



# 1. UP TO 10,000 VITALITY POINTS FOR BASIC HEALTH SCREENING

Know your health and earn up to 10,000 Vitality points. You get to level up your Vitality status faster too!



Basic Health Screening	NOW	NEW! From 24 April 2023
Blood Pressure	500 + 1,000 ( Healthy range )	1,000 + 1,500 ( Healthy range )
Body Mass Index	500 + 1,000 ( Healthy range )	1,000 + 1,500 ( Healthy range )
Cholesterol	500 + 1,000 ( Healthy range )	1,000 + 1,500 ( Healthy range )
Fasting Glucose	500 + 1,000 ( Healthy range )	1,000 + 1,500 ( Healthy range )
Total Vitality Points	6,000	10,000




Good news! Basic health screenings done **from 1 January 2023** will also earn the additional Vitality points. We will award the additional points, where applicable, into your points statement by end May 2023 and date it as per your health screening date. If you were to level up your Vitality status with the backdating of Vitality points, please note the following:

- **Insurance premium discount/ PowerUp Dollar:** If you have already made premium payment or have received the premium payment notice for your AIA insurance plan(s) stating your premium discount based on your Vitality status, there will be no refund or adjustment of premium with the level-up status. The PowerUp Dollar for your insurance policy, if applicable, will be reflected on your Participating Policy Annual Statement/Fund Activity Statement. Please note that insurance premium discount/PowerUp Dollar is based on your Vitality status 45 days before the insurance policy anniversary.
- **Travel benefit:** The travel benefit will be based on your Vitality status at the point of booking. For example, if you have already enjoyed the travel benefit based on Silver status at the point of booking, but have now level-up to Gold status with the backdating of points, there will no additional rebate/discount given.

# 2. MORE PHYSICAL ACTIVITY CATEGORIES TO EARN VITALITY POINTS

We encourage any effort to get active - big or small. Here are some additional ways to earn points.



Physical Activity	Vitality Points
 STEP COUNT	7,500 - 9,999 steps
	≥10,000 steps
 HEART RATE*	≥10 mins average 80% max heart rate
	≥30 mins average 60% max heart rate
	≥20 mins average 80% max heart rate
	≥30 mins average 70% max heart rate
	≥60 mins average 60% max heart rate
	≥30 mins average 80% max heart rate
	≥60 mins average 70% max heart rate
	≥90 mins average 60% max heart rate
 SPEED	≥30 mins average speed of 4KM/hr
	≥30 mins average speed of 7.2KM/hr
	≥60 mins average speed of 4KM/hr

\*Heart rate calculation will be based on your age. To calculate, take 220 - age, multiply by X% to get the max heart rate.

# 3. TRACKING OF SLEEP & SPEED MADE EASY



**Apple Health & Samsung Health are now accepted for tracking sleep and speed.** These newly accepted fitness tracking apps are additions to the currently accepted fitness devices for sleep and speed tracking (Fitbit and Garmin). Polar fitness devices are applicable for Speed tracking only.

**Note:** Subject to the model and specifications of your fitness device. For sleep data, please ensure your device tracks Rapid Eye Movement (REM) to qualify for Vitality points.

COMING SOON

TEAM CHALLENGE WILL BE BACK! ENJOY MORE REWARDS EVERY MONTH WITH IT!

Gather your Vitality friends for Team Challenge and enjoy more rewards every month when you complete Weekly Fitness Challenge.

Hint: Level up to Gold/Platinum Vitality status to enjoy the Team Challenge reward.



UP TO 80% SAVINGS ON YOUR NEW FITNESS DEVICE



For more information, please visit [AIAVitality.com.sg](https://www.aia.vitality.com.sg).

Correct as at 18 April 2023. Please note that Information will be updated on [AIAVitality.com.sg](https://www.aia.vitality.com.sg) when the enhancements/new features are launched.