

Member fast start guide

01

Activate your AIA Vitality membership.

Before you can access AIA Vitality you must first set-up and activate your membership.

- Your AIA Vitality membership is created after your policy is issued.
- You will receive an email from AIA Vitality asking you to activate your membership.
- Click the 'Activate Now' button and set up your password, which takes less than 30 seconds.
- You can now access the AIA Vitality website to start your journey to better health.

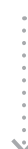


02

Download the app for Android or iPhone.

The app will make your AIA Vitality journey an even more rewarding experience.

- **iPhone users**, download the app from the App Store, **Android users** go to the Google Play Store.
- **Opt-in** to Active Rewards to earn weekly rewards every time you meet your personalised Active Rewards target.
- AIA Vitality Active Rewards can only be accessed via the app.
- Link your fitness devices and apps and complete the online AIA Vitality Age Assessment.
- If your fitness device or app is able to track sleep, you will earn 10 AIA Vitality points every time you get at least 7 hours of sleep per 24 hours.
- Access the many benefits and rewards from our AIA Vitality partners.

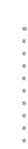


03

Start completing online assessments. We recommend completing the AIA Vitality Age Assessments online to start.

Get an understanding of your health and wellbeing and earn thousands of AIA Vitality points.

- Login to the AIA Vitality website or app, and navigate to 'Earn Points / Quick Points' on the website, and to 'Get Points / Complete Health Checks' on the app.
- Complete the AIA Vitality Age Assessment, which will reveal your AIA Vitality Age and award you up to 3,000 points.
- Other assessments include: Non-Smoker's Declaration and the Skin Self-Examination.



04

Start tracking your physical activity.

Tracking steps and physical activity is an easy way to earn AIA Vitality points.

- If you have a fitness device, ensure you have set up your account with your fitness device brand. If you don't have a fitness device, you can download a fitness app for that. **iPhone users**: link to Apple Health. **Android Users**: link to GoogleFit.
- Login to the AIA Vitality website or app, and navigate to the 'Earn Points - Link a fitness device or app' section where you can link your device or app.
- Once successfully linked, you can start earning points. This may take a few days, so please be patient.
- Earn 50 points for 7,500 daily steps or 100 points for 12,500 daily steps.



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HEALTHIER, LONGER,
BETTER LIVES

AIA Vitality