

## ONLINE ASSESSMENTS



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### Online Assessments

	Points per membership year	1st time (6 months apart)	2nd time
How Active Are You?	1,000	500	500
How Well Are You Eating? <sup>1</sup>	1,000	500	500
How Healthy Are You?	1,000	500	500

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

## HEALTHY CHOICES



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	Points per membership year	
Health Check – Body Mass Index (Healthy range 18.5-24.9)	750 + 750	
Health Check – Blood Pressure (Healthy range <130/85)	750 + 750	
Health Check – Glucose (Healthy range <100)	750 + 750	
Health Check – Cholesterol (Healthy range <200)	750 + 750	
(+750 points if result is within healthy range)		
Extra points when submit 4 basic health check	1,000	
Pap Smear (F, age 21+) <sup>2</sup>	1,000	
Mammogram (F, age 40+)	1,000	
Prostate-Specific Antigen (M, age 50+)	1,000	
Chest X-ray (age 40+)	1,000	
Electrocardiogram (ECG/EKG) (age 40+)	1,000	
Ultrasound Whole Abdomen (age 40+)	1,000	
Fecal Occult Blood Test (age 45+)	1,000	
Eye examination by an ophthalmologist (age 40+) <sup>5</sup>	1,000	
Eye Check Up <sup>5</sup>	500	
HIV Test	1,000	
Dental Check	1,000	

	Points per membership year	1st time (6 months apart)	2nd time
Flu Vaccination	1,000		
Covid 19 Vaccination	1,000		
Hepatitis B Vaccination <sup>3</sup>	1,000		
HPV Vaccination (F, age 18-26) <sup>3</sup>	1,000		
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		1st time (6 months apart)	2nd time
Nutritionist Consultation <sup>1</sup>	2,000	1000	1000
Blood Donation	200	(3 months apart)	
		100	100
AIA Vitality Fitness Assessment	750 + 750		
(+750 points if result is within healthy range)			

### Healthy Food

Purchase fresh vegetables, fresh fruits, low fat pasteurized milk, fresh egg, fresh fish, or unpolished rice from programme partner.

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

Sleep Tracking	1,830	5 points / day
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(Sleep 7 hours daily and track your sleep with Fitbit, Garmin, Apple Watch<sup>4</sup> or Samsung Watch)

## EXERCISE



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### Physical Activities

Earn Vitality Points for one physical activity with the highest point each day from

(1) Workout by linking fitness device or app (up to 100 points/day) or

### Activities that earn you exercise points

Steps per day	Points	Average heart rate	Points
7,500 - 12,499	50 points	60% max heart rate at least 30 min/session	50 points
12,500 and more	100 points	60% max heart rate at least 60 min/session	100 points
Average speed	Points	70% max heart rate at least 30 min/session	100 points
4 km/hr for 30 min	50 points	Max heart rate = 220-age	
7.2 km/hr for 30 min	100 points		
4 km/hr for 60 min	100 points		

(2) Partner Gyms visit (up to 100 points/day of visit) or

(3) Online exercise with gym partner (up to 50 points/day of attendance, up to 6,300 points/ membership year) OR

(4) Fitness events e.g. marathon (up to 1,500 points/day)

## CHALLENGES / SPECIAL ACTIVITIES



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### Self-challenges

Self accepted challenge including, 5-day workout challenge, 5 km challenge, 10 km challenge, Digital detox your dinnertime, Raise a glass to moderation, and Say no to sugar (50 points/Challenge, up to 500 points/membership year)

### Vital scan

Know your healthy level using the AI-powered biometric health scan

### Special Activities

Special activities related to AIA Vitality program

	Points per membership year	1st time	2nd time	3rd time	4th time
	500				
	400	100	100	100	100
	500				

Point table as of 8 Nov 2023

<sup>1</sup> Earn up to 2,500 points/membership year for completing all online nutrition assessments and nutritionist consultations. <sup>2</sup> Earn 1,000 points for 3 consecutive membership years.

<sup>3</sup> Once per life. <sup>4</sup> Your Apple Watch needs to connect with 3rd party apps; Pillow, Sleep++ or Sleep Watch. <sup>5</sup> Earn up to 1,000 points/membership year for completing eye examination and eye check up.

**Remark:** • This information is only preliminary information for presentation purposes only. The applicant is advised to study details of product information in prospectus. After receiving the policy, the insured is advised to study the terms and conditions of coverage in the policy contract. • The AIA Vitality benefits are subject to AIA terms and conditions. AIA reserves the right to change and amend any of the terms and conditions which are available at the AIA+ application or at <https://www.aia.co.th/en/health-wellness/vitality/rewards>. • The vital scan feature via the AIA+ application is limited to use 1 time per day. The health results obtained from the face scan feature are just an estimate which may deviate from reality for many reasons.



LEARN HOW TO  
EARN AIA VITALITY  
POINTS