

QUICK GUIDE

# AIA Vitality SEIZE LIFE. LIVE WITH VITALITY.

This guide will help you choose to do one more for your health every day until you realize the only limits you have are those that you set on yourself.





# THE AIA VITALITY PROMISE

Are you ready to take the right step towards living a healthier, longer, and better life?

Welcome to AIA Vitality, a total wellness program that rewards you for being healthy.

Think of it as your personal health and wellness buddy that's there for you every day to encourage you to take one small step, and then one more. Before you know it, you're right on track to living the healthy lifestyle you've always wanted.

Discover how being healthy can be fun and rewarding as you go through this guide.

# HOW AIA VITALITY WORKS

AIA Vitality awards you with points for doing healthy activities such as taking online health assessments, exercising, doing medical check-ups, and more. Earning a specific number of points will increase your AIA Vitality Status. As a result, you'll be able to enjoy more rewards from a wide range of AIA Vitality partners!





The more points you earn, the higher your status climbs, and the greater rewards you can enjoy—from exclusive discounts to insurance benefits across all your AIA Vitality integrated plans!

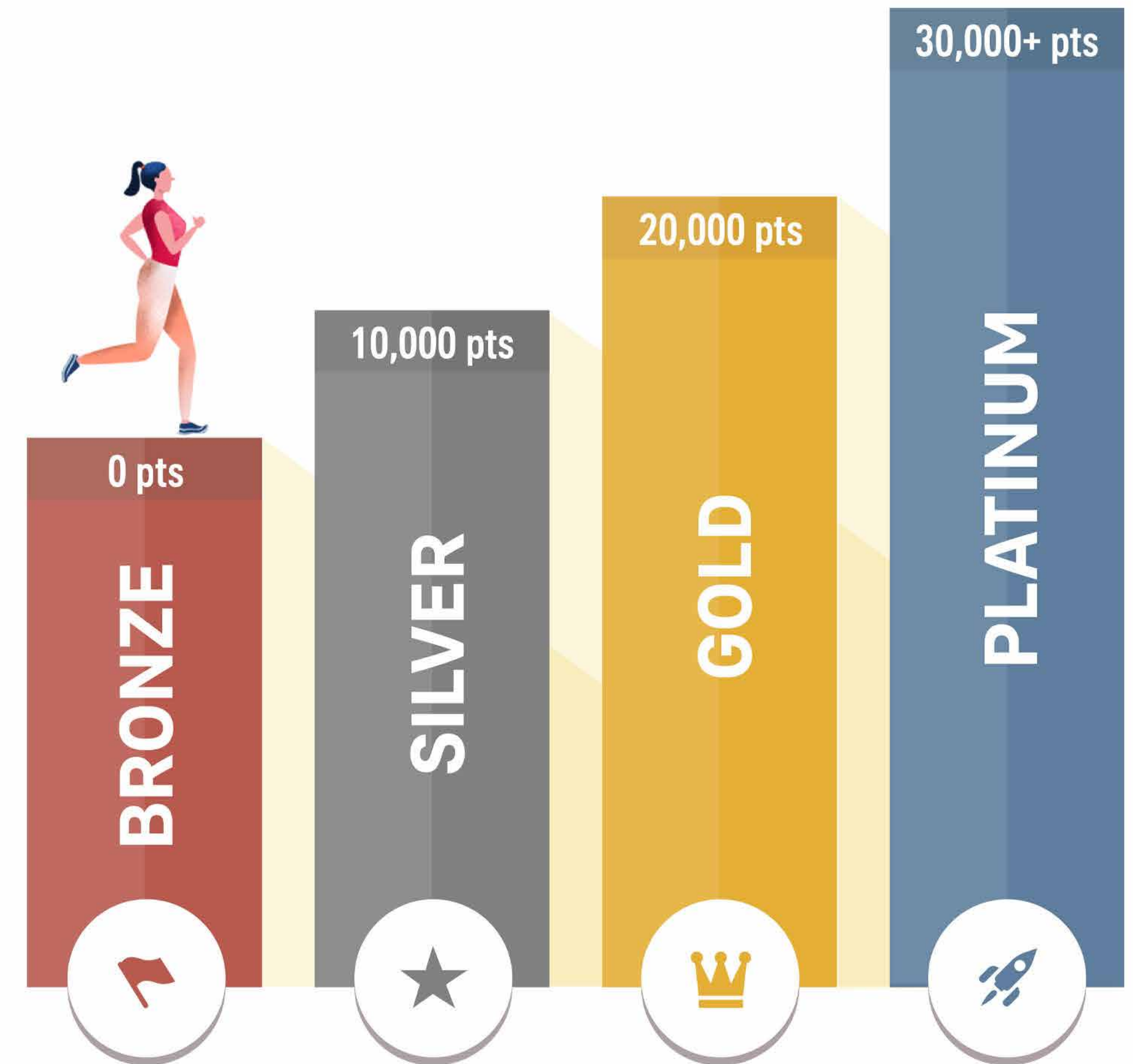
**Time to begin your journey together  
with millions of members across the world.**



# DO ONE MORE EVERY DAY

There are 4 statuses you progress through when earning points. Start at bronze and make healthy choices to get points and reach a new status to make your way to platinum. Each new level reached provides you with even better and more perks to reward you for making healthy choices.

 <p>Take one more step to achieve 7,500 steps daily</p>	 <p>Eat one more healthy meal</p>
 <p>Get one more hour of sleep</p>	 <p>Complete one more health assessment</p>



Notes:

- Points accumulate for one membership year and reset to zero on your membership anniversary.
- Your AIA Vitality Status is carried over to the next membership year. You will enjoy status-based benefits depending on either your current or previous status, whichever is higher.

# NOW START YOUR JOURNEY TO BETTER HEALTH

Download your next-gen wellness buddy right on your mobile phone.

