

Benefit Guide

AIA Vitality Fitness Assessment



The AIA Vitality Fitness Assessment helps you identify your current fitness level. AIA Vitality members can earn up to 3,000 AIA Vitality Points for completing the fitness assessment per membership year.

AIA Vitality Member Benefit

AIA Vitality members can enjoy 50% off* the AIA Vitality Fitness Assessment at PURE Fitness and Macao Fitness. You can complete this assessment up to 2 times per membership year, with each assessment at least 6 months apart.

If you are an existing PURE Fitness/PURE Yoga cardholder or Macao Fitness member, you can complete this assessment for free. Please refer to the table below for details of the AIA Vitality Fitness Assessment:

Screening	PURE Fitness		Macao Fitness	
	Original Price (HK\$)	AIA Vitality member price (HK\$)	Original Price (MOP)	AIA Vitality member price (MOP)
Blood pressure	600	300	600	300
Body Mass Index (BMI)				
Body fat percentage				
Heart rate recovery rate in step test**				

Note: The above prices and offers are subject to change without prior notice.

What's more, after completing the assessment, you can have a complimentary visit*** of the selected gym to enjoy the facilities for free. Please contact the respective gym directly for details.

How Do I Get Started?

Step 1: Make a booking#

Log in to to AIA Connect app or website, click on "AIA Vitality" tag and go to "My Assessments"> "Fitness Assessment", and click at the gym that you want to perform the assessment. Then, follow the steps below to make an appointment:

* Cannot be used in conjunction with other offers or promotions. Please contact PURE Fitness or Macao Fitness directly for details.

** The step test measures your aerobic fitness level based on how quickly your heart rate returns to normal after exercise. Member has to step up and down for 3 minutes in a consistent pace, then sit down and have the recovery heart rate measured.

*** Complimentary visit is only valid for first-time visitors of the respective gyms.

PURE Fitness

Agree to the data sharing clause and click “Book Now”, you will be directed to the PURE Fitness website to complete the booking details. PURE Fitness will then contact you to confirm the booking with you.

Macao Fitness

Agree to the data sharing clause and make an appointment according to the contact information below:

1. Call: (853) 2875 1189; 6am to 12midnight (Mon to Fri), 7am to 11pm (Sat); 8am – 10pm (Sun) (Please visit the Facebook page of Macao Fitness for opening hours during holidays)
2. Email to info@macao-fitness.com and indicate your preferred appointment date and time as well as your AIA Vitality membership number. Macao Fitness will then contact you and confirm the booking with you.

Address: 251A-301 Ave Comercial de Macau, AIA Tower 4/F, Macau SAR

#The gyms won't be able to provide the assessment to member who do not make a booking in advance.

Step 2: Perform fitness assessment

Present your AIA Vitality membership card and personal identification document upon arrival, and pay the respective fee (if applicable).

Step 3: Earn AIA Vitality Points

While you're there for fitness assessment, you must sign the consent form provided by PURE Fitness or Macao Fitness for the disclosure of certain relevant test result(s) to AIA Vitality and points will be awarded automatically once we receive your test result(s).

The consent form re-confirms your agreement for the gyms to release certain relevant test result(s) to us in order to calculate AIA Vitality Points. Only minimal and relevant information and data will be transferred to us for the sole purpose of calculating AIA Vitality Points, and AIA Vitality will only use and store such information and data in accordance with the terms and conditions of AIA Vitality Programme and AIA Vitality Personal Information Collection Statement.

Note: It is voluntary for you to sign the consent form. If you do not sign the consent form, AIA Vitality will not be able to calculate and process AIA Vitality Points, and we will not be able to award any AIA Vitality Point to you for this activity. However, you can still enjoy the discount offered by PURE Fitness and Macao Fitness while AIA Vitality will have no access to any of your test result(s).

Earning AIA Vitality Points

Members can earn 750 points for completing the assessment and an additional 750 points for step test results fall within the healthy range, up to 3,000 points in a membership year. Please refer to the table below for details.

AIA Vitality Fitness Assessment	AIA Vitality Points	Frequency	Maximum points per membership year
For completion	750 points	Twice a year, 6 months apart	1,500 points
Step test results^ fall within healthy range	750 points		1,500 points
Total			3,000 points

^Healthy Range of Heart Rate Recovery in Step Test

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Male – Heart rate						
Age	18-25	26-35	36-45	46-55	56-65	65+
Healthy Range (bpm)	≤93	≤94	≤98	≤101	≤100	≤102
Female – Heart rate						
Age	18-25	26-35	36-45	46-55	56-65	65+
Healthy Range (bpm)	≤102	≤101	≤104	≤110	≤111	≤111

If you have not yet earned points for the measurements of blood pressure and BMI through other assessments, you can also earn additional points for these measurements according to the below table.

