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T: (852) 2881 3333

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Attn:	All EDD & Honorable Advisors / EDDs / PSDDs / SDDs / DDs / MICs / Agency Leaders / Financial Planners (Hong Kong & Macau)	**From:**	Angela Yeung
		Dept:	Customer and Marketing
Copy:	Ms. Melissa Wong All Department Heads Macau CEO / ABDD Executives	**Total pages:**	17 pages
Date:	30 Sep 2026		

Subject: A260982 **「AIA Vitality 健康程式」健康數據同步服務更新通知**
AIA Vitality Health Data Synchronisation Service Update Notice

由 2026 年 9 月 30 日起，Google Health 及 Strava 將不再支援直接同步數據至「AIA Vitality 健康程式」。為確保「AIA Vitality 健康程式」會員的運動數據能持續順利同步至「AIA Vitality 健康程式」，我們建議現有 Google Health 及 Strava 用戶於 **2026 年 9 月 28 起更新 AIA+ 應用程式至最新版本**，相關用戶設定如下。 此項變更不會影響會員現有的積分進度。 完成重新連結後，數據同步功能將即時恢復，會員可繼續記錄健康及運動數據。

詳細的設定及連結裝置指引，蘋果(iOS)用戶請參閱附錄一，而安卓（AOS）用戶請參閱附錄二。

蘋果(iOS)用戶	安卓（AOS）用戶
1. 開啟 AIA+ 應用程式連結 Apple 健康 2. 於 AIA+ 應用程式內，Apple 健康下，根據相關步驟重新連結 Google Health 或 Strava 賬戶，並允許健康數據同步至 AIA+ 應用程式	1. 於 Play Store 下載 Health Connect 應用程式 2. 開啟 AIA+ 應用程式並連結至 Health Connect 3. 於 AIA+ 應用程式內，Health Connect 下，根據相關步驟重新連結 Google Health 或 Strava 賬戶，並允許健康數據同步至 AIA+ 應用程式

此外，透過 Apple Health 同步至「AIA Vitality 健康程式」的睡眠數據，將不再支援經由 SleepWatch - Top Sleep Tracker 或 Pillow 自動睡眠跟踪器所記錄的資料。如需了解其他可兼容裝置或應用程式同步睡眠及健康數據至「AIA Vitality 健康程式」的詳情，請參閱附錄三。

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Effective 1 October 2026, Google Health and Strava will no longer support direct data synchronisation with AIA Vitality. To ensure AIA Vitality members continue to enjoy a seamless experience in tracking their wellness journey, we strongly encourage all current Google Health and Strava users to **update the AIA+ app to the latest version from 28 September 2026 onwards** and follow the instructions below to complete the required setup for account linking and data synchronisation. This change will not affect your existing AIA Vitality points balance or progress. Once your account has been successfully re-linked, data synchronisation will resume immediately.

For detailed setup and connection instructions, Apple (iOS) users may refer to Appendix I, while Android (AOS) users may refer to Appendix II.

Apple (iOS) user	Android (AOS) user
1. Open the AIA+ app and link to Apple Health. 2. In the Apple Health section of the AIA+ app, select Google Health or Strava to re-link your account and authorise the synchronisation of health data with AIA+.	1. Download and install the Health Connect app from the Google Play Store. 2. Open the AIA+ app and link to Health Connect. 3. In the Health Connect section of the AIA+ app, select Google Health or Strava to re-link your Google Health or Strava account and authorise the synchronisation of health data with AIA+.

In addition, Apple Health will no longer transfer sleep records from SleepWatch - Top Sleep Tracker or Pillow Automatic Sleep Tracker to AIA Vitality. For details on other compatible devices and apps that can be used to sync fitness data with the AIA Vitality Programme, please refer to Appendix III.

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如果會員在轉移應用程式或健康數據同步過程中遇到問題，請致電「AIA Vitality 健康程式」熱線 2232 8282（香港）/ 0800 315（澳門）或電郵至 hk.vitality@aia.com。感謝您對「AIA Vitality 健康程式」的支持。

If members experience issues with app migration or data syncing, please call the AIA Vitality hotline at 2232 8282 (Hong Kong) / 0800 315 (Macau) or email us at hk.vitality@aia.com. Thank you for supporting AIA Vitality.