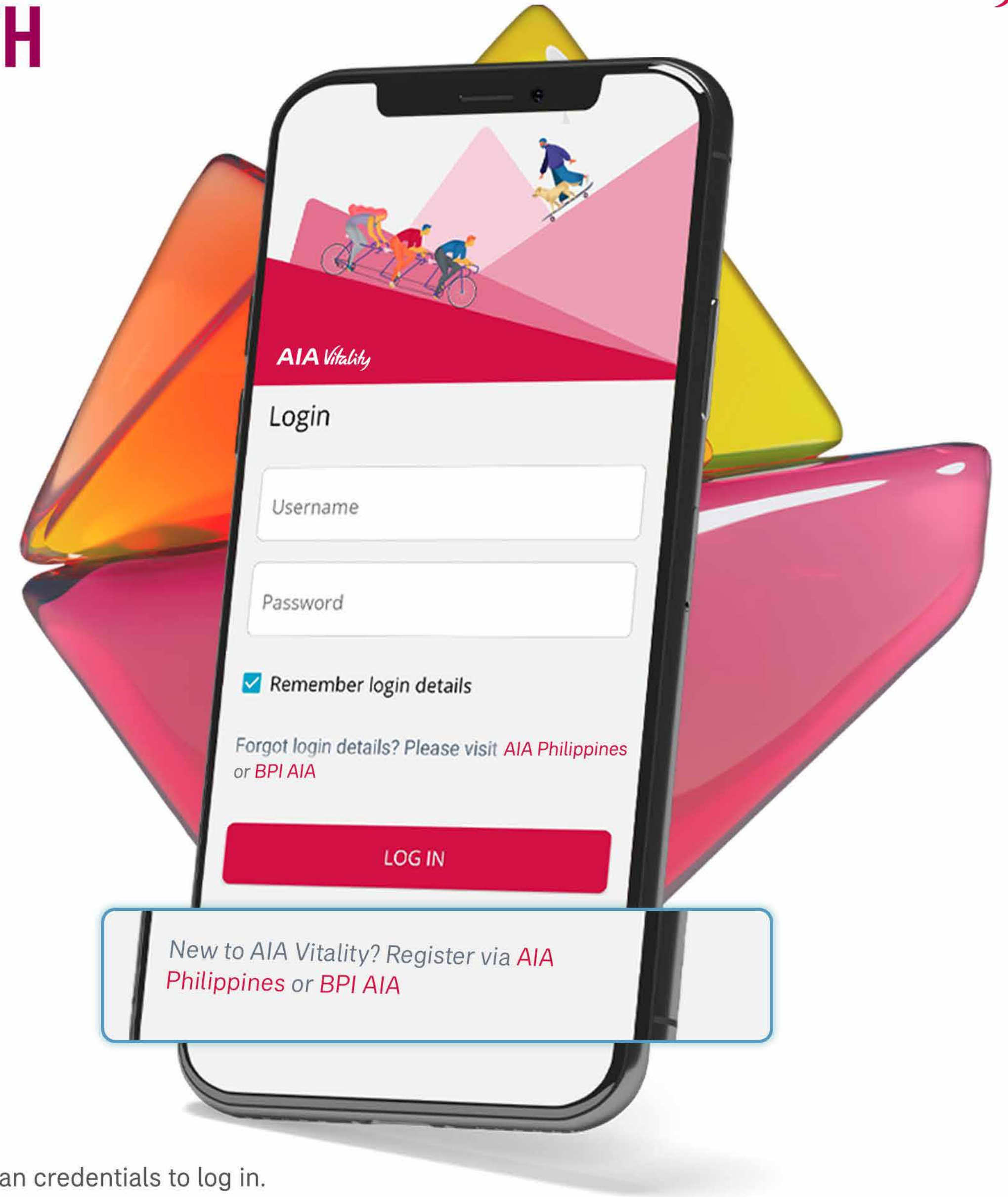


Activate your membership in 3 easy steps!

- 1 Open the app and register through your insurance provider.
- 2 Enter the One-Time Pin (OTP) sent to your mobile number.
- 3 Set a new password and log in the app with your latest credentials.

Note:

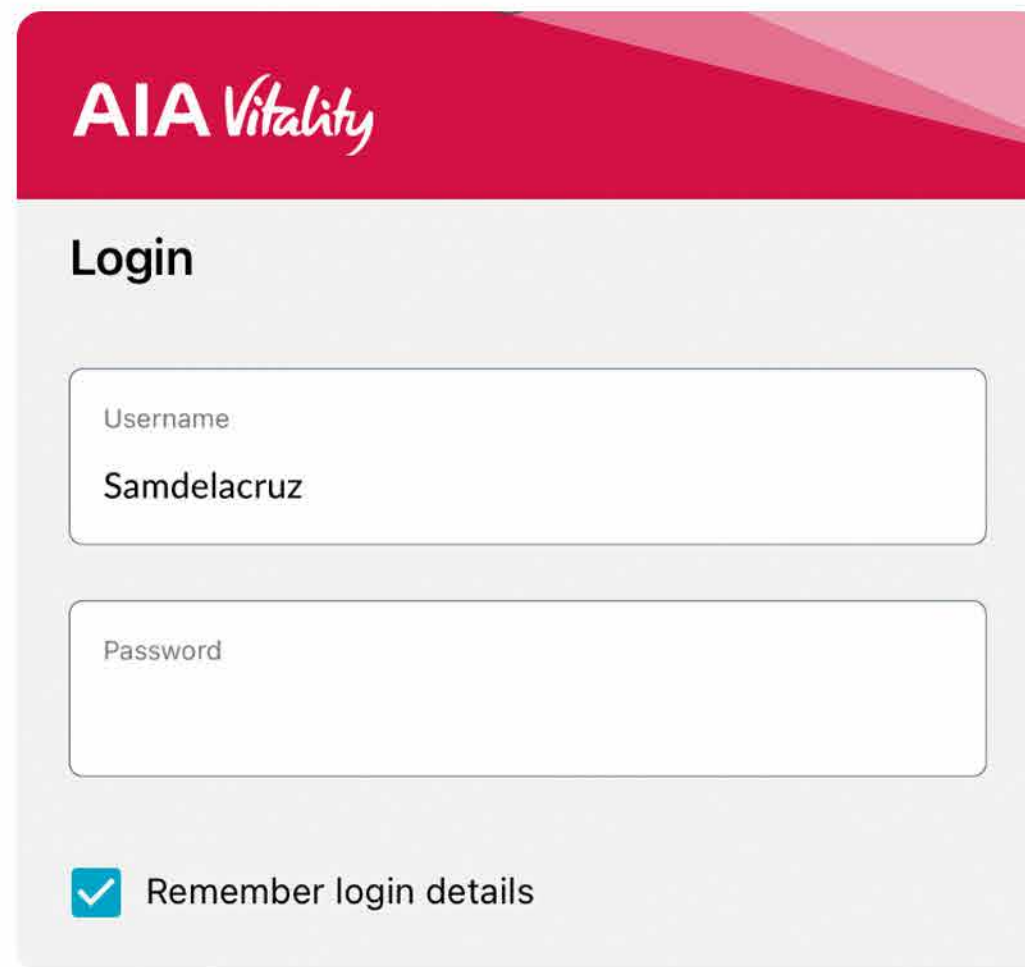
For existing members with an ePlan account, you may simply download the new AIA Vitality app and enter your ePlan credentials to log in.



