

# YOUR AIA VITALITY GUIDE TO POINTS AND REWARDS



## Know Your Health

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

# Vitality Points Guide

**M Mosston**



**Vitality Points Guide:**

## Unveiling the Energy of Verbal Beauty: An Mental Sojourn through **Vitality Points Guide**

In a global inundated with monitors and the cacophony of immediate conversation, the profound energy and psychological resonance of verbal beauty frequently disappear into obscurity, eclipsed by the continuous onslaught of noise and distractions. However, nestled within the musical pages of **Vitality Points Guide**, a fascinating work of fictional beauty that impulses with natural thoughts, lies an unique journey waiting to be embarked upon. Written by way of a virtuoso wordsmith, that mesmerizing opus guides viewers on a psychological odyssey, lightly revealing the latent potential and profound influence stuck within the complex web of language. Within the heart-wrenching expanse of the evocative analysis, we will embark upon an introspective exploration of the book is main themes, dissect its captivating writing style, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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