Rest | AIA Vitality

Get the most out of the AIA Vitality program with the Rest App

How to earn points and achieve higher status

Start your journey to better health and earn points by completing a range of online and in-person health assessments. The more points the higher your status - **Bronze, Silver, Gold and Platinum**. Meeting health and wellness targets not only improves your status, but also earns you rewards.

A chance to win up to $60,000 in prizes

Aim and reach a higher AIA Vitality status each season to automatically be in the **Seasonal Status Rewards** draw to win a share of $60,000 in prizes each year.

S a share of **$3,000** Silver members	**G** a share of **$4,500** Gold members	**P** a share of **$7,500** Platinum members

15 winners chosen each season from each status

Up to 50% off gym membership

Enjoy up to **50% off** gym memberships – you'll also earn 100 AIA Vitality points each day you go to the gym, helping you on your way to a higher status.

ANYTIME FITNESS®

Fitness First

Virgin active

$5 vouchers for meeting weekly goals

BOOST Juice bars

Woolworths

HOYTS

iTunes

Up to $260 worth of vouchers each year!

At the start of each week you'll receive a personalised points target based on your current activity levels.

Every time you reach your personalised weekly activity target, you can choose from a range of $5 vouchers. Daily activities are tracked automatically when you have synced your fitness device.

Setting up Active Benefits

Ensure you enable notifications so you'll receive an alert every Monday with your new Active Benefits target for the week.

Tips to collect points fast

✓ **Earn points with your eyes closed**

Get **10 points per night** and up to **2,000 points** per membership year. Simply make sure you get a minimum of 7 hours sleep and you're wearing your fitness device.

✓ **Target setting**

Set goals that were recommended from the results of your online health assessments and earn an extra **1,000 points** with little effort.

✓ **Link & sync**

Make sure you link & sync your fitness device via the Rest App to start **earning points from day one**. This allows all your activity to be tracked and points tallied automatically to get you on your way to Platinum status.

✓ **Organised fitness events**

Earn up to **1,500 AIA Vitality Points** every time you participate in an officially organised and timed sports event like a marathon or a sponsored swim.

| **B** Bronze members points: 0 | **S** Silver members points: 10,000 | **G** Gold members points: 20,000 | **P** Platinum members points: 30,000 |