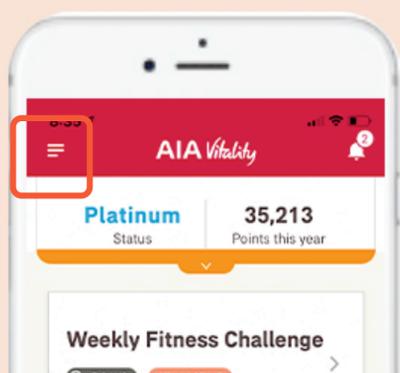


HOW TO LINK YOUR POLAR DEVICE TO AIA VITALITY

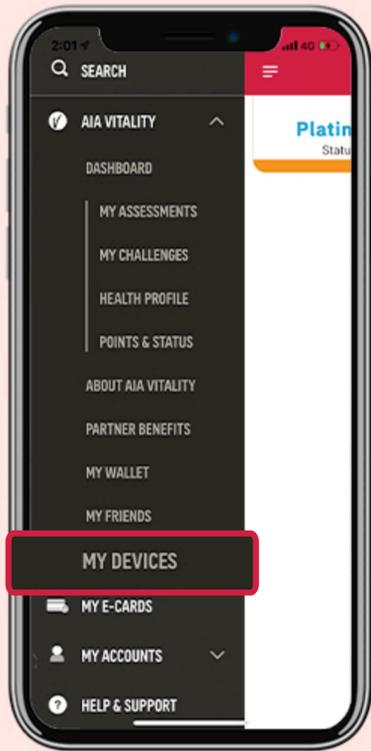
STEP 1



CLICK ON “NAVIGATION MENU”