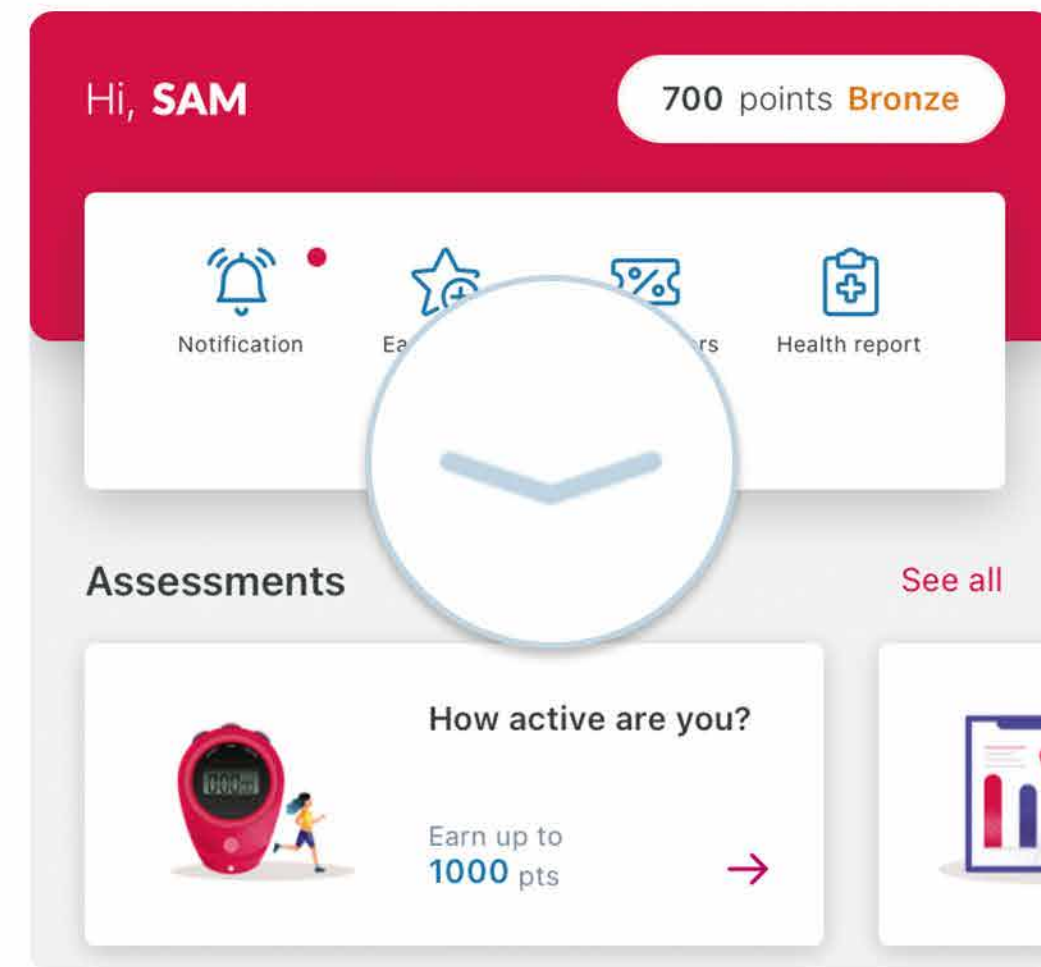
# EASILY ACCESS YOUR BENEFITS

Enjoy your member-exclusive discounts and benefits when you present your AIA Vitality e-Card and one valid ID at our partner establishments.

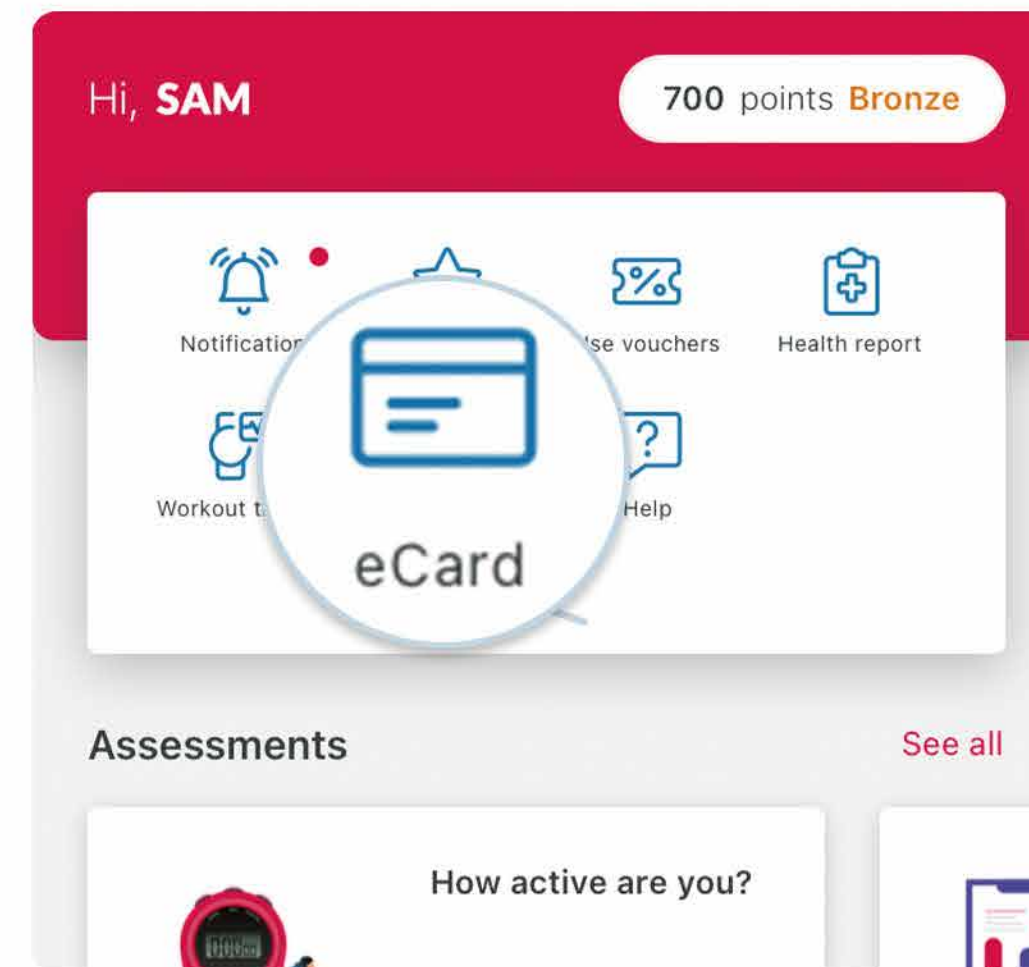
Follow these steps to find your e-Card in the app:



