

YOUR AIA VITALITY GUIDE TO POINTS AND REWARDS



Know Your Health

Category	How	Benefit
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Online Nutrition Assessment	aia vitality.com.au or AIA Vitality app	1,000 points – Can be done twice per year, 6 months apart (500 points per assessment)
Mental Wellbeing Assessment	aia vitality.com.au or AIA Vitality app	Up to 1,500 points – Three assessments can be done twice per year, 6 months apart (250 points per assessment)
Skin Self-Examination	aia vitality.com.au or AIA Vitality app	1,000 points – Can be done once per year
Online Non-Smokers Declaration	aia vitality.com.au or AIA Vitality app	1,000 points – Can be done once per year
OFFLINE		
AIA Vitality Health Check	GP, Health Practitioner or participating TerryWhite Chemmart, Amcal or Guardian pharmacies. (Members get one FREE AIA Vitality Health Check at one of the participating pharmacies each membership year. Please see aia vitality.com.au for participating pharmacies)	750 points per measure (up to 3,000 points) Additional 1,000 points per measure when results are within healthy range (up to 4,000 points). Total of 7,000 points available for AIA Vitality Health Check
AIA Vitality Fitness Assessment	Participating Virgin Active, Goodlife and Fitness First gyms (Please see aia vitality.com.au for participating gyms)	Up to 3,000 points – Can be done twice per year, 6 months apart (up to 1,500 points per assessment) Attendance: 750 points Healthy range results: 750 points
Eye Check	Optometrist	1,000 points – Can be done once every three years (1,000 points applied per membership year)
Dental Check	Dentist	1,000 points – Once per membership year
Vaccinations	GP or Health Practitioner	Influenza (flu): 1,000 points – Can be done once per year Shingles Zoster (adults 60+ years or as clinically appropriate): 1,000 points – Can be done once per year Pneumococcal (adults 65+ years or as clinically appropriate): 1,000 points – Can be done once per year
PREVENTATIVE HEALTH CHECKS		
Breast Cancer Screen (Females 50+ or as clinically appropriate)	Medical specialist	1,000 points every year for two consecutive years
Cervical Cancer Screen (Females 18+)	Medical specialist	1,000 points every year for five consecutive years
Bowel Cancer Screen (Adults 50+ or as clinically appropriate)	Medical specialist	1,000 points every year for two consecutive years

Vitality Points Guide

**Stine Lindahl Jacobsen, Inge Nygaard
Pedersen, Lars Ole Bonde**

Vitality Points Guide:

Acupressure's Potent Points Michael Reed Gach, PhD, 2011-11-09 With your hands you have potential to relieve everyday aches pains and ailments without taking drugs to improve your health and to increase your vitality Acupressure is an ancient healing art that uses the fingers to stimulate key points on the skin that in turn activate the body's natural self healing processes With this book it is a skill you can learn now and use in your own home In *Acupressure's Potent Points* Michael Reed Gach founder and director of the Acupressure Institute of America reveals simple techniques that enable you to relieve headaches arthritis colds and flu insomnia backaches hiccups leg pain hot flashes depression and more using the power and sensitivity of your own hands This practical guide covers more than forty ailments and symptoms from allergies to wrist pain providing pressure point maps and exercises to relieve pain and restore function Acupressure complements conventional medical care and enables you to take a vital role in becoming well and staying well With this book you can turn your hands into healing tools and start feeling good now

Diablo II: Resurrected - Mini Guide GamerGuides.com, 2021-10-12 Return to fight for Sanctuary and discover the fate of the mysterious Dark Wanderer rebuilt in all new 3D graphics brand new cinematics remastered audio and the same classic Diablo II gameplay you remember The guide for *Diablo II Resurrected* seeks to help new players find their footing in Sanctuary by providing build advice and information on gear and how to farm it Information on builds both beginner builds and endgame builds like the Blizzard Sorceress Hammerdin Summon Necromancer and Wind Druid Description of Skill Points Stat Points EXP Resistances and other vital build information Details about the game's three difficulty levels Information on how Item Drops and Magic Find works and a list of some of the best Magic Find items in the game Details on runes and runewords including a list of some of the best beginner runewords in the game How to obtain the Horadric Cube and how to use it Information on bosses and super uniques how to farm them with what characters and and what gear you should expect from each How to reach the Secret Cow Level