Best regards,

Angela Yeung
Head of Digital & Design Experience
Customer & Marketing

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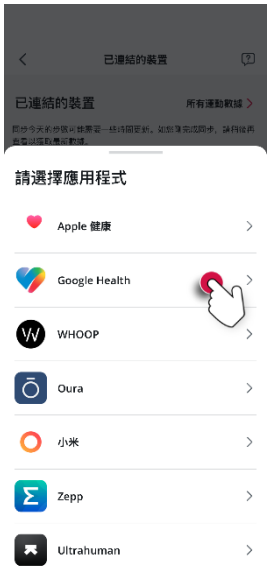
附錄— **Appendix I**

iOS 用戶: 透過 **Apple Health** 將運動數據由 **Google Health**（**Fitbit**）同步至 **AIA+**

請先下載 Google Health (Fitbit)

1. 登入AIA+，在主頁點選「連結裝置賺取積分」	2. 於 Apple Health 下點選「連結」 備註： 如會員已連接 Apple Health，可直接選擇 Google Health（請參閱步驟 3），並跳至步驟 8繼續設定。	3. 選擇 Google Health
		
4. 點選「立即連結」	**5.** 點選「全部開啟」	**6.** 點選「允許」
		

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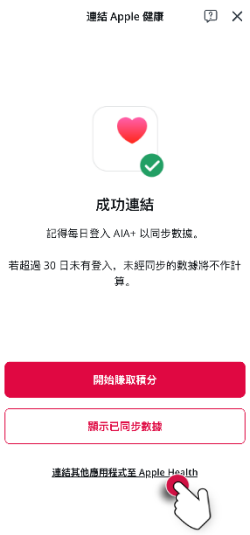
7. 選擇「連結其他應用程式至 Apple Health」	8. 點選「開啟 Google Health」	9. 點選左上角的個人資料圖示
		
10. 選擇「應用程式與服務」，然後點選「Apple 健康」	11. 點選「開始使用」	12. 點選「同意」
		

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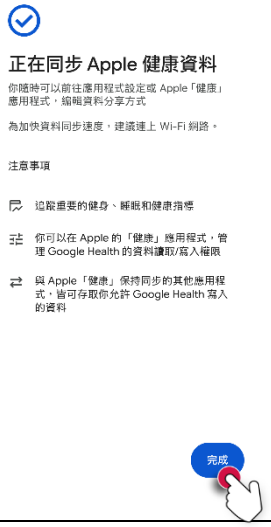
13. 點選「全部開啟」	14. 點選「允許」	15. 點選「完成」以完成數據同步設定
		

16. 返回AIA+，確認運動數據已成功同步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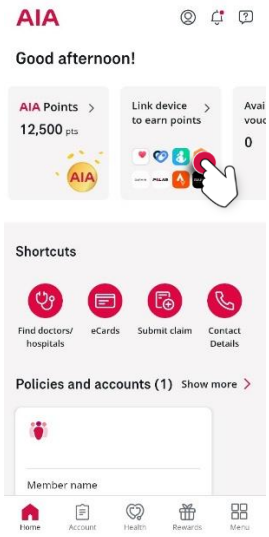
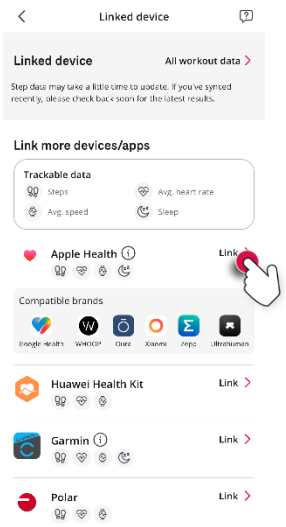
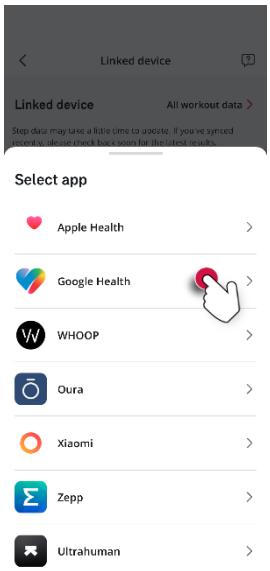
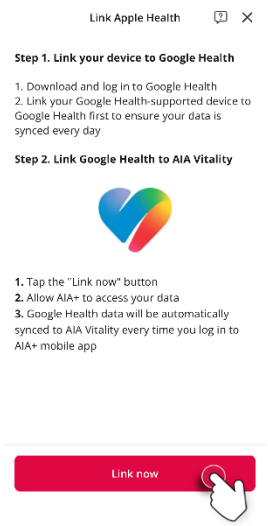
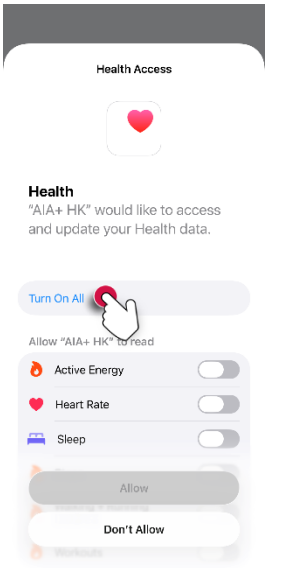
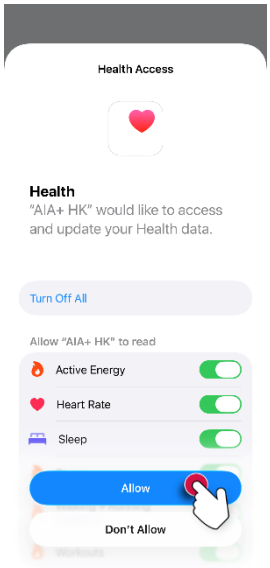
iOS User: Syncing Fitness Data from Google Health (Fitbit) to AIA+ via Apple Health