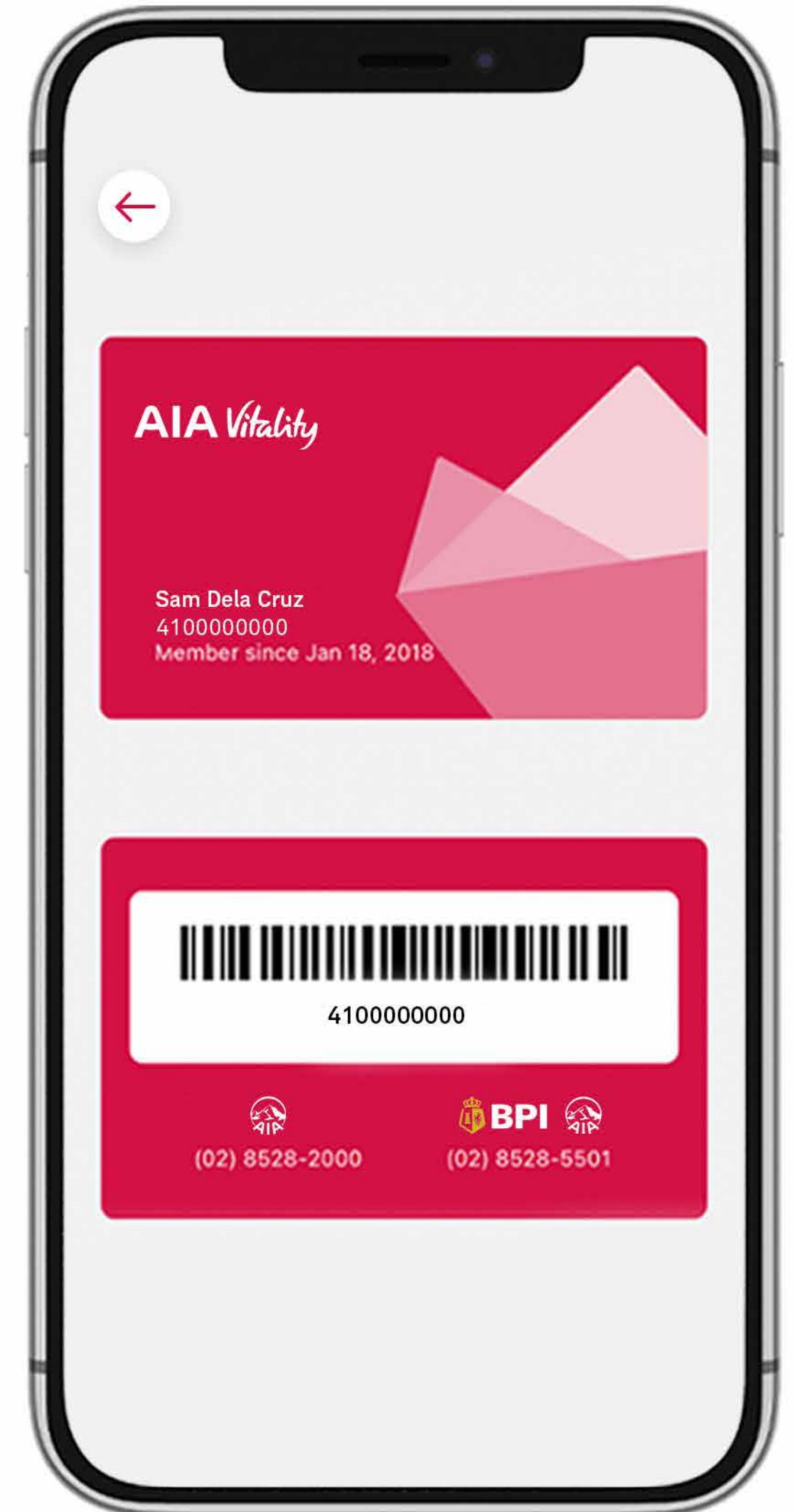
**1** Log in the AIA Vitality app.



**2** Expand the menu options in the dashboard.



**3** Select e-Card.



Notes:  
Some partners require online booking to avail of the benefits.  
Please refer to the app or this booklet for complete benefit mechanics.

# TRACK YOUR FITNESS ACTIVITIES

Link your fitness device or app to AIA Vitality and sync your workout data regularly to keep track of your health and earn points.