Screening	Healthy Range	AIA Vitality Points	Maximum Points per Membership Year
Blood Pressure	< 140/90mmHg	750 points for completing each individual test and an additional 1,250 points for each test falls within the healthy range	Up to 4,000 points
Body Mass Index (BMI) with body fat percentage*	1) BMI is 18.5 – 22.9 Or 2) BMI is 23.0 – 24.9 AND with body fat percentage within healthy range		

*Measurement of body fat percentage is only required when BMI is higher than 22.9.

Important Points to Remember

- Members can only earn AIA Vitality Points for the measurements of BMI and blood pressure as well as additional points for these results fall within the healthy range, once per membership year.
- The measurements of blood pressure and BMI can be taken by AIA Vitality Express Health Check, AIA Vitality Health Check, AIA Vitality Nutrition Consultation, AIA Vitality Fitness Assessment, other designated health check packages offered by the Hong Kong Health Check/Macau Yinkui Hospital, your general practitioner/healthcare centre but only the first eligible measurement submitted will be awarded for points.
- AIA Vitality will award you with points around 7-14 working days after receiving your assessment results from the respective gyms.
- You need to make an appointment and bring along your AIA Vitality membership card to PURE Fitness or Macao Fitness for receiving the assessment.
- You are not required to sign a membership agreement with PURE Fitness or Macao Fitness for taking the assessment.
- To prepare for the AIA Vitality Fitness Assessment, you are advised to follow the recommendations below prior to taking the assessment:
 - Avoid eating at least 90 minutes before the assessment appointment
 - Don't smoke for at least 30 minutes prior to blood pressure being measured
 - Avoid taking caffeine for at least 3 hours before the assessment appointment
 - Avoid drinking alcohol for 24 hours before the assessment appointment
 - Don't exercise or perform strenuous physical activity on the day of the assessment
 - Avoid performing abnormally strenuous activity the day before the assessment
 - Wear comfortable clothes and sport shoes to take the assessment

*Healthy Range of Body Fat Percentage

Male – Body fat %					
Age	18-29	30-39	40-49	50-59	60+
Healthy Range (%)	7.1-19.4	11.3-22.2	13.6-24	15.3-25.6	15.3-26.6
Female - Body fat %					
Age	18-29	30-39	40-49	50-59	60+
Healthy Range (%)	14.5-25.3	15.5-26.9	18.5-30.0	21.6-33.4	21.1-34.2

About PURE Fitness and Macao Fitness

PURE Fitness and Macao Fitness are separate and independent entities, and AIA shall not be responsible for the nature or quality of products or services provided by PURE Fitness or Macao Fitness, nor for any solicitation effort by them. The products and services offered by PURE Fitness and Macao Fitness are not sold or marketed by AIA, and the provisions of the same may also be subject to certain terms and conditions of PURE Fitness and Macao Fitness respectively. PURE Fitness and Macao Fitness may apply additional terms and conditions with regard to the availability and eligibility of earning AIA Vitality Points.

For information about PURE Fitness or Macao Fitness, you can visit their websites:

PURE Fitness: <http://www.pure-fitness.com/en/hongkong/>

Macao Fitness: <http://macao-fitness.com/>

The information contained herein does not constitute an offer to sell or a solicitation of an offer to buy the products or services of PURE Fitness or Macao Fitness on the part of AIA. AIA is not an agent of PURE Fitness nor Macao Fitness and will not receive any remuneration as a result of your purchase of products or services from them. Any dispute about any products or services as part of this benefit must be resolved directly with PURE Fitness or Macao Fitness respectively which have the final decision.

All representations within this Guide made on behalf of AIA have been thoroughly researched, and are verifiable by documentary evidence. Representations within this Guide made on behalf of PURE Fitness and Macao Fitness are based upon information that AIA has received from them, such information having been provided to AIA Hong Kong or AIA Macau along with an assurance from PURE Fitness and Macao Fitness that it is accurate.

You are kindly advised to read the AIA Vitality Terms and Conditions, and, please pay heed to the sections on “AIA Vitality Programme Benefits” and “Exclusion of Liabilities” available at www.aia.com.hk/aiavitality.

Terms and Conditions

Use of this benefit is subject to the AIA Vitality Terms and Conditions, AIA Vitality Terms of Use, AIA Vitality Personal Information Collection Statement and the AIA Privacy Policy which are available at www.aia.com.hk/aiavitality.

In case of dispute on AIA Vitality Points, the decision of AIA shall be final and conclusive.

You are advised to carefully consider whether or not you should purchase any products or services made available by PURE Fitness or Macao Fitness, and the award of AIA Vitality Points shall not be a sole or decisive factor in your decision making. Please consult your doctor or other healthcare professional if necessary. Also you should make a comparison of price, quality and reputation of different service providers (and their products/services) in the market before making any decision.

Partners and benefits may be varied at any time without prior notice.

“AIA Hong Kong” “AIA Macau” or “AIA” herein refers to AIA International Limited (incorporated in Bermuda with limited liability).

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