



AIA Vitality

*Better Choice,
Better Health*



1

Get Started with AIA Vitality

2

Complete the 'How Healthy Are You?' Online Assessment

3

Link Your Fitness Device/App



Get Started with AIA Vitality

[BACK TO HOMEPAGE](#)



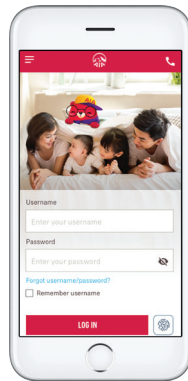
Step 1

Download My AIA SG app via App Store or Google Play Store.

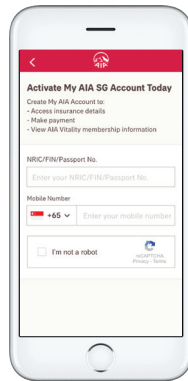


Step 2

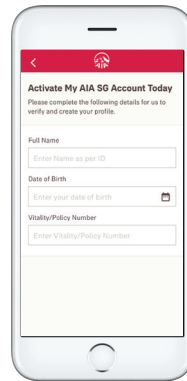
You will receive a welcome email with instructions on how to activate My AIA SG account and enable Touch/Face ID.



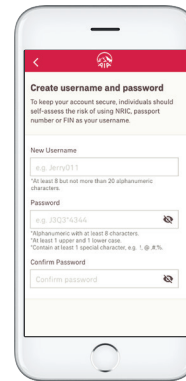
Login to **My AIA SG app** and click on **Activate Now**.



Enter your **ID** followed by **mobile number**. Check the checkbox and validate Captcha.



Fill in your **full name** and **date of birth**. If you are prompted to enter Vitality/Policy Number, please key in your **AIA Vitality membership number**.



Create your **username** and **password**.

[< BACK](#)

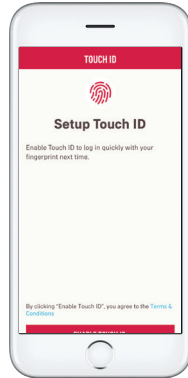
[GET STARTED WITH AIA VITALITY >](#)

Get Started with AIA Vitality

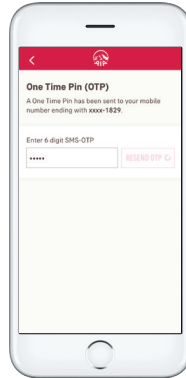
[BACK TO HOMEPAGE](#)



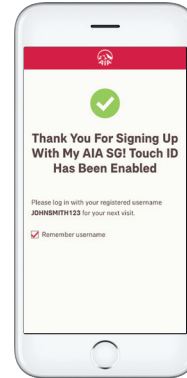
Tip:
You need to **activate My AIA SG account** and **enable biometrics login** under your phone settings before you can enable Touch/Face ID



Enable **Touch/Face ID** in case you forget your login username and password.



Enter the **One Time Pin (OTP)** sent to your registered mobile number.

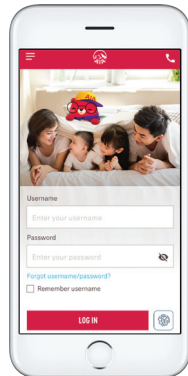


You're done! Check **"Remember username"** to store username on your device and have it pre-filled for your subsequent logins.

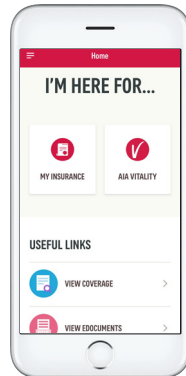


Step 3

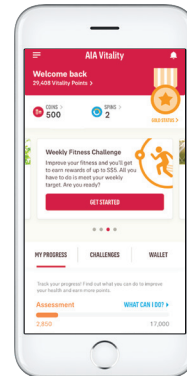
Login to My AIA SG app to access your AIA Vitality account.



Login to **My AIA SG app** with your **username** and **password**.



Upon login, click on **AIA Vitality tab** to access your AIA Vitality account.



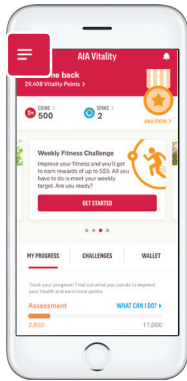
You will be directed to the dashboard page where you can find out the **latest news, partner promotions and your Weekly Fitness Challenge progress**.