Please ensure Google Health is installed first

1. Log in to AIA+ and tap "Link Device to Earn Points" on the Home page	2. Tap "Link" under Apple Health **Note:** Members who have previously linked Apple Health may select Google Health (refer to Step 3) and proceed directly to Step 8.	3. Select Google Health
		
4. Tap "Link now"	**5. Tap "Turn On All"**	**6. Tap "Allow"**
		

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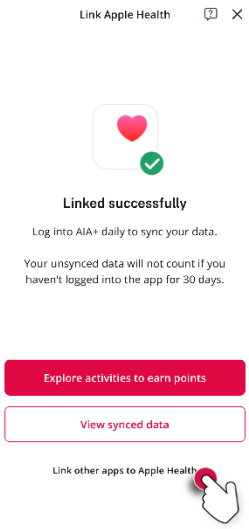
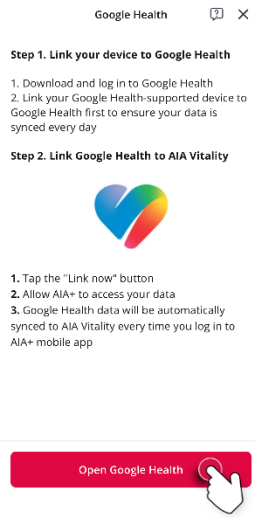
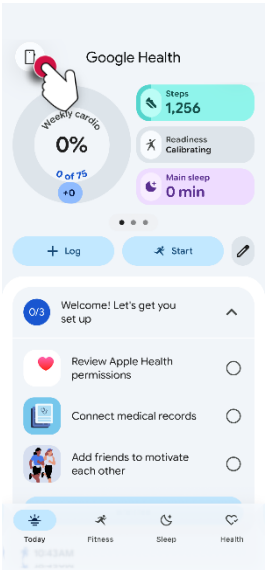
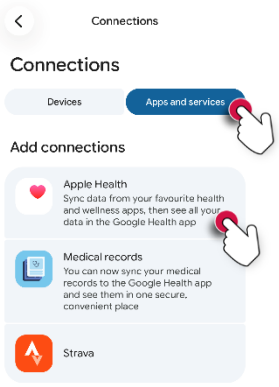
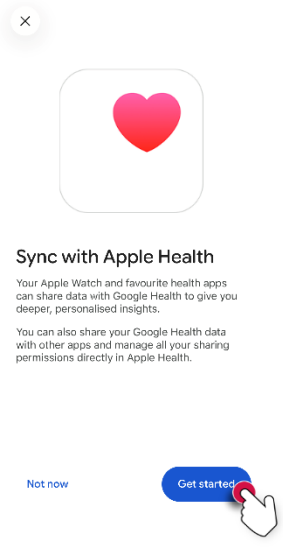
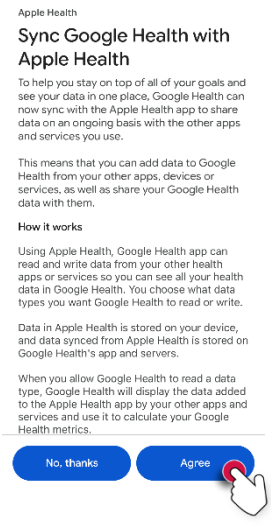
7. Click "Link other apps to Apple Health"	8. Tap "Open Google Health"	9. Tap the profile icon in the top left corner
		
