

YOUR AIA VITALITY GUIDE TO POINTS AND REWARDS



Know Your Health

Category	How	Benefit
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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)
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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

Patrick Vollmar



Vitality Points Guide:

The Enigmatic Realm of **Vitality Points Guide**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Vitality Points Guide** a literary masterpiece penned by way of a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of people who partake in its reading experience.

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