### Compatible Fitness Device:

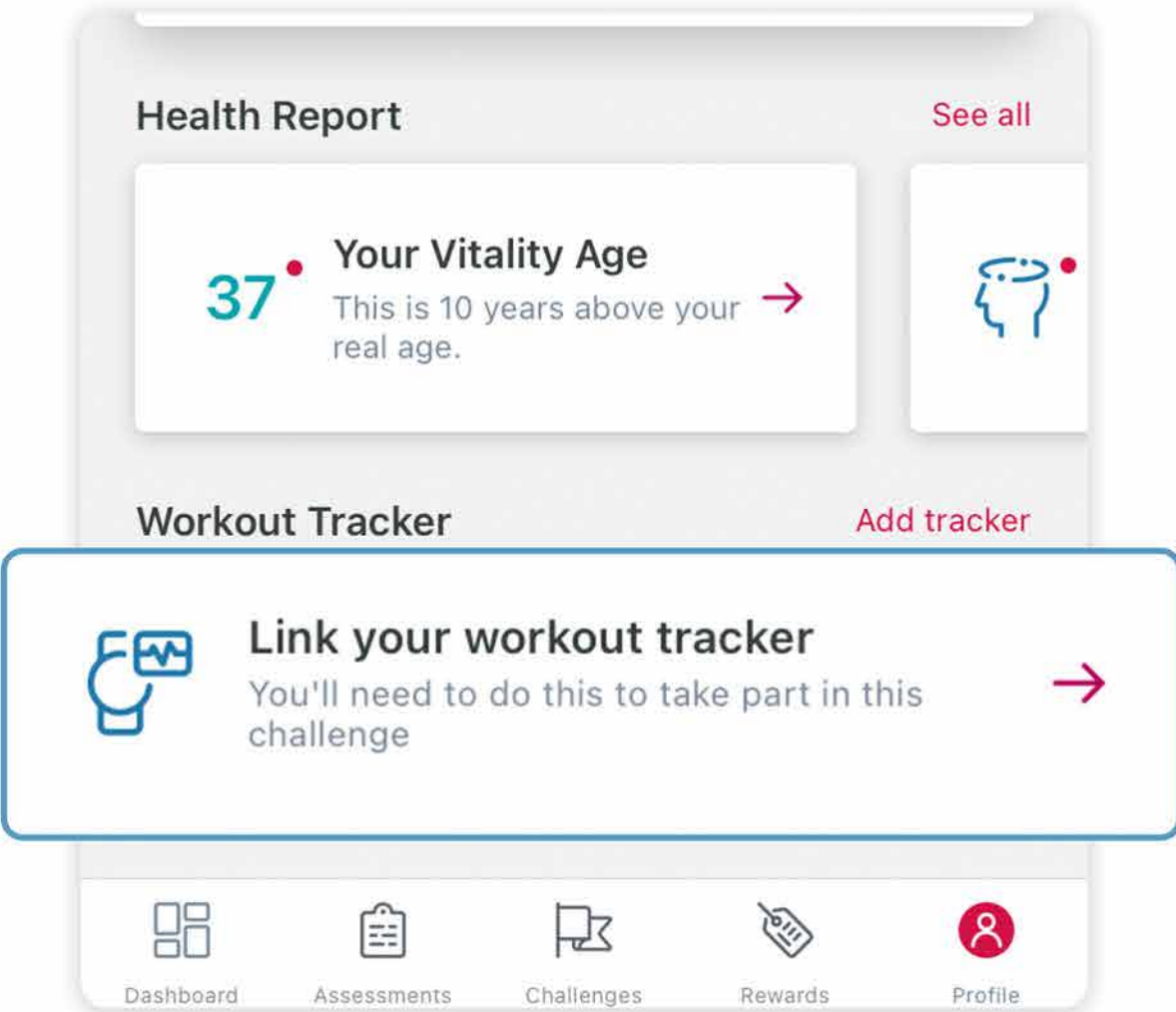


### Compatible Fitness Apps:



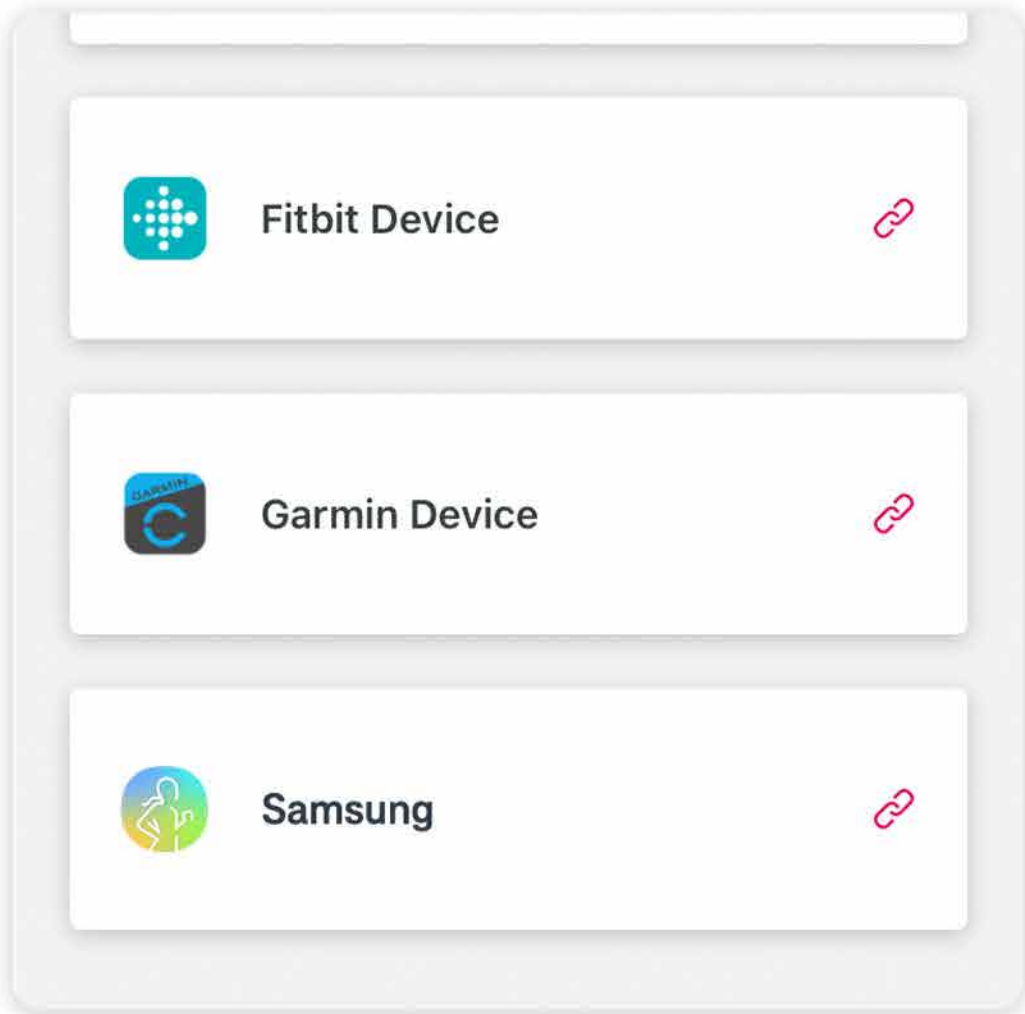
1

Go to “Profile” and click “Link your workout tracker”.



