

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

My AIA Vitality Membership Anniversary Date : DD / MM / YYYY

Assessments

Points per
membership year



Online Assessments

		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.

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

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

Reduce Stress

Blood Donation

200

1 st Time (3 months apart)	2 nd Time
100	100

Sleep

Sleep Tracking

1,830

5 points per night

Goals

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

Up to
6,000

Special Activities

Special activities related to AIA Vitality program

500

*Earn up to 2,500 points/membership year for completing all online nutrition assessments and nutritionist consultations.

Earn 1,000 Vitality Points for 3 consecutive membership years. *Once per life.

Effective on 18 March 2021