Kingdom Come: Deliverance II - Strategy Guide GamerGuides.com, 2025-03-05 *Kingdom Come Deliverance II* is an open world RPG set in the last throes of the Middle Ages A direct sequel of the original Henry of Skalitz is traveling with a company to the region of Trosky to broker a truce This guide will cover the following aspects of the game Included in this guide A complete walkthrough of the main story including multiple outcomes Guides to specific side quests associated with each settlement Coverage of all of the various Tasks you can undertake Useful gameplay tips to ensure the best possible start Character development guide to the basics build options and recommended perks Links to a fully interactive map with descriptions and screenshots for all map locations

Technical Guide, 1960 **Lords of the Fallen (2023) - Strategy Guide** GamerGuides.com, 2023-11-04 After an age of the cruelest tyranny the demon God Adyr was finally defeated But Gods do not fall forever Now eons later Adyr's resurrection draws nigh As one of the fabled Dark Crusaders journey through both the realms of the living and the dead in this expansive RPG experience The guide for *Lords of the Fallen* features everything you

need to know as you traverse the Umbral realm including a full story progression route coverage of all NPC Quests and the strongest weapons A detailed progression route Breakdown of every Class and Ending Deep dive into all gameplay mechanics The location of every upgrade Where to find every magic spell A Trophy and Achievements Guide **The Young Adult's Guide to Robert's Rules of Order** Hannah Litwiler,2016-11-30 Approximately 95 percent of all clubs organizations and governments in the United States practice Robert s Rules of Order However these rules were written almost 150 years ago This book brings a seemingly outdated guide into the 21st century by focusing on the role of technology and the internet in your club or organization This book will teach you everything you need to know about how to run an effective meeting You ll learn about different kinds of meetings how to plan efficiently and even how to determine if your meeting was awesome You will also learn about the traditional book Robert s Rules of Order which is explained in an easy to read way no age restrictions here This book will serve as your guide to conducting orderly and fair meetings in the 21st century

Instructor Training Guide National Mine Health and Safety Academy,1991 **The Ultimate Guide to Eating for Longevity** Denny Waxman,Susan Waxman,2019-08-06 The ultimate guide on how to build and integrate healthy habits into your diet and lifestyle revealing a more positive balanced and invigorating approach to long lasting health With modern healthy diets constantly flip flopping on what foods to eat and focusing on restricting calories individuals can be left confused defeated and unsatisfied This new book by acclaimed macrobiotic health and nutritional experts Denny and Susan Waxman leaves all negativity behind and brings to light a positive outlook on building one healthy habit at a time Great health is not achieved by taking away and restricting it is achieved by adding healthier foods and lifestyle practices One healthy choice leads to another healthy choice says Denny Waxman Readers will find healthy living easier than ever by learning how to apply these principles into a broad range of modern lifestyles and having the ability to go at their own pace The book includes new recipes from Susan Waxman and clears up misinformation about food to give you understanding of how to achieve your best physical spiritual and mental health The Ultimate Guide to Eating for Longevity is not a diet fad but based on the world s long standing civilizations that have changed very little over time and make it clear that it is possible to live a long healthy life **A Comprehensive Guide to Music Therapy, 2nd Edition** Stine Lindahl Jacobsen,Inge Nygaard

Pedersen,Lars Ole Bonde,2019-05-21 Music therapists have a rich diversity of approaches and methods often developed with specific relevance to meet the needs of a certain client population This updated edition reflects this diversity and is a comprehensive guide to accessing the ideas theory research results and clinical outcomes that are the foundations of this field **Building Your Ideal Private Practice: A Guide for Therapists and Other Healing Professionals** Lynn Grodzki,2000-04-17 Would you like to Make more money in your private practice Attract more ideal clients Generate a flow of quality referrals Revitalize your existing practice Have increased confidence as a business owner In this book psychotherapist and business coach Lynn Grodzki acts as your personal business coach and shows you how to build an ideal

