

AIA Vitality

BETTER HEALTH THAT GIVES YOU MORE

Turn everyday healthy choices into something greater with AIA Vitality — bringing you more inspiration, more motivation and more rewards.

From completing health checks to making smarter food choices and staying active, every small step helps you build healthier habits and unlock more from your health journey.



Heart Rate
Points earned

KNOW YOUR HEALTH

Understand your health better through assessments, health screenings and vaccinations, giving you insights to make healthier choices.

IMPROVE YOUR HEALTH

Build healthier habits through everyday actions like staying active, tracking your fitness and making better food choices.

GET REWARDED

Enjoy greater rewards as you level-up your Vitality status, from lifestyle perks and travel rebates to insurance benefits and more.

LEVEL UP YOUR HEALTH AND REWARDS

AIA Vitality helps make healthy living easier, more motivating and more rewarding. As you take steps to improve your wellbeing, from health checks to staying active and making healthier food choices, you earn Vitality points and level up your status from Bronze to Platinum.



ENJOY GREATER REWARDS AS YOU LEVEL UP!

BENEFITS/STATUS	BRONZE	SILVER	GOLD	PLATINUM
FLIGHT BENEFIT Rebate on airfares for Return Tickets of any Class	—	5%	10%	20%
LOUNGE BENEFIT 10% off dining at Gold Class® lounge	—	—	✓	✓
FITNESS CLUB Complimentary Kickstart package worth S\$288	—	—	—	✓
FITNESS CLUB 3 free Personal Training sessions and 10% off purchases made at in-club cafes	—	—	—	✓
LEVEL-UP REWARDS	—	S\$2 eVoucher	S\$5 eVoucher	2,000 Vitality coins
INSURANCE BENEFIT	Enjoy exclusive insurance benefits such as premium discounts, free additional coverage, Vitality Coin Boost and more on selected AIA insurance plans.			

YOUR CHECKLIST TO LEVEL UP

Complete these activities to earn Vitality points and level up.

ONLINE HEALTH ASSESSMENTS Total Vitality points: Up to 3,500 <small>(You can do this twice a year, six months apart)</small>	HEALTH SCREENINGS, VACCINATIONS AND ASSESSMENTS Total Vitality points: Up to 20,000
<ul style="list-style-type: none"> <input type="radio"/> How healthy are you? Up to 750 points <input type="radio"/> How stressed are you? 250 points <input type="radio"/> How well are you eating? 250 points <input type="radio"/> How active are you? 250 points <input type="radio"/> How well are you sleeping? 250 points 	<ul style="list-style-type: none"> <input type="radio"/> Basic Health Screening Up to 10,000 points <input type="radio"/> Advanced Health Screenings Up to 3,000 points <input type="radio"/> Vaccinations Up to 4,000 points <input type="radio"/> Fitness Assessment Up to 1,000 points <input type="radio"/> Dental Assessment 1,000 points <input type="radio"/> Nutrition Assessment 1,000 points
WORKOUTS AND CHALLENGES Total Vitality points: Up to 20,500 <ul style="list-style-type: none"> <input type="radio"/> Physical activities Up to 15,000 points <input type="radio"/> Sleep Challenge Up to 1,000 points <input type="radio"/> HealthyFood™ Challenge Up to 4,500 points 	Submit your receipts/results via email to submissions@aiavitality.com.sg to earn Vitality points! Refer to the AIA+ app for full details.

YOUR JOURNEY TO BETTER HEALTH

Explore this recommended journey to level up your Vitality status. Whether you prefer it to be fast and furious or slow and steady, progress your health journey at your own pace.



Upon membership renewal, your Vitality status is carried forward while your Vitality points reset to zero. You will earn Vitality points again in the new membership year to maintain or level up your Vitality status.

THE MORE YOU CARE FOR YOUR HEALTH THE MORE IT GIVES BACK

Every healthier choice you make, AIA Vitality gives back to you through rewards, savings and benefits. From health screenings and gym membership discounts to everyday lifestyle rewards, these benefits support you at every stage of your journey to better health.

KNOW YOUR HEALTH



Screening and vaccination packages at AIA Vitality rates



Home-based screening packages at AIA Vitality rates



Dental assessment at AIA Vitality rates



Discounted nutrition assessment

IMPROVE YOUR HEALTH



30% off smoking cessation session



20% cashback on HealthyFood™ purchases



Up to 20% off gym membership



Up to 30% off fitness devices
Earn additional rebates with the **Device Booster Challenge**



Get rewarded with the **Apple Watch Booster Challenge**

GET REWARDED



Redeem **up to S\$6 off** standard and Gold Class® movie tickets every month

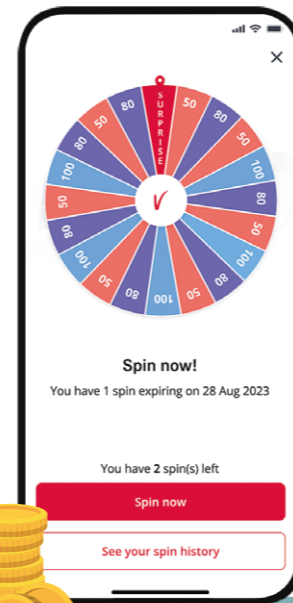


S\$1 off Combo of the Week*

*Flash your AIA Vitality membership eCard on AIA+ at Golden Village to enjoy this perk

VITALITY MARKETPLACE

Redeem vouchers and rewards with Vitality coins at the Vitality Marketplace on AIA+ from these partners and more!



HOW TO EARN VITALITY COINS

- Weekly Fitness Challenge
- Team Challenge
- Apple Watch Booster Challenge
- Device Booster Challenge
- HealthyFood™ Cashback
- Platinum Bonus
- Personalised Health Goals
- Flight Rebates
- Vitality Coin Boost
 - Engagement Booster
 - Annual Insurance Booster

Look out for more chances to earn Vitality coins through limited-time campaigns and seasonal rewards.

AIA Singapore Private Limited

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Start building healthier habits today.

AIA Vitality is exclusive to AIA customers. To join, please **download AIA+**, log in/activate your account and tap on 'Join AIA Vitality' to sign up.

Membership fee applies.

Important Notes: This brochure is meant to be a brief description of the features for AIA Vitality. For full details of AIA Vitality's features, partner rewards, benefits and relevant terms and conditions, please refer to www.AIAVitality.com.sg and the AIA+ app. AIA Vitality, its website and app, are intended for use only for general well-being purposes or to encourage or maintain a healthy lifestyle, and are not intended to be used for any medical purposes (such as the detection, diagnosis, monitoring, management, or treatment of any medical condition or disease). Any health-related information provided by AIA Vitality in its website, app or in any other form should not be treated as medical advice. Please consult a physician for any medical advice required. Information is correct as at 1 April 2026.