[← BACK](#)

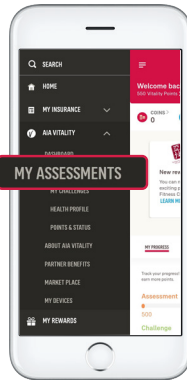
[COMPLETE THE 'HOW HEALTHY ARE YOU?' ONLINE ASSESSMENT >](#)

Complete the 'How Healthy Are You?' Online Assessment

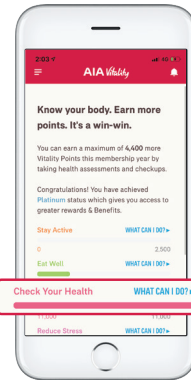
[BACK TO HOMEPAGE](#)



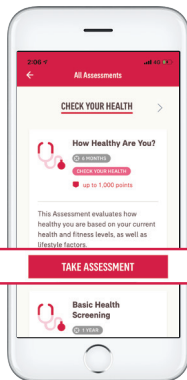
Step 1
Click on
Navigation Menu.



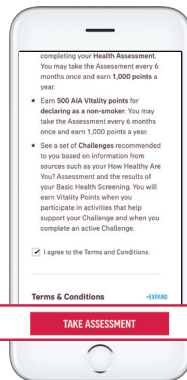
Step 2
Click on
My Assessments.



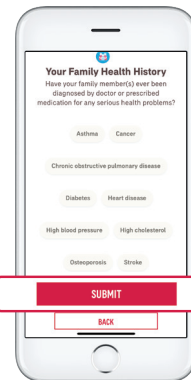
Step 3
Click on **What Can I Do?**
under **Check Your Health**.



Step 4
Click on
Take Assessment.



Step 5
Check the box to agree to the
terms and conditions, and
click on **Take Assessment**.



Step 6
Click on **Submit** once you've
answered all the questions.



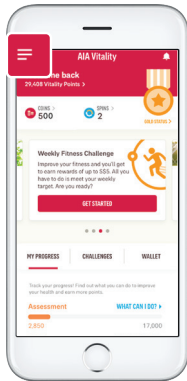
Tip: You will need to complete the 'How Healthy Are You?' assessment in order to unlock your Weekly Rewards.

[← BACK](#)

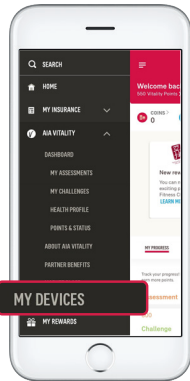
[LINK YOUR FITNESS DEVICE/APP >](#)

Link Your Fitness Device/App

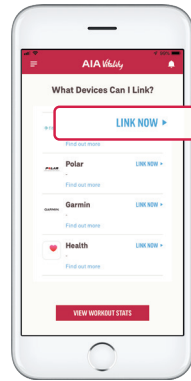
[BACK TO HOMEPAGE](#)



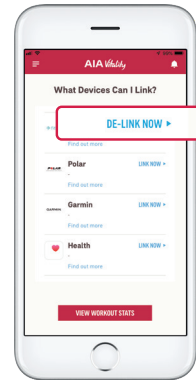
Step 1
Click on
Navigation Menu.



Step 2
Click on
My Devices.



Step 3
Click on **Link Now** next
to the fitness device/app
you are using.



Step 4
The **Link Now** button will
change to **De-link Now**
once your fitness
device/app is
successfully linked.



Tips:

- 1 It is important that you give permission to AIA Vitality to access your fitness data for your points to be synced.
- 2 Remember to turn on the mobile data for your fitness app to track your workouts and allow AIA Vitality to receive your fitness data for points syncing.

[BACK](#)

[LINK YOUR FITNESS DEVICE/APP](#)

Link Your Fitness Device/App

[BACK TO HOMEPAGE](#)

Do You Know?

You can earn up to 100 AIA Vitality points per day when you track your workouts with a supported fitness device and work up your heart rate or speed!

Fitness Activity

Steps Taken (per day)
10,000 and above

50 AIA Vitality points

Heart Rate Data

At least 30 minutes at an average heart rate
> 60% of age-related maximum heart rate

50 AIA Vitality points

At least 60 minutes at an average heart rate
> 60% of age-related maximum heart rate

100 AIA Vitality points

At least 30 minutes at an average heart rate
> 70% of age-related maximum heart rate

100 AIA Vitality points

Simply calculate your maximum heart rate by subtracting your age from 220.

Speed Data

At least 30 minutes at a minimum average speed
of 4km/hr

50 AIA Vitality points

At least 30 minutes at a minimum average speed
of 7.2km/hr

100 AIA Vitality points

At least 60 minutes at a minimum average speed
of 4km/hr

100 AIA Vitality points

Important Notes:

This starter guide is meant to be a brief description of the features for AIA Vitality. For full details of the features, partner rewards and benefits, and its relevant terms and conditions, please refer to AIAVitality.com.sg. AIA Vitality, its website and app, are intended for use only for general wellbeing purposes or to encourage or maintain a healthy lifestyle, and are not intended to be used for any medical purpose (such as the detection, diagnosis, monitoring, management or treatment of any medical condition or disease). Any health-related information provided by AIA Vitality in its website or app should not be treated as medical advice. Please consult a physician for any medical advice required.

Information is correct as at 20 July 2020.

[< BACK](#)