As of 15 July 2026

AIA Vitality POINTS EARNING ACTIVITIES

Online Assessment
up to 5,500 points/membership year

How active are you?	Earn 500 points/completion, up to 1,000 points/year
How well are you eating?	Earn 500 points/completion, up to 1,000 points/year[1]
How healthy are you?	Earn 500 points/completion, up to 1,000 points/year
How stressed are you?	Earn 500 points/completion, up to 1,000 points/year
How well are you sleeping?	Earn 250 points/completion, up to 500 points/year
Non-Smoker's Declaration	Earn 500 points/completion, up to 1,000 points/year

Frequency: 2 times/membership year (6 months apart) via the AIA+ app.

Challenges/Special Activities
up to 1,400 points/membership year

- **Self Challenges via the AIA+ app**
  Earn 50 points per challenge, up to 500 points/year.
  Example: Say no to sugar for 7 days, Digital detox your dinnertime for 7 days, Raise a glass to moderation for 30 days
- **AI-powered vital scan feature via AIA+**
  Earn 100 points/scan, (3 months apart) up to 400 points/year.
- **Special activities**
  Join AIA Vitality health activities held periodically. Earn 50 or 100 points per activity, up to 500 points/membership year.

Exercise up to 15,000 points/membership year

1. **Track your workouts by linking your device or health app to the AIA+ app** Earn 50 or 100 points a day

   - **Steps per day**
     7,500 - 12,499 steps, earn 50 points/day
     12,500 steps and above, earn 100 points/day
   - **Average speed**
     4 km/hr for 30 min, earn 50 points/day
     7.2 km/hr for 30 min, earn 100 points/day
     4 km/hr for 60 min, earn 100 points/day
   - **Average heart rate**
     60% max heart rate at least 30 min/session, earn 50 points/day
     60% max heart rate at least 60 min/session, earn 100 points/day
     70% max heart rate at least 30 min/session, earn 100 points/day

   Max heart rate = 220-Age

OR

2. **Partner Gyms** Earn 100 points a day when working out at our partner gyms.

OR

3. **Join our gym partner online workout classes** Earn 50 points per day, up to 6,300 points/membership year.

OR

4. **Join fitness events** ex. marathon running, earn up to 1,500 points per day, depending on the type of activity and distance, up to 3,000 points/membership year.

- Points from exercise are limited to only one activity per day, the one with the highest score.
- In one membership year, members can accumulate up to 15,000 exercise points from all four activities combined.

Healthy Choices up to 31,830* points/membership year

Basic Health Check Earn up to 7,000 points/year.

- Earn 750 points for each screening and an additional 750 points if results are within the normal range. Up to 1,500 points/screening.
- Earn an additional 1,000 points per membership year upon completing 4 basic health screenings.
  - Body Mass Index (Healthy range: 18.5-24.9)
  - Blood Pressure (Healthy range: <135/85)
  - Blood Glucose (Healthy range: <100)
  - Total Cholesterol (Healthy range: <200)

Advanced Screenings Earn 1,000 points/screening

- Pap Smear2 (F, age 21+)
- Mammogram (F, age 40+)
- Prostate-Specific Antigen (M, age 50+)
- Fecal Occult Blood Test (age 45+)
- HIV Test
- Chest X-ray (age 40+)
- Electrocardiogram (ECG/EKG) (age 40+)
- Ultrasound Whole Abdomen (age 40+)
- Eye examination by an ophthalmologist[3] (age 40+)
- FibroScan (age 40+)
- Bone Density Test (BMD/DEXA) (age 65+)

Vaccinations Earn 1,000 points/vaccination.

Vaccines that earn points once per year:
- Flu
- COVID-19

Vaccines that earn points once per lifetime:
- Dengue3
- HPV (age 16 - 26)
- Hepatitis A
- Hepatitis B
- Shingles (age 50+)
- RSV (age 50+)
- Pneumococcal (age 65+)

Up to 4,000 points/year from all vaccines.

Vision Screening Earn 500 points/year[3]

Dental Assessment Earn 1,000 points/year

Fitness Test Earn 750 points for taking the test and an additional 750 points if the results are within the healthy range, up to 1,500 points/year.

Nutrition Consultation Earn 1,000 points/completion (6 months apart) up to 2,000 points/year[1]

Buy participating healthy food

- Earn 1 point from every 5 baht purchase before discount, up to 400 points per month or 4,800 points per year.
- Save 15% up to 300 baht per month or up to 3,600 baht per membership year.

Healthy food includes fresh vegetables, fresh fruits, low fat pasteurized milk, fresh egg, fresh fish, or unpolished rice from participating partners

Sleep Tracking Earn 5 points/day, up to 1,830 points per membership year.

Sleep 7 hours a day and earn points by syncing supported health devices with the AIA+ app.

Blood Donation Earn 100 points/time (3 months apart), up to 200 points per membership year

Frequency : Once per membership year
Document : Medical certificate, receipt, or test results that include the member's name from a healthcare facility or service partner.