10. Select "Apps and Services" and tap "Apple Health"	11. Tap "Get started"	12. Tap "Agree"
		

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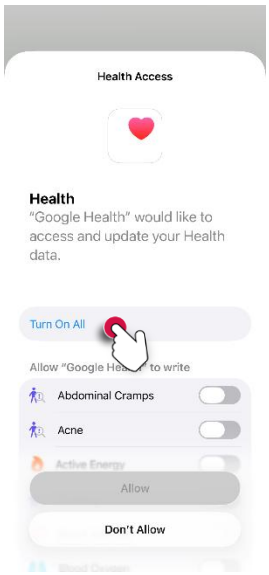
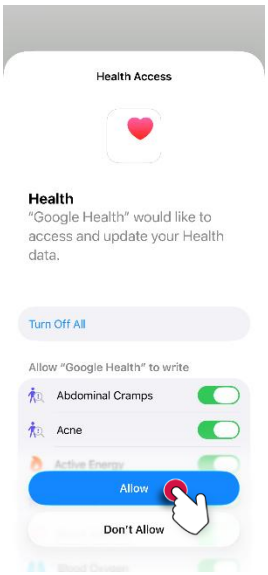
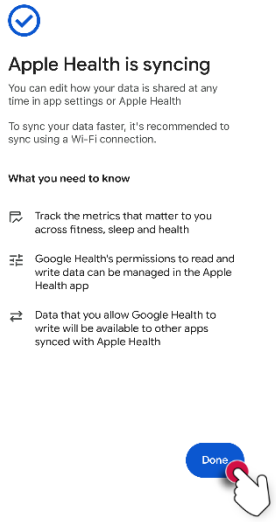
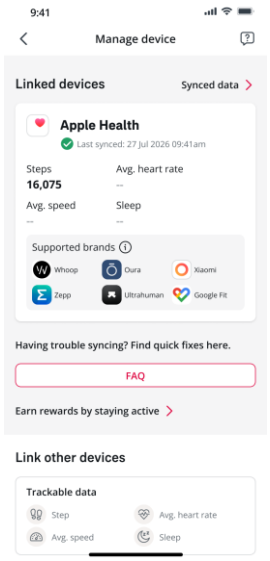
13. Tap "Turn On All"	14. Tap "Allow"	15. Tap "Done" to complete the syncing process
		

16. Log in to AIA+ and verify that your fitness data has been successfully synced


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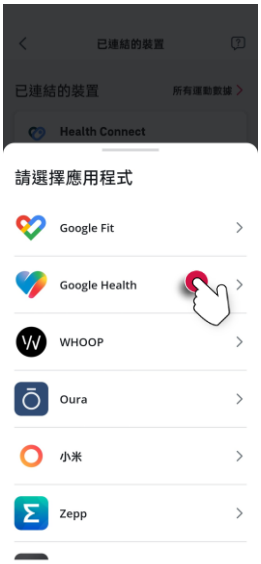
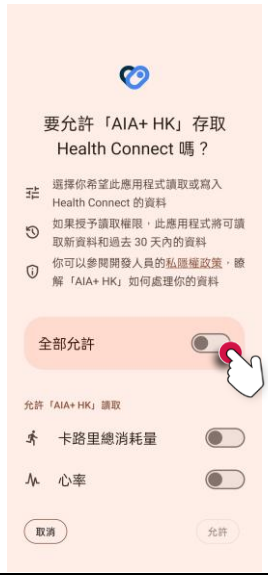
附錄二 **Appendix II**

AOS 用戶: 透過 Health Connect 將運動數據由 Google Health（Fitbit）同步至 AIA+

請先下載 Health Connect 及 Google Health (Fitbit)

1. 登入AIA+，在主頁點選「連結裝置賺取積分」	2. 於 Health Connect下點選「連結」 備註： 如會員已連接Health Connect，可直接選擇 Google Health（請參閱步驟3），並跳至步驟 8繼續設定。	3. 選擇 Google Health
		
