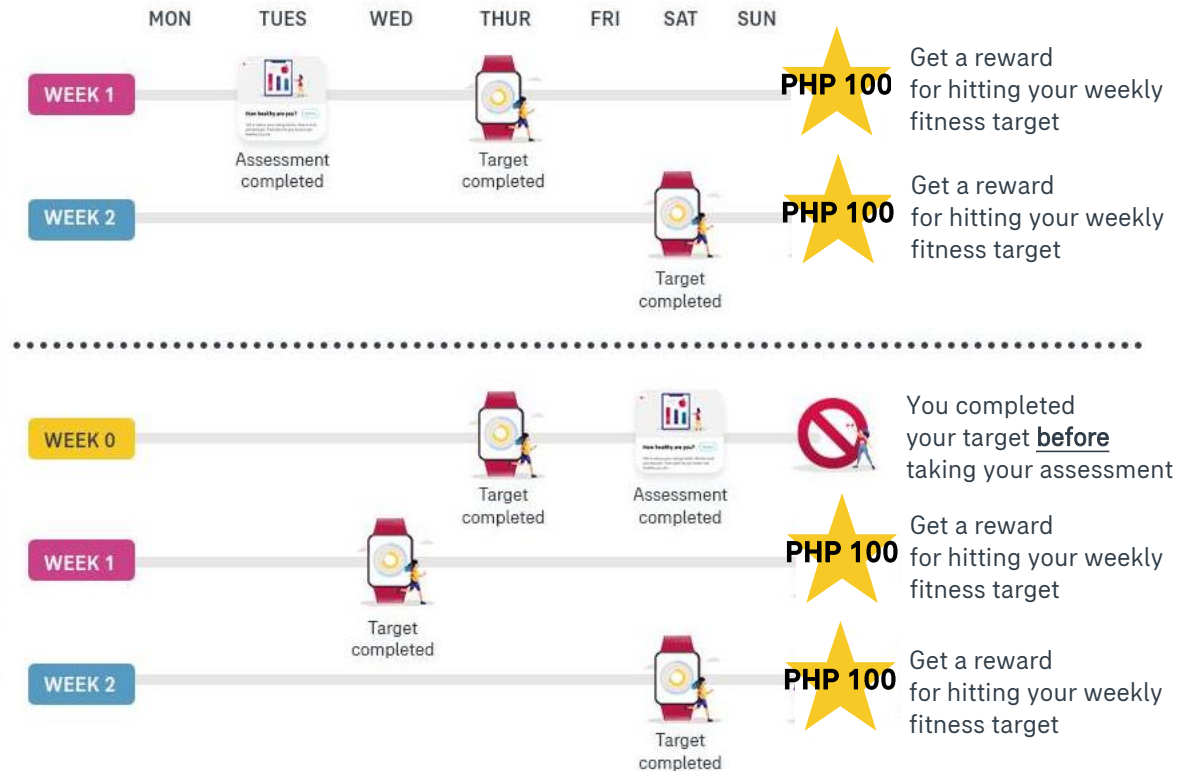
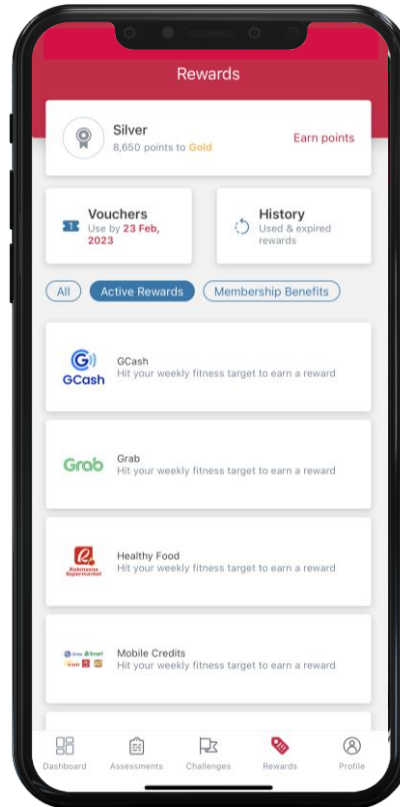
***maximum of PHP20,000 spending limit based on your membership year

Discounts, benefits and partners are subject to change without prior notice. Kindly visit www.aia.com.ph for the latest information.

ACTIVE REWARDS

Enjoy an instant reward by completing your weekly fitness target.

- 1 Take the “How healthy are you?” assessment every membership year to unlock active rewards.
- 2 Make sure to take this online assessment before hitting your weekly fitness target. Otherwise, the freebie will only be available the next time you complete the weekly fitness challenge.



Choose from these instant freebies:



NOTE:
Active rewards are subject to stock availability

