

EXPERTISE MAKE LIFE SIMPLE



Your guide to Vitality 2015/14

The wellness program from Ping An Health



中国平安 PING AN

保險 · 銀行 · 投資

Welcome to Vitality

The wellness program for
better health and great rewards.

VITALITY REWARDS YOU FOR GETTING HEALTHIER

Vitality is the longest-standing wellness program of its kind in the world, and has been internationally recognized for its positive impact on individual wellbeing. With Vitality you earn points for completing activities, like going for a health check-up, doing online health assessments and for getting physically active. The more points you earn, the higher your Vitality status, and the greater your rewards.

It's as easy as 1,2,3!

1. Earn points and get Immediate Rewards

Know and improve your health to earn points.



Complete online health assessments



Sign a non-smoker declaration (for non-smokers)



Submit a health check-up report



Track and increase physical activity

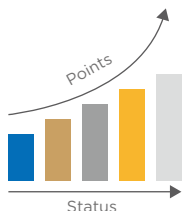


Get Immediate Rewards



2. Increase your status

Points add up to status. The more points you have, the higher your status.



3. Enjoy the rewards

The higher your status the greater the rewards you can enjoy.



The Store
105店

www.yihaodian.com

只为更好的生活



GET STARTED AND EARN IMMEDIATE REWARDS



REGISTER YOUR PING AN HEALTH ACCOUNT

If you are registering for the first time follow these instructions on the right.
If you have registered on the Ping An Health website before, simply use the same log in details.

DAY ONE

Complete the Vitality Health Review
625 points

Complete the Nutrition and Stress Assessments
250 points

Sign a non-smoker declaration
625 points

REWARDS



Get an Immediate Reward



or



or



or



Get to Bronze Status with 1 500 Vitality points

DAY TWO

Upload your latest health check-up report
3775 points for male / **4025** points for female
(If all the readings are in range)

REWARDS



*Earn 15% cash back on your flights or online shopping.

Get to Silver Status with 5 275 Vitality points

SELECT YOUR STATUS REWARD

Link a pedometer or partner fitness device and start exercising
25 points for every valid exercise session

REWARDS



Get a pedometer for reaching Silver status



Log 10 exercise sessions in a row and get an Immediate Reward



* Earn 20% cash back on your annual holiday flights or online shopping. You can earn up to 40% cash back when you reach Platinum

* There is a monthly maximum purchase limit of RMB 200 on transactions at Yihaodian

* There is a monthly maximum purchase limit of RMB 8000 on transactions at Ctrip.

* Cash back is subject to partner specific rules. These rules can be found on the relevant partner pages at health.pingan.com.

HOW TO REGISTER

WHAT YOU WILL NEED

- Your **full name** as printed on your PAH membership card
- Your **Identity Document number** (if you are not sure which document was used for your insurance registration, the last four digits are printed on your membership card)
- Your mobile phone in order to receive a dynamic password

You can register on the Ping An website or WeChat account

REGISTER ON PING AN HEALTHY LIVING ON WECHAT



1

Scan the QR code and follow Ping An Healthy Living on WeChat.

2

Click on "English"

3

Click on "Vitality"

4

Follow the registration process

5

You will be taken to your Vitality dashboard.

REGISTER ON THE PING AN HEALTH WEBSITE

1. Go to **health.pingan.com** and select English (top right)
2. Click on '**Register**' and fill in your identity information. Use exactly the **same name** (including upper and lower case letters and spaces) as printed on your membership card
3. Follow the instructions as prompted

1 Earn points and get Immediate Rewards

Complete health-related activities to understand and improve your health, earn points and get Immediate Rewards



Complete online assessments

- Vitality Health Review
- Nutrition Assessment
- Stress Assessments

* Twice each policy year, at least six months apart



625 Vitality points

125* Vitality points

125* Vitality points



Sign a non-smoker declaration

(Non-smokers only)

625 Vitality points



Submit a health check-up report

(Completed within the last 12 months)

Up to **4 025** Vitality points
(depending on your results)

| Screening tests | Vitality points | Bonus points (readings in healthy range) | Healthy range |
|---------------------|-----------------|--|------------------|
| BMI | 300 | 750 | 18.5 to 24.9 |
| Blood pressure | 200 | 625 | ≤ 140mmHg/90mmHg |
| Blood glucose | 200 | 625 | < 5.5mmol/l |
| Cholesterol | 200 | 625 | < 5mmol/l |
| Prostate screening* | 250 | | |
| Mammogram** | 250 | | |
| Pap smear*** | 250 | | |

*Males aged 50 and older **Females aged 35 and older ***Females aged 18 and older



Get active

for each valid exercise session (maximum one each day) **25** Vitality points



Use a partner fitness device (up to 35% discount for Vitality members)

JAWBONE®

POLAR
LETTERS TO YOUR HEART

miCoach

Free

lovefit®

Lovefit 3G*: only RMB 250 Lovefit USB: only RMB 109

*Available as a health-related reward for reaching Silver



Join a partner gym (up to 30% discount for Vitality members)

一兆韦德健身
TERA WELLNESS CLUB

NEWCLUB LIFE
優萊香

Powerhouse
GYM 活力健身 24小時健身中心

力美健
TOTAL FITNESS



Get Immediate Rewards

Complete a Vitality Health Review

Build a healthy habit

(complete 10 valid* exercise sessions)



Choose from:

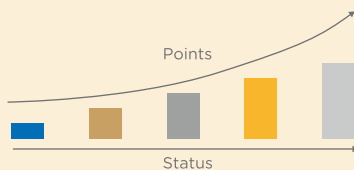


...more
coming soon

** Log 10 000 steps with a partner device or check in at a partner gym

2 Increase your status

Vitality points add up to a status.
The more points you have,
the higher your status.



Points required for each Vitality status

| Status | Blue | Bronze | Silver | Gold | Platinum |
|--|---------------|--------|--------|-------|----------|
| Points required for a single member | Start at zero | 1 500 | 3 750 | 7 500 | 10 000 |
| Points for each additional adult dependent | Start at zero | 1 500 | 3 125 | 6 250 | 8 750 |

3 Enjoy rewards of status

The higher your status the greater the rewards you can enjoy.



Leisure and lifestyle cash back

Link any bank card issued within mainland China to your Vitality account and earn cash back on purchases at these partners:



There is a monthly maximum purchase limit of RMB 200 on transactions at Yihaodian

There is a monthly maximum purchase limit of RMB 8000 on transactions at Ctrip. To qualify for rewards, flights should be round-trips booked through Ctrip 14 days in advance. The stay must include a Saturday night or National Holiday.

| Status | Blue | Bronze | Silver | Gold | Platinum |
|---|------|--------|--------|------|----------|
| The cash back applied to purchases at Vitality partners | 0 | 15% | 20% | 30% | 40% |



Health-related rewards

Receive a reward when you reach Silver, Gold or Platinum status

| | Silver | Gold | Platinum |
|---|-------------------|------------------------------|---------------------------|
| 1 | Lovefit pedometer | Gene test | Apple accessories |
| 2 | * | Premium health check-up card | Fitbug pedometer |
| 3 | * | * | Premium Apple accessories |



lovefit

You can choose to defer your health-related reward until your next status increase. If you choose this option, the rewards available to you at your next status increase will be of a higher value.

Additional options on health related rewards will be included over time.

PING AN HEALTH INSURANCE COMPANY LTD

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 **400 883 3663 (option 2)**  **health.pingan.com**