4. 點選「立即連結」	**5. 點選「全部允許」**	**6. 點選「允許」**
		

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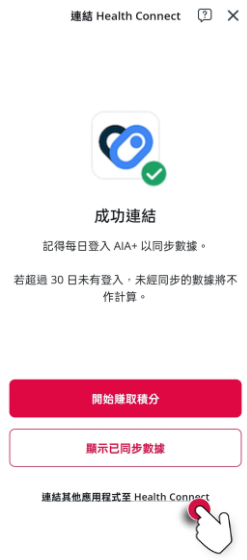
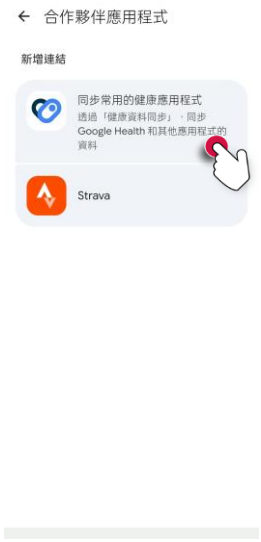
7. 選擇「連結其他應用程式至 Health Connect」	8. 點選「開啟 Google Health」	9. 點選「開啟」
		
10. 點選左上角的個人資料圖示	11. 點選「合作夥伴應用程式」	12. 點選「同步常用的健康應用程式」
		

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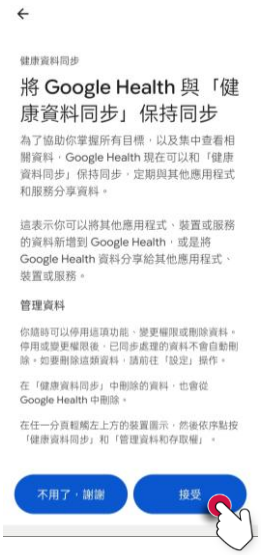
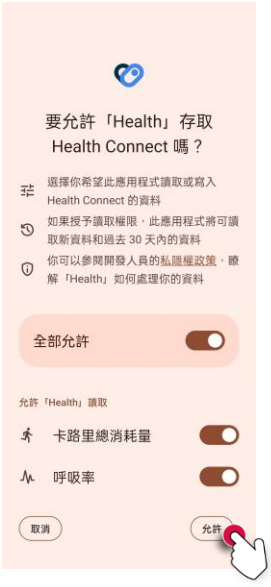
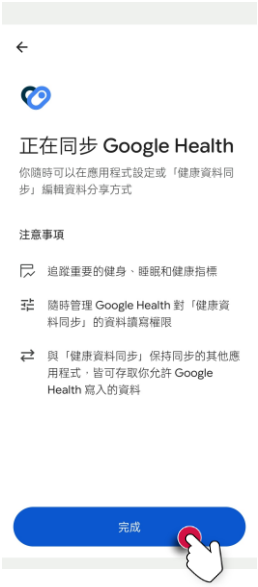
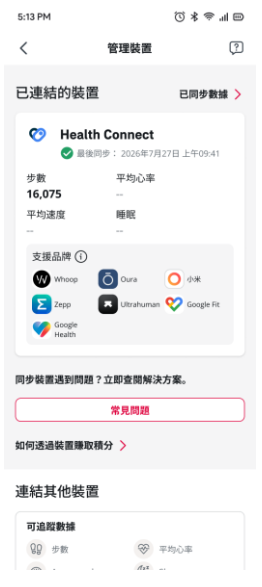
13. 點選「設定」	14. 捲動至頁面底部，然後點選「接受」	15. 點選「全部允許」
		