private practice one that is both highly profitable and personally satisfying Today being a talented professional is not enough to ensure the success of your private practice you also need to be an enthusiastic talented businessperson Grodzki s business strategies are effective and immediately useful for a wide range of private practitioners including social workers psychologists psychiatrists massage therapists energy healers life coaches and chiropractors Whether you are just starting out as an independent practitioner or looking to revitalize an existing practice Building Your Ideal Private Practice provides a foundation for business and personal growth that will lead you to a new level of personal and financial enrichment Presenting innovative business concepts in a format specifically adapted for the therapeutic profession this book guides professionals at all stages of their careers Bringing together years of experience and the key elements from her Private Practice Success Program with an easy and accessible writing style Grodzki s book will help you not only build a successful practice outside managed care but also ensure that your business reflects your true values and talents [Final Fantasy VIII - Strategy Guide](#)

[GamerGuides.com](#),2019-06-24 Follow the exploits of Squall a resident of Balamb Garden and SeeD aspirant whose first contract as a professional mercenary expands into a fight to save the world from an evil sorceress This guide will cover the main quest line chronologically giving advice on leveling and how to avoid it where to find the best spells how to acquire all GFs and defeat all bosses In addition the guide will cover all side quests and will also include in depth mini guides for Chocobo World and Triple Triad By following this guide you can aspire to the following Complete walkthrough of the main questline All side quests and optional content How to defeat both of the game s superbosses Information on how to acquire each GF and a discussion of their abilities including where to assign them Information on Triple Triad including the location of every card in the game and how to best use them Low level run information Information on min maxing stats A mini guide for Chocobo World Information on all characters including stats and how to acquire all their weapons and limits Triple Triad guide

[The Beginner's Guide to the Eight Extraordinary Vessels](#) Dolma Johanison,2022-01-21 This book offers a thorough foundation for acupuncturists on the eight extraordinary vessels in Classical Chinese medicine The contents cater for the beginner by providing a basic level introduction to the theory and practical application of the eight extraordinary vessel system to acupuncture practice and the healing process History the vessels the pulses point combinations and safety protocols are all covered and case studies help demonstrate how this knowledge can be used in treatment The book includes many helpful illustrations as well as sections on common problems particularly suited to 8EV treatment such as fertility depression and emotional pain [The Sick Man's Guide, or, Family Director: Compiled from the Best Botanic Publications, with Directions for Using Dr. Samuel Thomson's Medicine, Bath, &c.: for Thomsonians and All Others Who wish to Prevent or Cure their Own Diseases](#)

I. Lukens,2024-04-23 Reprint of the original first published in 1845 [Guide to Incorporating Reliability Performance Measures into the Transportation Planning and Programming Processes](#) Cambridge Systematics, Inc., Transportation Research Board, This report from the second Strategic Highway Research Program SHRP 2 which is

administered by the Transportation Research Board of the National Academies is designed to help planning programming and operations managers apply the concept of travel time reliability to balance investment in programs and projects

Restoring Balance: A Guide to Healing Energy through Reflexology Pasquale De Marco, 2025-04-24 Restoring Balance A Guide to Healing Energy through Reflexology is an empowering guide to the ancient healing art of reflexology unveiling its transformative power to promote relaxation alleviate pain and restore balance to the body and mind Written by Pasquale De Marco a renowned reflexologist and holistic health expert this comprehensive book delves into the intricate world of reflexology empowering readers to harness the healing energy within their hands and feet With a focus on practical application Restoring Balance A Guide to Healing Energy through Reflexology provides step by step instructions and illustrative diagrams to guide readers through the fundamentals of reflexology Discover the intricate network of energy meridians and pressure points that connect the hands and feet to various organs and systems throughout the body Learn how to effectively stimulate these pressure points to release tension improve circulation and promote overall well being Restoring Balance A Guide to Healing Energy through Reflexology goes beyond mere technique offering a holistic approach to self care and healing Explore the profound connection between the physical body and the emotional and mental realms and how reflexology can be employed to address a wide range of health concerns from stress and anxiety to digestive issues and chronic pain Additionally Restoring Balance A Guide to Healing Energy through Reflexology provides valuable insights into integrating reflexology into various complementary therapies such as aromatherapy herbal medicine and energy healing Discover how to create personalized reflexology routines that seamlessly blend with your existing wellness practices enhancing the benefits of each modality Written in an engaging and accessible style Restoring Balance A Guide to Healing Energy through Reflexology is suitable for both seasoned reflexology practitioners seeking to deepen their understanding and curious beginners eager to explore the healing power of touch With its wealth of knowledge practical guidance and inspiring case studies this book will empower you to unlock the transformative potential of reflexology and embark on a journey of self healing and renewal Embrace the wisdom of ancient healing traditions and discover how reflexology can transform your life Restoring Balance A Guide to Healing Energy through Reflexology is an essential guide for anyone seeking to harness the power of touch to promote health well being and lasting vitality If you like this book write a review on google books

