

Expertise makes life simple



## Your guide to Vitality 2014/15

The wellness program from Ping An Health



中国平安 PINGAN

保險 · 銀行 · 投資

# Welcome to Vitality

## The wellness program for better health and great rewards

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.

## Vitality rewards you for getting healthier. It's as easy as 1,2,3!

### 1. Earn points

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

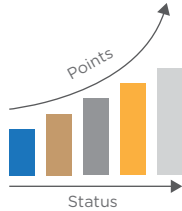


Track and increase physical activity



### 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.



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## What you need to know about Vitality

- The Vitality program is included in the Ping An Health Comprehensive Select product.
- As a Ping An Health client with this product, you and your dependants who are 18 years or older can earn Vitality points.
- Vitality comes as part of your Ping An Health Insurance product, and Vitality is active for as long as your policy is active.
- When you renew your Ping An Health insurance policy, you will keep the Vitality status you have earned, but your points will return to zero.
- Ping An Health owns the final interpretation of the Vitality program, and reserves the right to change the program.

# Getting started

## Your wellness program from Ping An Health

Follow these steps to get started and enjoy many discounts and rewards.

Vitality gives you the **knowledge, tools and motivation to improve your health**, and **rewards** you for doing it. Start your Vitality journey today.

### 1 Register

- Go to [health.pingan.com>vitality](http://health.pingan.com>vitality) and follow the prompts to register. If you have already registered your Ping An Account simply log in using those details.

### 2 Start earning Vitality points and increase your status

- Complete your Vitality Health Review online
- Complete the Nutrition and Mental Wellbeing Assessments
- Submit your health check-up report

### 3 Get your rewards

- **Submit your bank account details online** to receive cash back
- **Shop at Vitality partners** to earn up to 50% cash back.

## Receive up to 50% cash back from partner stores



# How to register on the website

To access the benefits and rewards the Vitality program offers, register on the Ping An Health website at [health.pingan.com](http://health.pingan.com).

The website is updated with the latest benefits and rewards. Regular visits will keep you updated on your points and ensure you get the most out of Vitality.

## How to activate your profile

### 1 Visit [health.pingan.com](http://health.pingan.com)

- To change the language, click on “English” (top right).
- Then click on “Register” (green button on right).



### 2 Fill in your identity information

- Complete your full name. Use exactly the same name (including upper and lower case letters and spaces) as printed on your Ping An Health insurance certificate, or on your Ping An Health membership card.
- The identification type and number must also be exactly the same as on your Ping An Health insurance certificate, or on your Ping An Health membership card.
- When you have completed all the fields, click “continue”



### 3 Create “The One Account”

- Fill in all the required fields and click on “get your dynamic password”.
- You will receive a message on your mobile phone; all you need is the numeric code.
- Capture this numeric code and click on “Continue” to complete the process



You can also access Vitality when you follow Ping An Healthy Living on WeChat



# 1. Earn points

## Complete online assessments



Vitality Health Review

=

625  
points

On completion

+



Vitality activity	Vitality points	Limits on point-earning activities
Nutrition Assessment	125	Twice per policy year, at least 6 months apart
Mental Wellbeing Assessment	125	Twice per policy year, at least 6 months apart

## Submit a health check-up report

Vitality activity	Vitality points	Bonus Points	Limits on point-earning activities  Once per policy year
BMI	300	750 if $18.5 \leq \text{BMI} \leq 24.9$	
Blood pressure	200	625 if $\leq 140\text{mmHg}/90\text{mmHg}$	
Blood glucose	200	625 if $< 5.55\text{mmol/l}$	
Total cholesterol	200	625 if $< 5\text{mmol/l}$	
Prostate screening	250		
Mammograms	250		
Pap smears	250		






## Complete a Vitality Fitness Assessment

Vitality activity  Fitness assessment	Vitality points	Bonus points		Limits on point-earning activities  Once per policy year
	625	Level 1	0	
	625	Level 2	250	
	625	Level 3	500	
	625	Level 4	1 000	
	625	Level 5	1 500	
	625	Level 6	2 000	
	625	Level 7	2 500	

## Sign a non-smoker declaration

Vitality activity	Vitality points	Eligible group	Limits on point-earning activities
Non-smoker declaration	625	Non-smokers and those that have given up smoking for more than three months (18 years of age and older)	Once per policy year

## Increase and track your physical activity

Vitality activity	Vitality points	Criteria for valid workout	Limits on point-earning activities
Gym visit (Tera, Catic, Impulse, Total Fitness, Powerhouse)     	25	Reach 10,000 steps per day  Time requirement of physical activity: a total exercise time of $\geq 30$ minutes per day. Calorie data: Exercise to burn a minimum of 300 calories (at a rate of no fewer than 5 calories a minute). Energy consumption rate=consumed energy/exercise time. Speed data: Exercise at a minimum average speed of 4 or more kilometers an hour.  Time requirement of physical activity: a total exercise time of $\geq 30$ minutes per day. Heart rate data: an average heart rate during exercise of $\geq 60\%$ of the maximum heart rate. (Maximum heart rate = $220 - \text{age}$ (result should be rounded off to one decimal point)).	A maximum of 25 points will be awarded each day for participating in physical activity. In each year, a maximum of 9 125 points will be awarded for completing a Vitality Fitness Assessment and participating in physical exercise.

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## 2. Increase your status

As you do the activities to understand your health and get healthier, you earn Vitality points. Your Vitality points add up to give you a Vitality status. Building up your Vitality status gives you access to amazing shopping and lifestyle rewards.

The higher your Vitality status - the greater the rewards you can earn.

Status	Blue	Bronze	Silver	Gold	Platinum
Vitality points an individual member needs to move up a status	Start at zero	3 750	7 500	10 000	Gold with no claims
For each additional adult (18 years and older), add:	Start at zero	3 125	6 250	8 750	
Cash back	10%	20%	30%	40%	<b>50%</b>

The maximum cash back of 50% is valid until the end of your policy year. A new cash back percentage may apply after a policy is renewed.

### 3. Enjoy the rewards

Vitality encourages you to live a healthier life by giving you great rewards.



#### Enjoy free movies

After completing the Vitality Health Review, you will receive one free movie ticket every month.



#### Get cash back

Vitality has many high-quality reward partners. Get up to 50% cash back on shopping, fuel purchases, Apple products and domestic and international air tickets.

When you link **any bank card issued in mainland China to Vitality** and use it to make purchases at selected partners, you can earn up to 50% cash back. If you use your **Ping An Bank credit card**, that is linked to Vitality, you can earn up to 50% cash back on purchases at additional partners.

**To receive your cash back from partner stores, you must submit your banking details to Vitality before making any purchases.**

Go to [health.pingan.com](http://health.pingan.com) and follow the prompts on any of our partner pages to do this.

Use any bank card issued in mainland China and earn cash back at these partners:

Up to  
**50%**  
cash back



Additional partners where you can earn cash back when you use your Ping An Bank credit card:



Cash back is subject to partner specific rules. These rules can be found on the relevant partner pages at [health.pingan.com](http://health.pingan.com)

Ping An Health reserves the right to add or remove partners.

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 **400 883 3663 (option 2)**  **[health.pingan.com](http://health.pingan.com)**