



About the Virtual Event

1. What is the AIA Health & Wellness Live 2020 - powered by AIA Vitality?

AIA Health & Wellness Live 2020 - powered by AIA Vitality ("Virtual event") is a free virtual event for AIA customers, AIA Vitality members as well as the public. This virtual event will take place on 23 – 24 October 2020 and feature experts sharing on how to take care of your physical and mental health. You can also pick up tips on healthier cooking and participate in a variety of workout sessions where you can work out a sweat with your family and friends. Truly a virtual event that you wouldn't want to miss!

2. How do I register for this Virtual event?

You can register for the Virtual event at www.aia.com.sg/healthandwellnesslive from now till 21 October 2020 2359HR.

3. How can I access this Virtual event on 23-24 October 2020?

Upon successful registration, you will receive a confirmation email with the web link, as well as your unique login details, to access the Virtual event on both days.

4. Do I have to be an AIA Vitality member to join this event?

No, the Virtual event is open to everyone. Simply register at www.aia.com.sg/healthandwellnesslive by 21 October 2020 2359HR to get a spot for yourself!

5. Do I need to pay to join this Virtual event?

The Virtual event is free to join. All registered participants will get to enjoy an exclusive discount pack from our partners too!

6. Can I share my login details with my family or friend?

Please note that the login details are unique to you. Do not share it with others. Only one device can access the Virtual event site at any one time.





7. Who should I contact if I do not receive the confirmation email after registration?

You should receive your confirmation email with login details one week after registration. If you do not receive, please write to support@aiavitality.com.sg and provide the details used at registration for our verification.

8. I understand that AIA Vitality members can earn up to 300 Vitality points for participation. How do I earn the points?

As an AIA Vitality member, you will be awarded with 50 Vitality points for every session that you attend, up to 300 Vitality points per member.

Please ensure that you have provided the correct AIA Vitality membership number during registration (i.e. V123456789). Please note to complete the form at the end of every session that you attend at the Virtual event to allow crediting of Vitality points.

The AIA Vitality points will be credited into your AIA Vitality account by 6 November 2020. Please note that the AIA Vitality points earned will not count towards the Weekly Fitness Challenge target points but added to the overall AIA Vitality status points. The AIA Vitality points will be reflected on your points statement as “Points Adjustment” and dated on the day of crediting.

9. Do I need to join all the sessions at the Virtual event or I can just join the sessions that I am interested in?

You may choose to join the sessions that you are interested in. Do refer to the programme line-up at www.aia.com.sg/healthandwellnesslive.

10. If I missed any of the sessions, will there be a replay?

The recordings of the 2-day virtual event will be available at the website until 23 November 2020, so you may catch up on any session(s) that you missed. Do log on to the Virtual event website with your login details.

However, please note that Vitality points will only be awarded for sessions that AIA Vitality members attend on 23-24 October 2020, and not for catch-up sessions viewed thereafter.





11. Are the AIA Vitality points transferable?

No, the AIA Vitality points will only be credited to the registered participants' AIA Vitality account, which must remain active at the point of crediting. It cannot be transferred to another AIA Vitality member.

12. I am an AIA Vitality member but not under AIA Singapore, am I eligible to earn the AIA Vitality points and Vitality coins?

The AIA Vitality points will only be awarded to AIA Singapore's Vitality members.

13. I am not an AIA Vitality member. How do I sign up for AIA Vitality?

If you are an existing AIA customer, you can either click [here](#) to sign up for AIA Vitality or speak with your AIA Financial Services Consultant or Insurance Representative. If you are not an AIA customer and are interested to sign up for AIA Vitality, you can click [here](#) to get in touch with us.

14. When must I sign up for AIA Vitality to qualify for the AIA Vitality points for the Virtual event?

All new registrations for AIA Vitality must be completed by 20 October 2020, 2359HR (Singapore time) and participants are to contact AIA Vitality Singapore at support@aiavitality.com.sg to include the AIA Vitality membership number in the event registration account to qualify for the AIA Vitality points for AIA Health & Wellness Live 2020 - powered by AIA Vitality.



About the Quiz

15. What is the Quiz?

There will be a Quiz right after the selected sessions listed below, with prizes to be won. So do make sure to stay till the end of these sessions!

Day 1 Sessions
• The Balancing Act of Working from Home: Morale, Engagement & Productivity
• From Payor to Partner: Revolutionising Healthcare
• Dim Sum Treat with Dr Leslie
• Financial and Protection – keeping your savings intact
• Sleep Deprivation: the impact on work and school performance
• Workout: Pilates
• Stress Management & Mindfulness
Day 2 Sessions
• Workout: Latin Dance Cardio
• World Mental Health Day Special Mental Health Matters: Important Steps on our Wellness Journey
• Unlocking better health and wellbeing with Fitbit
• Sudden Cardiac Death during exercise: Am I at risk?
• Virtual Supermarket Tour and Low Calorie Meal Demonstration

16. How to participate?

All registered participants who attend any of the selected sessions as listed in Q15 may take part in the Quiz. The Quiz will appear on screen after each live stream session and the first 5 participants with the correct answers will win a prize. Fastest fingers first!

17. What are the prizes to be won?

You can look forward to winning prizes such as Fitbit devices, Fitness First fitness pack, Health Can Be Fun webcook sessions, vouchers, Virgin Active online Personal Trainer sessions and many more.





18. How will I know if I have won?

The winners of each Quiz will be contacted by AIA Singapore via email (with the email provided in the winner's registration for the AIA Health & Wellness Live 2020, powered by AIA Vitality) by 6 November 2020. The winners will be required to acknowledge by replying to the email with their full name, contact number and residential or office address by 9 November 2020. AIA Singapore reserves the right to deal with all prizes unclaimed within the time stipulated in the prize notification email, in any manner deemed fit.

Click [here](#) to view the full terms and conditions for the Quiz.

About the 'Live with Vitality' Contest

19. What is this Contest about?

All registered participants can participate in the 'Live with Vitality' Contest, which will be available for participation at the end of every session across the 2 days of Virtual event.

20. How to participate?

All registered participants who attend any session across the two days can take part in the Contest. The Contest will appear on screen after each live stream session. Simply submit your response and prizes will be awarded to the 8 most creative submissions.

21. What are the prizes to be won?

The top 8 winners for the contest will each win a grand prize, an AIA Vitality Wellness Pack, worth S\$650!





22. How will I know if I have won?

The winners of the Contest will be contacted by AIA Singapore via email (with the email provided in the winner's registration for the AIA Health & Wellness Live 2020, powered by AIA Vitality) by 6 November 2020. The winners will be required to acknowledge by replying to the email with their full name, contact number and residential or office address by 9 November 2020. AIA Singapore reserves the right to deal with all prizes unclaimed within the time stipulated in the prize notification email, in any manner deemed fit.

Click [here](#) to view the full details on the Contest.

Please refer to www.aia.com.sg/healthandwellnesslive for full details of AIA Health & Wellness Live 2020 – powered by AIA Vitality. Information is correct as at 20 October 2020.