LEARN HOW TO EARN AIA VITALITY POINTS >>>

Remarks:
- 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 health results obtained from the face scan feature are just an estimate which may deviate from reality for many reasons.

*Calculated based on a healthy female aged 65. The maximum points a member can accumulate depend on the member's age and gender.

[1] Earn up to 2,500 points/membership year for completing all online nutrition assessments and nutritionist consultations.
[2] Earn 1,000 points for 3 consecutive membership years.
[3] Earn up to 1,000 points/membership year for completing eye examination and eye check up.

AIA Vitality Points Structure

Health Activities		AIA Vitality Points		
		Points	**Condition**	**Max per membership year**
1. Vitality Health Review online assessment*		500 points	Twice per membership year, at least 6 months apart	1,000
2. Exercise online assessment*		500 points		1,000
3. Mental Wellbeing online assessment *		500 points		1,000
4. Non-Smoker's Declaration online*		500 points		1,000
5. Nutrition online assessment*		500 points		2,500
6. Nutrition Consultation		1,000 points		
7. Sleep Online Assessment*		250 points		500
8. Facial Vital Scan*		100 points	Four times per membership year	400
9. Sleeping tracking from wearable devices which sync with the AIA+ mobile application		5 points	Daily	1,830
10. Achieve Self Challenge via the AIA+ Mobile Application		Points per challenge accepted by member	50 points/challenge, maximum 10 challenges/ membership year	500
11. Basic Health Check	11.1 Body Mass Index	750 points per one exam and additional 750 points if in the healthy range	Once per membership year	6,000
	11.2 Blood Pressure			
	11.3 Cholesterol			
	11.4 Glucose			
	11.5 Special Points when complete all four basic health check (11.1 – 11.4)	1,000 points		1,000
12. Advanced Screenings	12.1 Pap Smear for Female, age at least 21 years old	1,000 points per one assessment	Once per membership year	Points depend on gender and age**
	12.2 Mammogram for Female, age at least 40 years old			
	12.3 Prostate Specific Antigen (PSA) Test for Male, age at least 50 years old			
	12.4 HIV Test			
	12.5 Fecal Occult Blood Test (FOBT) for age at least 45 years old			
	12.6 Chest X-Ray for age at least 40 years old			
	12.7 Electrocardiogram (ECG/EKG) for age at least 40 years old			
	12.8 Ultrasound Whole Abdomen for age at least 40 years old			
	12.9 Fibro Scan for age at least 40 years old			
	12.10 BMD or DEXA Scan for age at least 65 years old			
	12.11 Dental Examination	1,000 points		1,000
	12.12 Eye examination by an ophthalmologist for age at least 40 years old	1,000 points		1,000
	12.13 Vision Screening	500 points		

* Online assessment via the AIA+ mobile application.

** For more information, please refer to details at the AIA+ mobile application

AIA Vitality reserves the right to change the health activities and/or points.

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.

AIA Vitality Points Structure

Health Activities		AIA Vitality Points		
		Points	**Condition**	**Max per membership year**
13. Vaccinations	13.1 Flu vaccination	1,000 points per vaccine, max 4,000 points per membership year	Once per membership year	1,000
	13.2 Hepatitis B vaccination		One per lifetime	1,000
	13.3 HPV vaccination		One per lifetime	1,000
	13.4 COVID-19		Once per Membership year	1,000
	13.5 Dengue vaccination		One per lifetime	1,000
	13.6 Hepatitis A vaccination		One per lifetime	1,000
	13.7 Pneumococcal vaccination for age at least 65 years old		One per lifetime	1,000
	13.8 Shingles vaccination for age at least 50 years old		One per lifetime	1,000
	13.9 RSV vaccination for age at least 50 years old		One per lifetime	1,000
14. Blood Donation		100 points	Twice per Membership year	200
15. Fitness Test at participating partner gym		750 points for taking the test and an additional 750 points if in the healthy range	Once per membership year	1,500
16. Purchasing healthy food (e.g., fresh fruit, fresh vegetables, low-fat pasteurised milk, etc.) from participating partner**		1 point for every 5 Baht spending (max 400 points per month, max 2,000 baht spending per month)	Depends on spending	4,800
17. Exercise	17.1 Health activities tracking from wearable devices or fitness application which sync with the AIA+ Mobile Application or	50/100 points	Daily from the highest maximum points member can achieve and points limited to 1 activity per day.	15,000
	17.2 Workout at partner gyms or	100 points		
	17.3 Attend online workout sessions with partner gyms or	50 points maximum 6,300 points/membership year		
	17.4 Participate in the organized fitness event**	100 - 1,500 points vary by activities maximum 3,000 points/membership year		
18. Special activities e.g., engagement activities, online quiz, sleep seminar, mental management seminar, etc.		5 - 100 points	Depends on activity	500

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