

AIA Alta |

WELLNESS
HAVEN
powered by Humansa



AIA Alta Wellness Haven

Exclusive one-stop wellness experience

Nurturing your mental, physical and nutritional health - The path to holistic balance

AIA Alta Wellness Haven powered by Humansa is exclusively dedicated to the esteemed AIA Club Alta¹ members. It is Hong Kong insurance's first² integrated and one-stop wellness realm where science blends seamlessly with Eastern and Western philosophy. The trusted wellness expert team will empower you with diverse and personalised wellness services in your journey towards achieving balance for your mind, body and soul.

1. Please refer to <https://www.aia.com.hk/en/aia-alta> for the member's entitlement of access to AIA Alta Wellness Haven and the details of AIA Club Alta.

2. As of 1 August 2023, compared with services provided by Hong Kong major insurance companies.

Exceptional Elements

Integrated and One-Stop Wellness

A comprehensive range of services will help you nurture your mental, physical and nutritional health under one roof. You can also benefit from personalised programmes and the guidance of the dedicated wellness coaches who will actively support your health goals.

Science-Based and Quantifiable Results

Science-based wellness treatments with assessments, tracking and advanced equipment provide you with clear insights in your wellness journey.

East Meets West

The wellness expert team blends Eastern and Western philosophy with advanced technologies creating a synergy that assists optimising your holistic well-being.

Signature Programmes

You can choose from four signature programmes which are tailored to help you address health challenges and facilitate an experience in the distinctive offerings across the three pillars of wellness – mental, physical and nutritional.

Mind and Body Balance Programme (60 minutes)



Focus on helping you reduce stress, relieve physical tension and enhance your focus:

- Wellness consultation
- Quantum harmonic audio treatment
- Tui Na, acupressure and stretch therapy

Deep Sleep Programme (75 minutes)



Target to identify your sleep issues, help you relax and improve your sleep:

- Wellness consultation
- Breathwork and guided meditation
- Quantum harmonic audio treatment with acupressure

Detox and Realignment Programme (75 minutes)



Improve your physical health by helping you detox and release muscle tension:

- Wellness consultation
- Stretch therapy
- Radio-frequency cupping

EatWell Diet Consultation (60 minutes)



Enable you to develop a sustainable personalised diet that promotes healthy weight management:

- Body composition analysis
- Nutrition consultation
- Customised 1-week meal plan



Experience Holistic Wellness

You can also experience diverse treatments that cover the three pillars of wellness for your mind, body and soul.

Mental

Achieve inner balance and tranquillity with engaging mindfulness practices that enhance your focus and ignite your inner radiance.

Sleep Management

Unleash the power of rejuvenating rest and experience the vitality that comes with a well-rested body and mind.

Stress Management

Develop transformative techniques to conquer stress and experience serenity.



Physical

Enhance your body's vitality through a range of advanced therapies that promote strength, flexibility and overall wellness.

Pain Management

Enjoy personalised therapies that alleviate pain, reduce tension and facilitate your body's recovery.

Weight Management

Achieve and maintain healthy weight by unlocking your physical potential and developing balanced and nutritious diet habits.



Nutritional

Nourish your body with personalised nutritional guidance that fuels your well-being.

Dietary Management

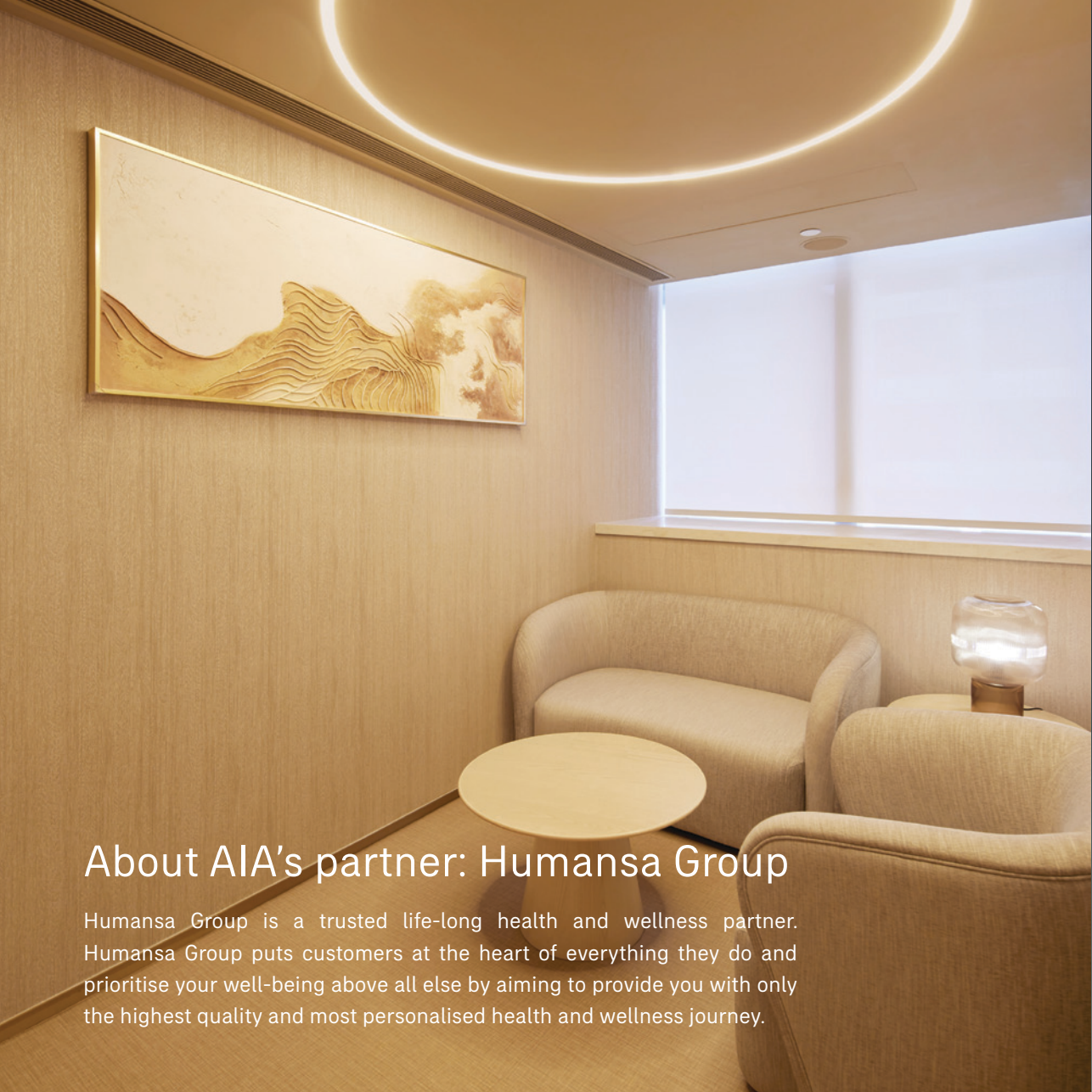
Plan your nutritional goals and meal programme with the experts who will guide you on a journey to healthy eating and balanced nutrition.

Cardiovascular Health Management

Elevate your cardiovascular health through assessment as well as personalised exercise and nutrition plans to help reduce the risk of cardiovascular diseases.

Allergy Management


Provide personalised advice to help you accommodate your allergy needs while assist you to meet your nutritional goals and make healthy choices.




About AIA's partner: Humansa Group

Humansa Group is a trusted life-long health and wellness partner. Humansa Group puts customers at the heart of everything they do and prioritise your well-being above all else by aiming to provide you with only the highest quality and most personalised health and wellness journey.

Learn more

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