

IT ALL BEGINS WITH THE LITTLE WINS!

Enjoy a rewarding life as you
make healthier choices.

A photograph of two women jogging on a modern, metallic bridge. The woman on the left is wearing a black tank top and blue patterned leggings, while the woman on the right is wearing a teal tank top and black leggings. Both are wearing armbands with smartphones attached. The background shows lush green foliage.

PHILAM Vitality

Achieve a healthier, longer and better life with Philam Vitality.

Philam Vitality is a science-backed wellness program that helps you know your health, inspires you to improve it and rewards you for staying active.



With Philam Vitality, you can become one of the millions across the globe whose lives have changed for the better.

Time to achieve the little wins towards a healthier life!

KNOW YOUR HEALTH

Start by listening to what your mind and body need.



Start your wellness journey now!

- ✓ Know your Philam Vitality Age through the Philam Vitality Health Review.
- ✓ Do the Philam Vitality Health Check.
- ✓ Complete the Mental Wellbeing Assessments.
- ✓ Take vaccinations and other preventive care assessments.
- ✓ Find out your health goals.
- ✓ Take a fitness assessment and nutrition consultation.

Screening and Assessment Partners:



up to P250 OFF
fitness assessment
and nutrition consultation



10% OFF
basic and selected
advanced screens



10% OFF
basic and selected
advanced screens



up to P575 OFF
fitness assessment
and nutrition consultation

IMPROVE YOUR HEALTH

Commit yourself to an active lifestyle!



A small effort goes a long way!

- ✓ Simply walk to earn points.
- ✓ Work out at partner gyms.
- ✓ Avoid unhealthy habits.
- ✓ Get a fresh set of gear at a discount.

Fitness Partners:



25% OFF
selected fitness devices



70% OFF
Elite membership



10% OFF
Smoking Cessation Program



25% OFF
regular-priced items
(maximum P20,000 annual
spending limit)



70% OFF
Champion membership

ENJOY THE REWARDS

Healthy living has never been this rewarding!



Celebrate your wins, big or small!

- ✓ Enjoy all the perks from a wide range of partners.
- ✓ Earn more rewards by increasing your Philam Vitality Status.
- ✓ Save and get more value for money through Philam Life and BPI-Philam insurance plans.

Rewards Partners:



15% OFF
admission tickets
(maximum of 11
tickets per day)



upfront 10% or 15% premium discount*
upfront 20% additional coverage*



up to 35% OFF
standard roundtrip
airfare on domestic and
international destinations**



up to 35% OFF
best available
rates**



P50 OFF
movie tickets
(maximum of 5
tickets per week)



FREE Weekly Reward
when you hit your
weekly fitness target***

*Discount on premium and additional coverage increase or decrease depending on your Philam Vitality Status.

**Discount on airfare and room rates depends on your Philam Vitality Status.

***To know the exciting rewards you can get, download the Philam Vitality Active app.

PHILAM VITALITY JOURNEY

Achieving a healthier life and earning points can be this easy!

The more active you are, the higher your status, the greater benefits you get!



Complete these activities to move up from Bronze to Silver Status!

KNOW YOUR HEALTH

- Philam Vitality Health Check up to 6,000 points if within the healthy range
- Online Philam Vitality Health Review 1,000 points
- Online Mental Wellbeing Assessments* 600 points
- Online Vitality Nutrition Assessment* 500 points

IMPROVE YOUR HEALTH

- Gym workout or 12,500 steps for 15 days 1,500 points
- Online Non-Smoker's Declaration 1,000 points

* Can be taken twice per membership year, or 6 months apart



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