Guide to Sound Teeth, Or A Popular Treatise on the Teeth Shearjashub Spooner, 1838 *Star Wars Knights of the Old Republic* David S. J. Hodgson, Zach Meston, 2003 Engage in a Golden Age Saga Strategies for fighting and equipment usage Exclusive maps for every level from Endar Spire to the climatic final battle Strategies for each character class Details on every NPC and party member Complete strategies for the card game Pazaak Comprehensive item power up and weapon lists Complete walkthrough from Padawan to Jedi Master Tips for resisting or receiving the dark side All puzzle solutions minigames and side quests revealed [A Complete Guide to Chi-Gung](#) Daniel Reid, 2000-03-07 A guide to the

history theory and practice of chi gung the ancient Taoist system of health rooted in movement breathing meditation and massage Chi gung which literally means energy work is a system of cultivating health vitality and longevity that is based on the fundamental principles of Taoism and the laws of nature Practiced by the Chinese for thousands of years chi gung works with the energy found in all living things to help rid the body of the imbalances that sap our strength and give rise to disease The simple meditative movements breathing exercises and massage techniques that are the basis of chi gung can be practiced by anyone regardless of age or physical fitness Originally published under the title Harnessing the Power of the Universe this book provides a detailed overview of chi gung describing the techniques of movement breathing and massage that are intrinsic to this ancient Taoist system of health [The Art of Blissful Living: A Practical Guide to Kriya Yoga](#)

Pasquale De Marco,2025-08-09 The Art of Blissful Living A Practical Guide to Kriya Yoga is a comprehensive guide to the ancient science of Kriya Yoga a powerful path to inner peace fulfillment and spiritual awakening Written by Pasquale De Marco a seasoned practitioner and teacher of Kriya Yoga this book presents a clear and accessible introduction to the transformative practices of Kriya Through a series of easy to follow techniques and exercises readers will learn how to harness the power of breath energy and consciousness to cultivate a deeper connection with their true selves and the Divine The Art of Blissful Living A Practical Guide to Kriya Yoga is more than just a book it is an invitation to embark on a transformative journey that transcends the limitations of the physical world By integrating the principles of Kriya Yoga into their daily lives readers will discover a path to lasting joy inner harmony and spiritual liberation They will learn how to Master the transformative power of Kriya breathing techniques Cultivate inner silence and clarity through meditation Discover the true Self beyond the ego and embrace non duality Apply Kriya principles to daily life for greater well being and fulfillment Harness the power of mantra and sound for spiritual awakening Explore the subtle body energy centers and the role of Kundalini energy Enhance physical health and vitality through Kriya practices Cultivate healthy relationships and build a strong spiritual connection with others Whether you are a seasoned practitioner or a curious beginner The Art of Blissful Living A Practical Guide to Kriya Yoga will ignite your spiritual journey and empower you to live a life of purpose meaning and profound joy The Art of Blissful Living A Practical Guide to Kriya Yoga is a valuable resource for anyone seeking a deeper understanding of Kriya Yoga and its transformative power Through its comprehensive teachings and practical guidance this book will empower readers to embark on a journey of self discovery and spiritual awakening If you like this book write a review [Unlocking Our Consciousness: A Guide to Exploring Inner Vibrations](#) Pasquale De Marco,2025-07-27

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