AIA Vitality
Physical Activity Points

AIA Vitality Physical Activity Points help you turn healthy actions into real rewards.

Earn weekly rewards when you meet your personalised physical activity targets and build points to boost your AIA Vitality Status and unlock even bigger rewards.

Earning Physical Activity points

To start tracking activity, link your compatible device or health app (Apple Watch, Fitbit, Garmin, or Samsung), Apple Health (iOS devices), Samsung Health / Google Fit app (Android devices) or Strava with your AIA Vitality membership.

Once you have successfully linked your compatible device or health app you are ready to start tracking activity. Here's some different ways to earn points.

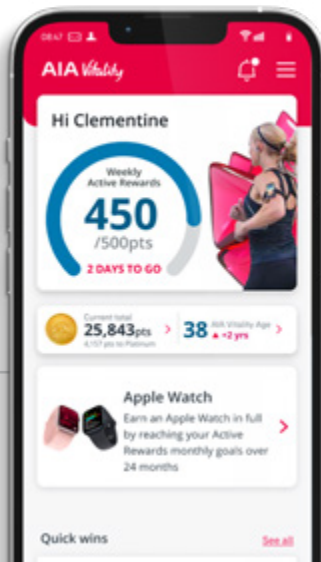| Steps	Increasing heart rate	Speed	Burning calories	Gym partner visits

Different ways to earn and be rewarded

- Opt in to Active Rewards and if you meet your weekly target, you'll be able to redeem a $5 Active Rewards voucher of your choice or donate $5 to an AIA Vitality selected charity.

- With the Apple Watch Benefit you can earn an Apple Watch in full by reaching your weekly Physical Activity targets for 24 months.

- Visit a Les Mills club, Jetts Fitness gym or a Snap Fitness gym and earn up to 100 points per visit, per day.

- Participate in Organised Fitness Events like a marathon or fun run. The allocated points correspond to the effort required to complete the event.

Physical Activity Points limit

It's helpful to know what you can earn and how your points are allocated.

- You can earn a maximum of 150 points in one category per day. If you complete two or more fitness activities in one day, the highest points earning activity will be awarded.

- If you opt in to Active Rewards or the Apple Watch Benefit, you'll receive weekly targets that run from Monday - Sunday. Your weekly target will always be in the range of 200-500 points and will either remain as is or go up/down, depending on your activity level over the previous three weeks.

- Your weekly Physical Activity target will only move up or down in 50 point increments. The upper target will never exceed 500 Physical Activity Points, as this target aligns with the minimum level of physical activity advised by the World Health Organisation (WHO) to maintain or improve one's physical health i.e. WHO recommends at least 150-300 minutes of moderate-intensity aerobic physical activity per week, or at least 75–150 minutes of vigorous-intensity aerobic physical activity per week. For example: if across the week you complete five, moderate-intensity, 30 minute work outs at 70% age related max heart rate (100 points each), this will earn you the maximum 500 Physical Activity Points and align with the minimum level of physical activity recommended by WHO.

- If you hit the maximum weekly target of 500 points, you're still able to earn up to 1,050 points which will contribute to your AIA Vitality Status. Once you've hit the maximum Physical Activity Points limit of 15,000 per membership year, your Physical Activity Points will no longer count as Status Ppoints (Silver, Gold, Platinum) but you will still be able to earn points towards your weekly Active Rewards or Apple Watch Benefit repayment. The limit of 15,000 points is to encourage members to engage and earn Status Points more broadly within the programme; for example, via other point earn activities including health checks and mental wellbeing.

- There is a sub-limit of 3,000 points per membership year for Organised Fitness Events, this is included as part of the maximum 15,000 points. The points you earn from the Organised Fitness Event don't count towards your weekly Physical Activity target, however, the points you earn from the activity itself does count. For example, if you earn 1,500 points for completing a marathon, and in the run completed 12,500 steps or more, the 100 points you earn for the steps will count towards your weekly Physical Activity target.