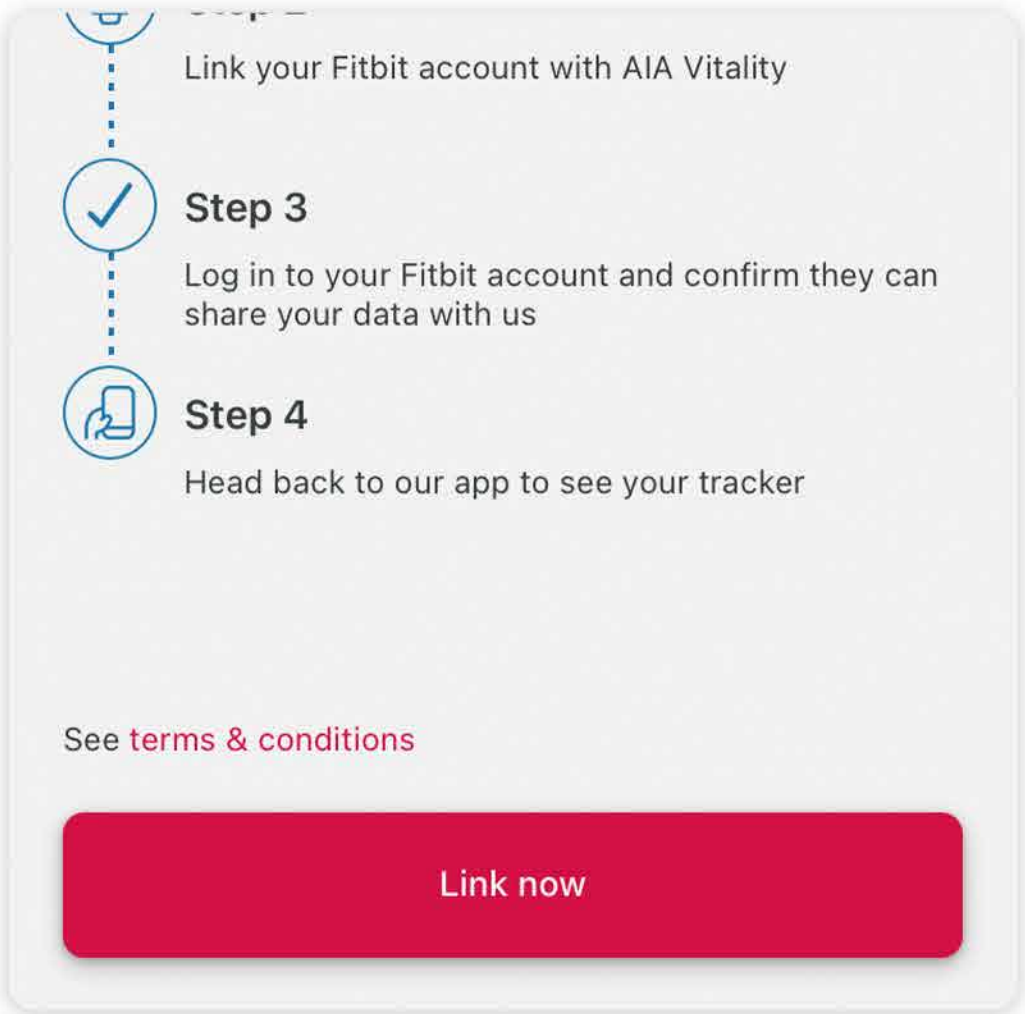
2

Select your preferred fitness device or app.



3

Follow the steps and click the “Link now” button.



If your fitness device is not on the list above, check if it’s compatible with Apple Health or S Health. If yes, link it first to any of the two apps. Then, you can link either app to AIA Vitality. Make sure to allow full access to share health data when linking to your AIA Vitality account to avoid points syncing issues.

# BEING HEALTHY HAS NEVER BEEN THIS REWARDING!

## KNOW YOUR HEALTH

The best way to stay healthy is to know what your mind and body need.

Start your journey by taking our online assessments!

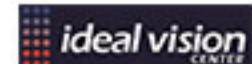
- Do the AIA Vitality Health Check.
- Complete the online assessments.
- Find out your health goals.
- Take vaccinations and other preventive care assessments.
- Take a fitness assessment and nutrition consultation.



**UP TO PHP 600 OFF**  
fitness assessment  
and nutrition consultation



**10% OFF**  
basic and selected  
advanced screens



**UP TO 30% OFF**  
select products  
and services



**10% OFF**  
basic and selected  
advanced screens



**UP TO 50% OFF**  
screenings and  
other services



**UP TO PHP575 OFF**  
fitness assessment  
and nutrition consultation

## IMPROVE YOUR HEALTH

Make one more healthy choice daily. Rack up points by hitting your fitness, sleep and nutrition goals.

- Walk or jog to earn easy points.
- Work out at partner gyms.
- Avoid unhealthy habits.
- Get new workout gear at a discount.
- Get 7 hours of sleep.



**UP TO 30% OFF\***  
selected fitness  
devices



**10% OFF**  
Smoking Cessation  
Program



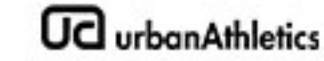
**25% OFF\*\***  
regular-priced items



**UP TO 30% OFF\***  
selected fitness devices



**25% OFF\*\***  
regular-priced items



**25% OFF\*\***  
regular-priced items



**70% OFF** gym membership  
& **UP TO PHP9,000 OFF**  
bundle deals

## ENJOY THE REWARDS

Increase your AIA Vitality Status by earning points for your healthy choices! The higher your status, the greater your rewards!

Note: Answer the "How Healthy Are You?" assessment every membership year to activate Active Rewards.

- Enjoy perks from our wide range of partners.
- Earn more rewards by increasing your AIA Vitality Status.
- Save and get more value for money through AIA Philippines and BPI AIA insurance plans.



**UP TO 20%\*\***  
premium discount



**UP TO 50%\*\***  
additional coverage



**UP TO 100%\*\***  
loyalty boost



**UP TO 50%\*\***  
double booster  
(coverage + loyalty boost)



**UP TO PHP350 OFF**  
two movie tickets  
per week



**15% OFF**  
admission tickets  
(max. of 11 tickets/day)



**UP TO 35% OFF\***  
local and international  
roundtrip airfare



**UP TO 30% OFF\***  
selected gadgets  
and appliances



**UP TO 35% OFF\***  
best available rates



**ACTIVE REWARD**  
when you hit your  
weekly fitness target

Your choice of PHP100 eGift:



ZALORA



Notes:

\*depends on your AIA Vitality Status

\*\*depends on your insurance policy and AIA Vitality Status

\*\*\*maximum of PHP20,000 annual spending limit

The policy contract governs if there are conflicts.