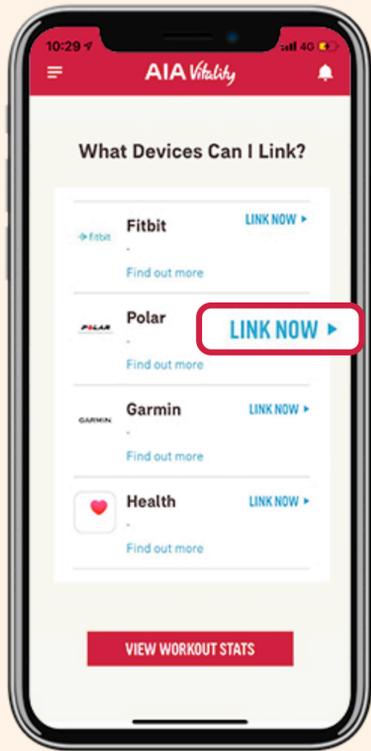
STEP 2

CLICK ON “MY DEVICES” IN THE NAVIGATION MENU



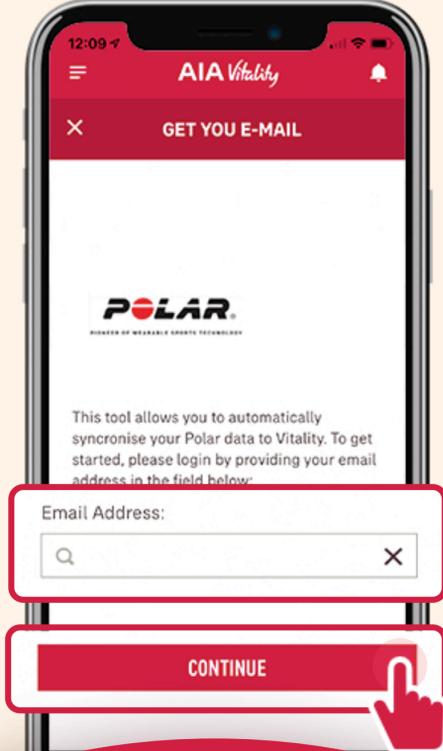
STEP 3

CLICK ON “LINK NOW” NEXT TO THE POLAR ICON



STEP 4

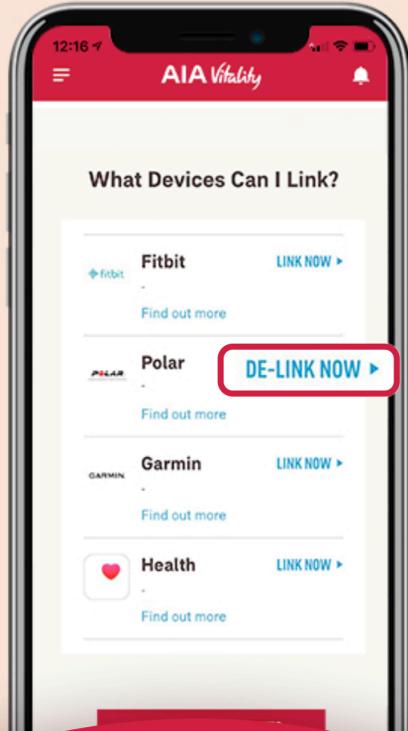
ENTER YOUR REGISTERED EMAIL ADDRESS AND CLICK ON “CONTINUE”



It is important that you give permission to AIA Vitality to access your fitness data in order for your points to be synced.

STEP 5

YOU HAVE SUCCESSFULLY LINKED YOUR POLAR DEVICE TO AIA VITALITY



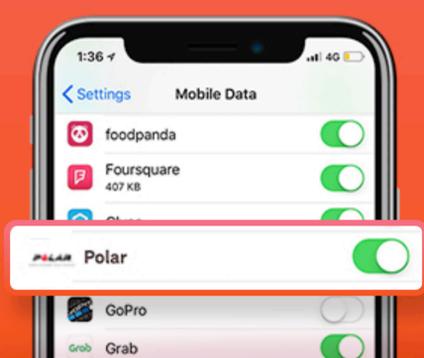
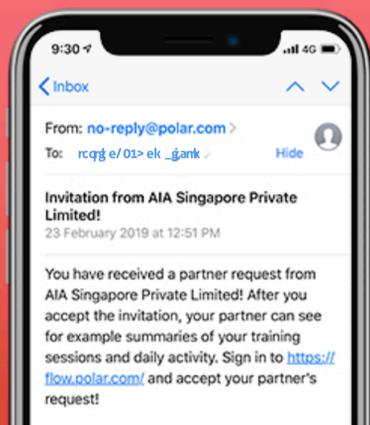
The "link now" button will change to "de-link now" once your device is successfully linked.

USEFUL TIPS

ACCEPT THE INVITATION FROM AIA SINGAPORE PRIVATE LIMITED

Once you have completed Step 4, you will receive an email from Polar on AIA Singapore Private Limited's request to view your training sessions and daily activity. You will need to sign in to <https://flow.polar.com/> and accept the request in order for your Polar device to be linked to AIA Vitality app.

Upon accepting the request, you need to clock a run, walk or workout earning AIA Vitality points at least once (for example, clocking minimum 10,000 steps to earn 50 AIA Vitality points) in order for AIA Vitality to receive your fitness data and points to be synced thereafter.



TURN ON MOBILE DATA

Remember to turn on the mobile data for your fitness app in order to track your workouts and allow AIA Vitality to receive your fitness data for points syncing.

To ensure that your workouts are **synced accurately**, please track your workouts with one of the following supported fitness apps or devices and **link it directly to the AIA Vitality app**:

FITNESS DEVICES / APP	HEART RATE (For devices with heart rate monitor)	SPEED	STEPS
Fitbit	Y	Y	Y
Garmin	Y	Y	Y
Polar	Y	Y	Y
Health App	N	N	Y
Apple Watch (via Health App)	Y	N	Y
Samsung Health	N	N	Y
Samsung Gear (via Samsung Health)	Y	N	Y

*Please note that AIA Vitality does not accept fitness data from other third party devices linked to the above fitness apps or devices. AIA Vitality does not accept or award points for manual input of health data.