

AIA Vitality Points Structure

Health Activities		AIA Vitality Points		
		Points	Condition	Max per year
1. Vitality Health Review online assessment*		500 Points	Twice per Year	1,000
2. Exercise online assessment*		500 Points	Twice per Year	1,000
3. Mental Wellbeing online assessment *		500 Points	Twice per Year	1,000
4. Non-Smoker's Declaration online*		500 Points	Twice per Year	1,000
5. Nutrition online assessment*		500 Points	Twice per Year	2,500
6. Nutrition Consultation		1,000 Points	Twice per Year	
7. Sleep Online Assessment*		250 Points	Twice per Year	500
8. Sleeping tracking from wearable devices which sync with www.vitality.aia.co.th or AIA Vitality mobile application		5 Points	Daily	1,830
9. Basic Health Check	Body Mass Index	750 Points per one exam and additional 750 Points if in healthy range	Once per Year	6,000
	Blood Pressure			
	Cholesterol			
	Glucose			
10. Advanced Screening	HIV Test	1,000 Points per one assessment	Once per Year	Points depend on gender and age**
	Pap Smear (Female, 21 years old)			
	Mammogram (Female, 40 years old)			
	Fecal Occult Blood Test (FOBT) (Male, 50 years old)			
	Prostate Specific Antigen (PSA) Test (Male, 50 years old)			
11. Vaccination	Flu vaccination	1,000 Points per vaccine	Once per Year	1,000
	Hepatitis B vaccination		One per lifetime	1,000
	HPV vaccination		One per lifetime	1,000
	COVID-19		One per lifetime	1,000
12. Dental Examination		1,000 Points	Once per Year	1,000
13. Vision screening		500 Points	Once per Year	500
14. Blood Donation		100 Points	Twice per Year	200
15. Fitness Test at participating partner gym		750 Points for one assessment and additional 750 points for being in the healthy range	Once per Year	1,500
16. Achieve personal health improvement goals recommended by the programme such as exercising for at least 10 minutes, 3 times a week via www.vitality.aia.co.th or AIA Vitality mobile application		Depends on member's profile	Depends on the goals received	6,000
17. Exercise at Partner Gyms		100 Points	Daily	15,000
18. Health activities tracking from wearable devices which sync with www.vitality.aia.co.th or AIA Vitality mobile application.		50/100 Points	Daily	
19. Organized Fitness Event **		100 - 1,500 Points varies by activities	Daily	
20. Purchasing healthy food (e.g. fresh fruit, fresh vegetables, low-fat pasteurised milk, etc.) from participating partner**		1 Points for every 5 Baht spending (max 400 Points per month, max 2,000 Baht spending per month)	Depends on Spending	4,800
21. Special activities e.g. engagement activities, online quiz, sleep seminar, mental management seminar, etc.		50 or 100 Points	Depends on Activity	500

* Online assessment via www.vitality.aia.co.th or AIA Vitality mobile application.

** For more information, please visit www.vitality.aia.co.th or AIA Vitality mobile application.

AIA reserves the right to change the health activities and/or AIA Vitality Points structure above.

Important Note: This English translation is non-binding and is provided for your convenience only. In the event of any discrepancy between the Thai original and this English translation, the Thai original shall prevail. We assume no responsibility for this translation or for direct, indirect or any other form of damage arising from the translation.

EARN POINTS TO UPGRADE AIA VITALITY STATUS

Assessments

Points per membership year



Online Assessments

	Points per membership year	1 st Time (6 months apart)	2 nd Time
How Active Are You?	1,000	500	500
How Well Are You Eating*?	1,000	500	500
How Healthy Are You?	1,000	500	500
How Stress Are You?	1,000	500	500
Quit Smoking	1,000	500	500
How Well Are You Sleeping?	500	250	250

Consultation

Nutritionist Consultation*	2,000		
Fitness Assessment	750 + 750		

Health Check

Body Mass Index	750 + 750		
Blood Pressure	750 + 750		
Glucose	750 + 750		
Cholesterol	750 + 750		

(+750 points if result is within healthy range)

Screening and Prevention

Pap Smear (F, age 21+)**	1,000		
Mammogram (F, age 40+)	1,000		
Prostate-Specific Antigen (M, age 50+)	1,000		
Fecal Occult Blood Test (age 50+)	1,000		
HIV Test	1,000		
Dental Check	1,000		
Flu Vaccination	1,000		
Hepatitis B Vaccination***	1,000		
HPV Vaccination (F, age 18-26)***	1,000		
COVID-19 Vaccination***	1,000		
Eye Check Up	500		

Challenges

Points per membership year



Get Active

Physical Activities 15,000

Earn Vitality Points for one physical activity with the highest points each day from (1) Workout (up to 100 points/day) or (2) Partner Gym visit (up to 100 points/day) or (3) Fitness events e.g. marathon (up to 1,500 points/day).

Healthy Food

Purchase fresh vegetables, fresh fruits, low fat pasteurized milk, fresh fish, fresh egg, and unpolished rice.

400 Jan 400 May 400 Sep
 400 Feb 400 Jun 400 Oct
 400 Mar 400 Jul 400 Nov
 400 Apr 400 Aug 400 Dec

Earn 1 point from every 5 Baht spent before discount (up to 400 points/month) + 15% discount (up to 300 Baht discount/month)

Reduce Stress

Blood Donation 200 100 100

Sleep

Sleep Tracking 1,830 5 points per night

Available for: Garmin, Fitbit, Samsung Gear, Samsung Galaxy Watch, or Apple Watch****)

Goals

Accept and achieve recommended goals such as Up to workout 10 min/day, 3 times/week for 90 days 6,000

Special Activities

Special activities related to AIA Vitality program 500

* Total cap max 2,500 points/membership year ** Earn 1,000 Vitality Points for 3 consecutive membership years. *** Once per life. **** Link Apple Watch with Pillow, Sleep++ or Sleep Watch application