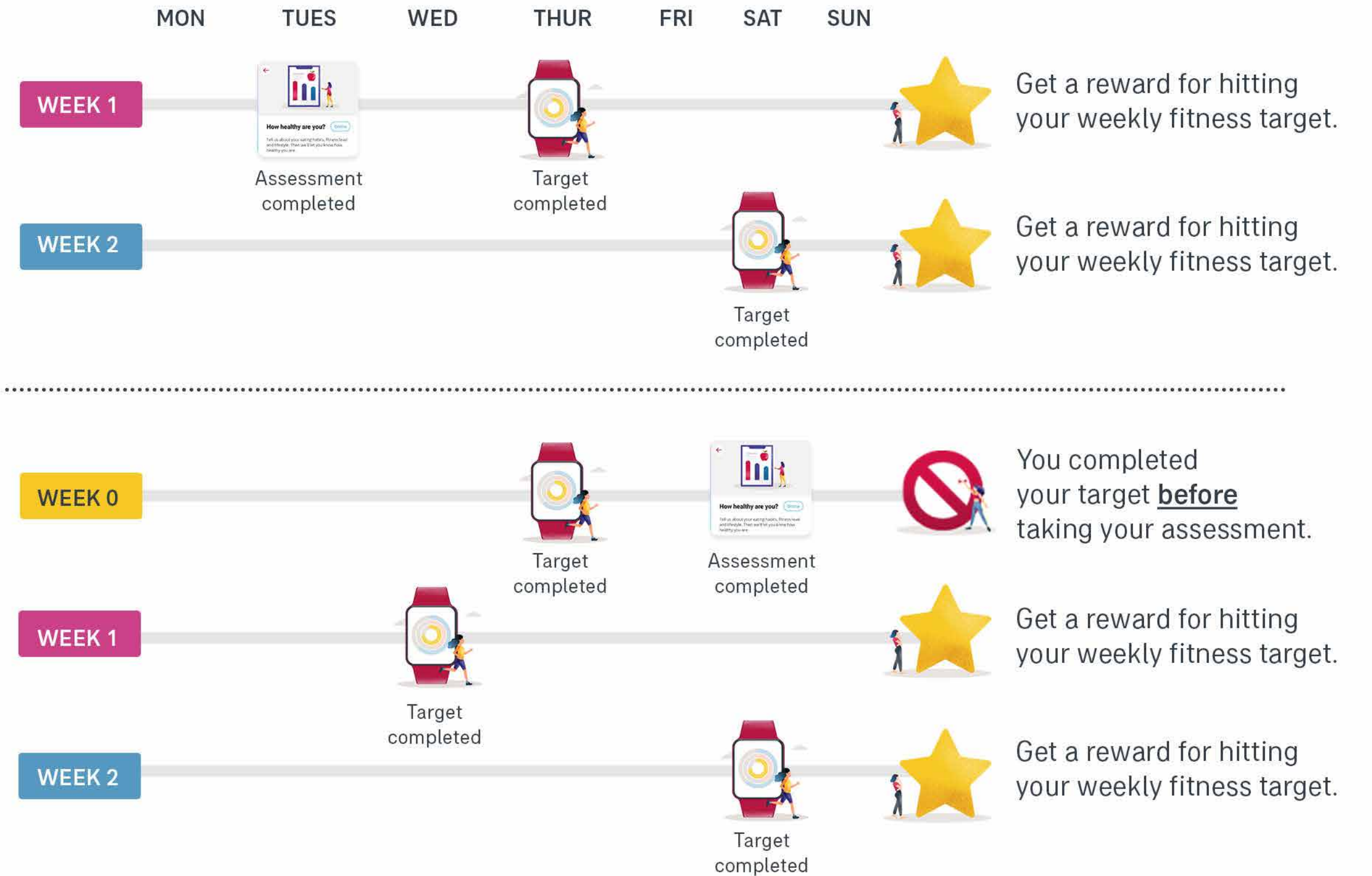
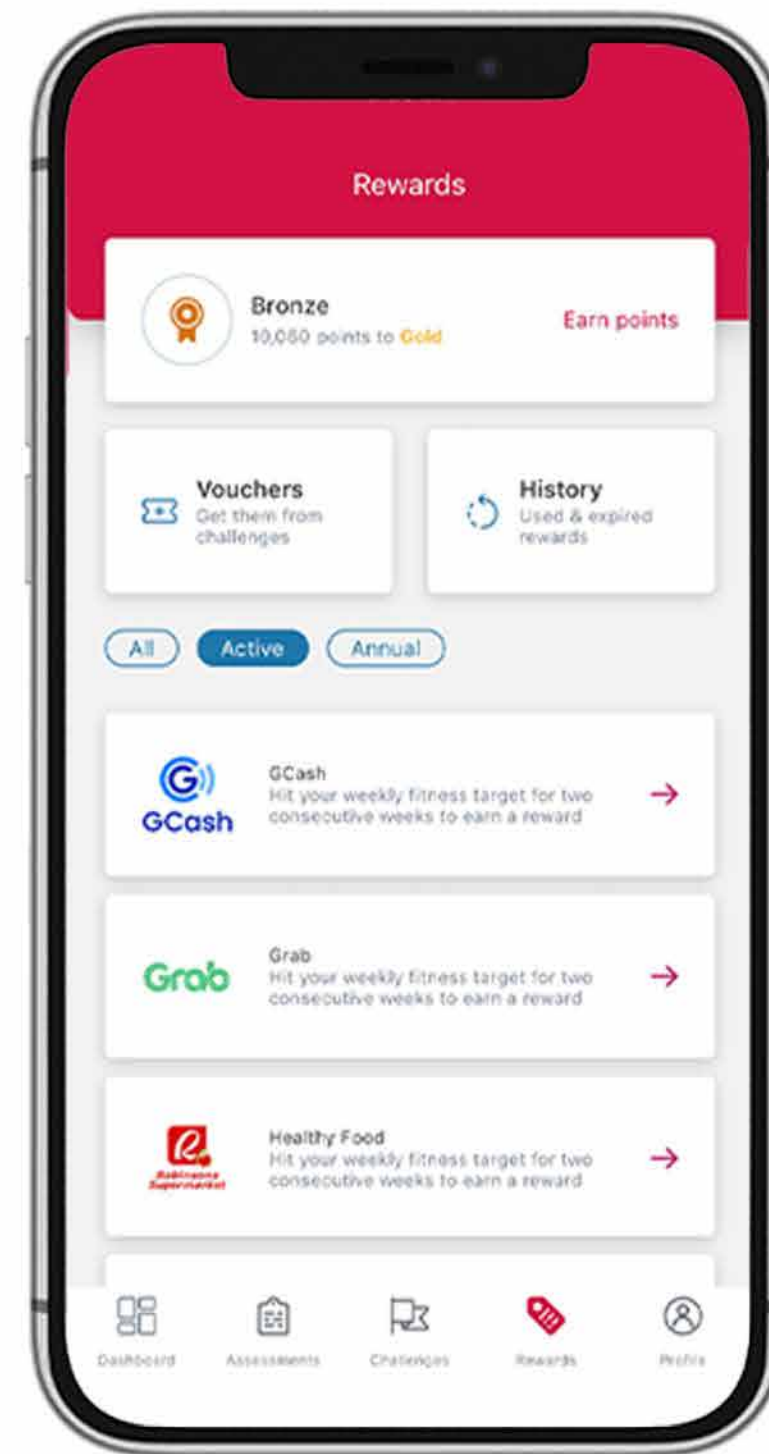
Partners and benefits as of February 1, 2024.

