

YOUR AIA VITALITY GUIDE TO POINTS AND REWARDS



Know Your Health

Category	How	Benefit
ONLINE		
AIA Vitality Health Review	aia vitality.com.au or AIA Vitality app	1,000 points – Can be done once per year
Online Nutrition Assessment	aia vitality.com.au or AIA Vitality app	1,000 points – Can be done twice per year, 6 months apart (500 points per assessment)
Mental Wellbeing Assessment	aia vitality.com.au or AIA Vitality app	Up to 1,500 points – Three assessments can be done twice per year, 6 months apart (250 points per assessment)
Skin Self-Examination	aia vitality.com.au or AIA Vitality app	1,000 points – Can be done once per year
Online Non-Smokers Declaration	aia vitality.com.au or AIA Vitality app	1,000 points – Can be done once per year
OFFLINE		
AIA Vitality Health Check	GP, Health Practitioner or participating TerryWhite Chemmart, Amcal or Guardian pharmacies. (Members get one FREE AIA Vitality Health Check at one of the participating pharmacies each membership year. Please see aia vitality.com.au for participating pharmacies)	750 points per measure (up to 3,000 points) Additional 1,000 points per measure when results are within healthy range (up to 4,000 points). Total of 7,000 points available for AIA Vitality Health Check
AIA Vitality Fitness Assessment	Participating Virgin Active, Goodlife and Fitness First gyms (Please see aia vitality.com.au for participating gyms)	Up to 3,000 points – Can be done twice per year, 6 months apart (up to 1,500 points per assessment) Attendance: 750 points Healthy range results: 750 points
Eye Check	Optometrist	1,000 points – Can be done once every three years (1,000 points applied per membership year)
Dental Check	Dentist	1,000 points – Once per membership year
Vaccinations	GP or Health Practitioner	Influenza (flu): 1,000 points – Can be done once per year Shingles Zoster (adults 60+ years or as clinically appropriate): 1,000 points – Can be done once per year Pneumococcal (adults 65+ years or as clinically appropriate): 1,000 points – Can be done once per year
PREVENTATIVE HEALTH CHECKS		
Breast Cancer Screen (Females 50+ or as clinically appropriate)	Medical specialist	1,000 points every year for two consecutive years
Cervical Cancer Screen (Females 18+)	Medical specialist	1,000 points every year for five consecutive years
Bowel Cancer Screen (Adults 50+ or as clinically appropriate)	Medical specialist	1,000 points every year for two consecutive years

Vitality Points Guide

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Table of Contents Vitality Points Guide

1. Understanding the eBook Vitality Points Guide
 - The Rise of Digital Reading Vitality Points Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Vitality Points Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Vitality Points Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Vitality Points Guide
 - Personalized Recommendations
 - Vitality Points Guide User Reviews and Ratings
 - Vitality Points Guide and Bestseller Lists

5. Accessing Vitality Points Guide Free and Paid eBooks
 - Vitality Points Guide Public Domain eBooks
 - Vitality Points Guide eBook Subscription Services
 - Vitality Points Guide Budget-Friendly Options
6. Navigating Vitality Points Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Vitality Points Guide Compatibility with Devices
 - Vitality Points Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Vitality Points Guide
 - Highlighting and Note-Taking Vitality Points Guide
 - Interactive Elements Vitality Points Guide
8. Staying Engaged with Vitality Points Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Vitality Points Guide
9. Balancing eBooks and Physical Books Vitality Points Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Vitality Points Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Vitality Points Guide
 - Setting Reading Goals Vitality Points Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Vitality Points Guide
 - Fact-Checking eBook Content of Vitality Points Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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