

## AIA Vitality Points Structure

| Health Activities   |   | AIA Vitality Points  |                               |                                   |
|---|---|--|-------------------------------|-----------------------------------|
|   |   | Points   | Condition                     | Max per year                      |
| 1. Vitality Health Review online assessment*  |   | 500 Points   | Twice per Year                | 1,000                             |
| 2. Exercise online assessment*  |   | 500 Points   | Twice per Year                | 1,000                             |
| 3. Mental Wellbeing online assessment *   |   | 500 Points   | Twice per Year                | 1,000                             |
| 4. Non-Smoker's Declaration online*   |   | 500 Points   | Twice per Year                | 1,000                             |
| 5. Nutrition online assessment*   |   | 500 Points   | Twice per Year                | 2,500                             |
| 6. Nutrition Consultation   |   | 1,000 Points   | Twice per Year                |                                   |
| 7. Sleep Online Assessment*   |   | 250 Points   | Twice per Year                | 500                               |
| 8. Sleeping tracking from wearable devices which sync with <a href="http://www.vitality.aia.co.th">www.vitality.aia.co.th</a> or AIA Vitality mobile application  |   | 5 Points   | Daily                         | 1,830                             |
| 9. Basic Health Check   | Body Mass Index   | 750 Points per one exam and additional 750 Points if in healthy range                            | Once per Year                 | 6,000                             |
|   | Blood Pressure  |  |                               |                                   |
|   | Cholesterol   |  |                               |                                   |
|   | Glucose   |  |                               |                                   |
| 10. Advanced Screening  | HIV Test  | 1,000 Points per one assessment  | Once per Year                 | Points depend on gender and age** |
|   | Pap Smear (Female, 21 years old)                          |  |                               |                                   |
|   | Mammogram (Female, 40 years old)                          |  |                               |                                   |
|   | Fecal Occult Blood Test (FOBT) (Male, 50 years old)       |  |                               |                                   |
|   | Prostate Specific Antigen (PSA) Test (Male, 50 years old) |  |                               |                                   |
| 11. Vaccination   | Flu vaccination   | 1,000 Points per vaccine   | Once per Year                 | 1,000                             |
|   | Hepatitis B vaccination                                   |  | One per lifetime              | 1,000                             |
|   | HPV vaccination   |  | One per lifetime              | 1,000                             |
|   | COVID-19  |  | One per lifetime              | 1,000                             |
| 12. Dental Examination  |   | 1,000 Points   | Once per Year                 | 1,000                             |
| 13. Vision screening  |   | 500 Points   | Once per Year                 | 500                               |
| 14. Blood Donation  |   | 100 Points   | Twice per Year                | 200                               |
| 15. Fitness Test at participating partner gym   |   | 750 Points for one assessment and additional 750 points for being in the healthy range           | Once per Year                 | 1,500                             |
| 16. Achieve personal health improvement goals recommended by the programme such as exercising for at least 10 minutes, 3 times a week via <a href="http://www.vitality.aia.co.th">www.vitality.aia.co.th</a> or AIA Vitality mobile application |   | Depends on member's profile  | Depends on the goals received | 6,000                             |
| 17. Exercise at Partner Gyms  |   | 100 Points   | Daily                         | 15,000                            |
| 18. Health activities tracking from wearable devices which sync with <a href="http://www.vitality.aia.co.th">www.vitality.aia.co.th</a> or AIA Vitality mobile application.   |   | 50/100 Points  | Daily                         |                                   |
| 19. Organized Fitness Event **  |   | 100 - 1,500 Points varies by activities  | Daily                         |                                   |
| 20. Purchasing healthy food (e.g. fresh fruit, fresh vegetables, low-fat pasteurised milk, etc.) from participating partner**   |   | 1 Points for every 5 Baht spending (max 400 Points per month, max 2,000 Baht spending per month) | Depends on Spending           | 4,800                             |
| 21. Special activities e.g. engagement activities, online quiz, sleep seminar, mental management seminar, etc.  |   | 50 or 100 Points   | Depends on Activity           | 500                               |

\* Online assessment via [www.vitality.aia.co.th](http://www.vitality.aia.co.th) or AIA Vitality mobile application.

\*\* For more information, please visit [www.vitality.aia.co.th](http://www.vitality.aia.co.th) or AIA Vitality mobile application.

AIA reserves the right to change the health activities and/or AIA Vitality Points structure above.

**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.

# EARN POINTS TO UPGRADE AIA VITALITY STATUS

My AIA Vitality Membership Anniversary Date : DD / MM / YYYY

## Assessments

Points per membership year 

Online Assessments

|                            | Points per membership year | 1 <sup>st</sup> Time<br>(6 months apart) | 2 <sup>nd</sup> Time |
|----------------------------|----------------------------|--|----------------------|
| How Active Are You?        | 1,000                      | 500                                      | 500                  |
| How Well Are You Eating?*  | 1,000                      | 500                                      | 500                  |
| How Healthy Are You?       | 1,000                      | 500                                      | 500                  |
| How Stress Are You?        | 1,000                      | 500                                      | 500                  |
| Quit Smoking               | 1,000                      | 500                                      | 500                  |
| How Well Are You Sleeping? | 500                        | 250                                      | 250                  |

Consultation

|                            |           |  |  |
|----------------------------|-----------|--|--|
| Nutritionist Consultation* | 2,000     |  |  |
| Fitness Assessment         | 750 + 750 |  |  |

Health Check

|                 |           |  |  |
|-----------------|-----------|--|--|
| Body Mass Index | 750 + 750 |  |  |
| Blood Pressure  | 750 + 750 |  |  |
| Glucose         | 750 + 750 |  |  |
| Cholesterol     | 750 + 750 |  |  |

(+750 points if result is within healthy range)

Screening and Prevention

|  |       |  |  |
|--|-------|--|--|
| Pap Smear (F, age 21+)**               | 1,000 |  |  |
| Mammogram (F, age 40+)                 | 1,000 |  |  |
| Prostate-Specific Antigen (M, age 50+) | 1,000 |  |  |
| Fecal Occult Blood Test (age 50+)      | 1,000 |  |  |
| HIV Test                               | 1,000 |  |  |
| Dental Check                           | 1,000 |  |  |
| Flu Vaccination                        | 1,000 |  |  |
| Hepatitis B Vaccination***             | 1,000 |  |  |
| HPV Vaccination (F, age 18-26)***      | 1,000 |  |  |
| COVID-19 Vaccination***                | 1,000 |  |  |
| Eye Check Up                           | 500   |  |  |

## Challenges

Points per membership year 

### Get Active

Physical Activities 15,000

Earn Vitality Points for one physical activity with the highest points each day from (1) Workout (up to 100 points/day) or (2) Partner Gym visit (up to 100 points/day) or (3) Fitness events e.g. marathon (up to 1,500 points/day).

### Healthy Food

Purchase fresh vegetables, fresh fruits, low fat pasteurized milk, fresh fish, fresh egg, and unpolished rice.

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 |

### Reduce Stress

Blood Donation 200

1<sup>st</sup> Time 2<sup>nd</sup> Time  
(3 months apart)  
100 100

### Sleep

Sleep Tracking 1,830

5 points per night

### Goals

Accept and achieve recommended goals such as workout 10 min/day, 3 times/week for 90 days

Up to 6,000

### Special Activities

Special activities related to AIA Vitality program 500

\*Earn up to 2,500 points/membership year for completing all online nutrition assessments and nutritionist consultations. \*\*Earn 1,000 Vitality Points for 3 consecutive membership years. \*\*\*Once per life.