Partners, discount rates, and benefits are subject to change without prior notice.  
For the latest updates, visit [www.aia.com.ph](http://www.aia.com.ph) or [www.bpi-aia.com.ph](http://www.bpi-aia.com.ph). Terms and conditions apply.

# ACTIVE REWARDS

Enjoy an instant reward by completing your weekly fitness target.

- 1 Take the "How Healthy Are You?" assessment every membership year to unlock active rewards.
- 2 Make sure to take this online assessment before hitting your weekly fitness target. Otherwise, the freebie will only be available the next time you complete the weekly fitness challenge.



Choose from these instant freebies:

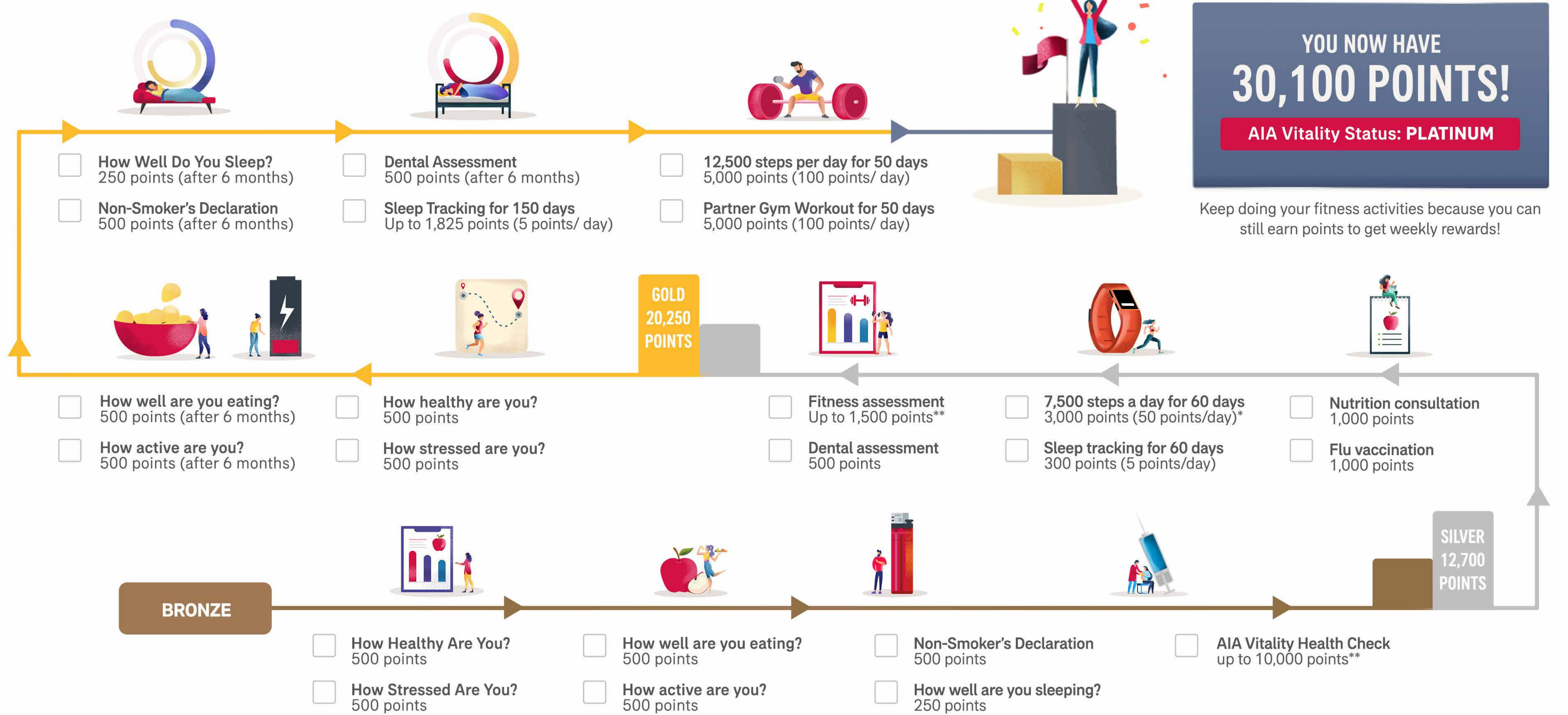


Notes:  
 Active rewards as of February 1, 2024.  
 Active rewards are subject to availability and change without prior notice.  
 For latest updates, visit [www.aia.com.ph](http://www.aia.com.ph) or [www.bpi-aia.com.ph](http://www.bpi-aia.com.ph). Terms and conditions apply.



# Move up from Bronze to Platinum

Take it one step at a time!



Notes:  
 \*Annual limit for points earned from fitness activities is 15,000 points.  
 \*\*Equivalent points if assessment result is within healthy range.



HEALTHIER, LONGER,  
BETTER LIVES



(02) 8528 2000



**BPI**



(02) 8528 5501