Hi Clementine

Weekly Active Rewards
450 /500pts
2 DAYS TO GO

Current total 🟡 **25,843**pts > 38 AIA Vitality Age ▲ +2 yrs >

Apple Watch
Earn an Apple Watch in full by reaching your Active Rewards monthly goals over 24 months >

Quick wins   See all

HEALTHIER, LONGER, BETTER LIVES

Make every Point count

We want to make sure your hard work is rewarded. So please read through the below to ensure every single point is counted.

- When you're physically active be sure to open the AIA Vitality app and your fitness device app regularly (at least once a week) so your data can sync, and your points are tracked accurately. This is the only way to trigger the syncing of physical activity data with your AIA Vitality membership.
- There may be a slight delay for the points to reflect, but they should be there within a 48-hour period.
- Remember when using your compatible health app, the data needs to originate in the app. We do not accept data that originates on a third party app or device, that links through to your compatible app. Examples of third party include XiaoMi, Huawei or Mi Watch devices.
- If you're using an iOS device, system updates may unlink your Apple Health app from the AIA Vitality app – so check after an update and relink if needed.
- For Active Rewards and Apple Watch Benefit repayments, you need to sync your data by the following Saturday evening (midnight) so your points are counted. For example, if the week ran from Monday 1st March to Sunday 7th March, you need to sync your data for that week by Saturday 13th March to earn your weekly Active Rewards.
- Once you have reached your weekly target and synced your data, you have 30 days to redeem your Active Rewards within the AIA Vitality app. After this 30 day period your Active Rewards voucher will expire. We cannot reallocate a voucher unless you can provide proof of an error that prevented you from redeeming the voucher.
- If you are travelling abroad, there are various countries known for malicious traffic used to attack online platforms where you will not be able to access your AIA Vitality app or website. Please continue to track your physical activity data during this time, and when you return to New Zealand, you will need to sync your data to your AIA Vitality membership. AIA Vitality will process 30 days of data for Fitbit and Garmin devices, and 14 days of data from Apple Health, Samsung Health and Google Fit.

Need help with syncing, tracking points, or understanding your weekly target?

Talk to the AIA Vitality team
call **0800 242 888** (Mon - Fri, 9am - 5pm)
or email **NZVitality@aia.com**

Physical activity		AIA Vitality Points
STEPS - PER DAY		
5,000 - 7,499		**25**
7,500 – 12,499		**50**
12,500 or greater		**100**

OR

HEART RATE DATA - ONCE PER DAY		
Time of single session	Average age-related maximum heart rate*	
At least 10 minutes	at least 80%	**50**
At least 30 minutes	at least 60%	**50**
At least 20 minutes	at least 80%	**100**
At least 30 minutes	at least 70%	**100**
At least 60 minutes	at least 60%	**100**
At least 30 minutes	at least 80%	**150**
At least 60 minutes	at least 70%	**150**
At least 90 minutes	at least 60%	**150**

*Work out your age-related max heart rate with this formula:
(220 – your age) x 0.6 = your 60% heart rate **or**
(220 – your age) x 0.7 = your 70% heart rate **or**
(220 – your age) x 0.8 = your 80% heart rate.

OR

SPEED DATA - ONCE PER DAY		
Time of single session	Minimum average speed	
At least 30 minutes	4 kmph	**50**
At least 30 minutes	7.2 kmph	**100**
At least 60 minutes	4 kmph	**100**

OR

CALORIE DATA - ONCE PER DAY		
Time of single session	Minimum calories burned	
At least 30 minutes	150 (at a rate of no fewer than 300 calories an hour)	**50**
At least 30 minutes	300 (at a rate of no fewer than 600 calories an hour)	**100**
At least 60 minutes	300 (at a rate of no fewer than 300 calories an hour)	**100**

OR

GYM PARTNER VISIT - ONCE PER DAY	
Les Mills club, Jetts Fitness gym, or Snap Fitness gym visit.	**100**

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