16. 點選「允許」	17. 點選「完成」以完成數據同步設定	18. 返回AIA+，確認運動數據已成功同步
		

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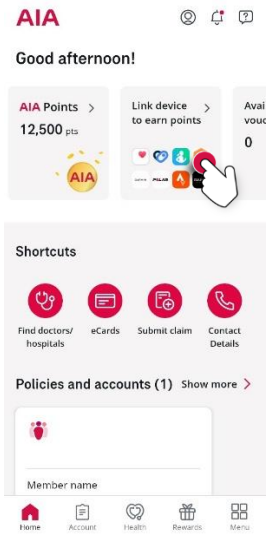
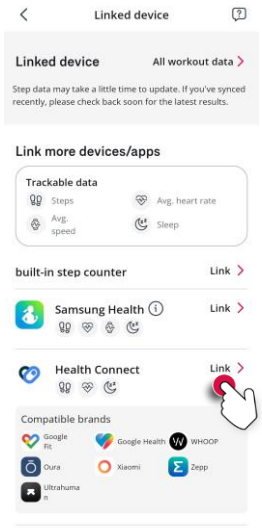
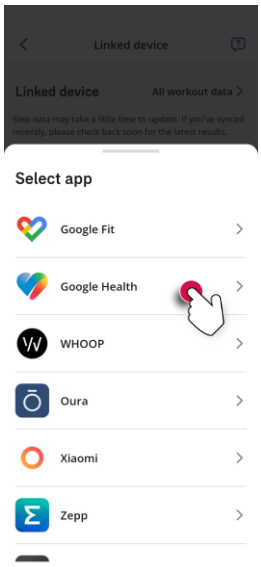
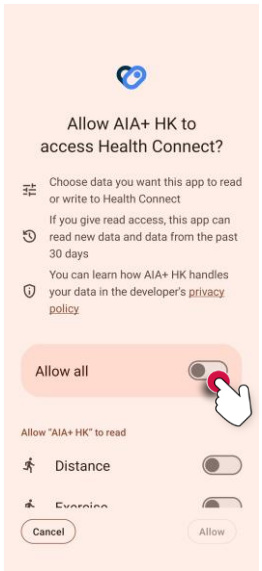
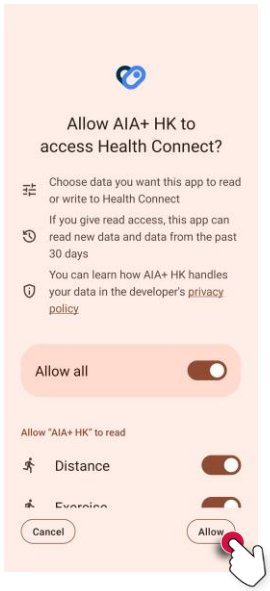
AOS User: Syncing Fitness Data from Google Health (Fitbit) to AIA+ via Health Connect

Please ensure Google Health and Health Connect are installed first

1. Log in to AIA+ and tap "Link Device to Earn Points" on the Home page	2. Tap "Link" under Health Connect **Note:** Members who have previously linked Health Connect may select Google Health (refer to Step 3) and proceed directly to Step 8.	3. Select Google Health
		
4. Tap "Link now"	5. Tap "Turn On All"	6. Tap "Allow"
		

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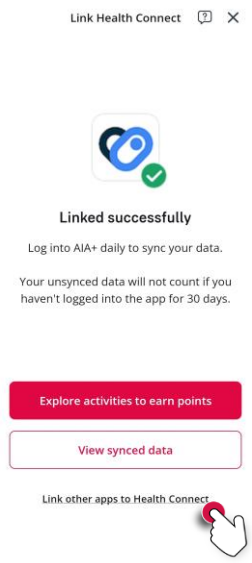
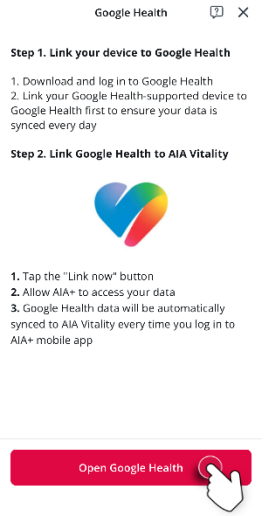
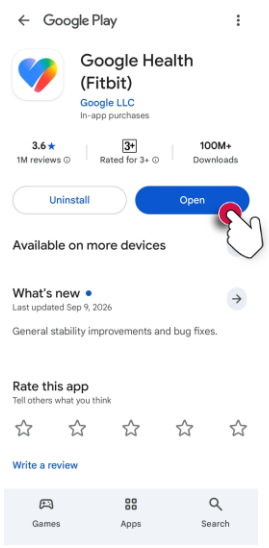
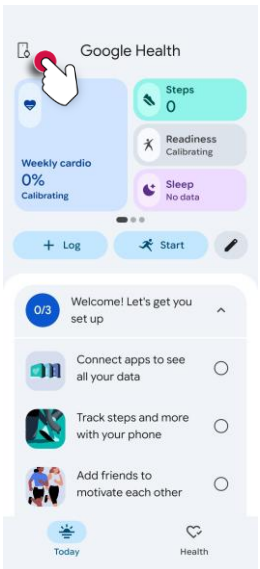
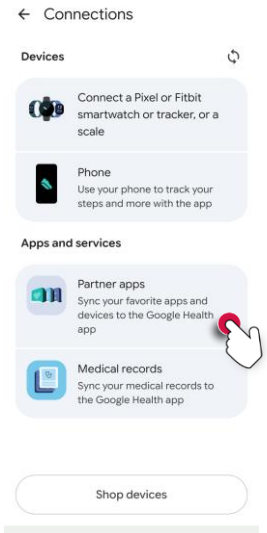
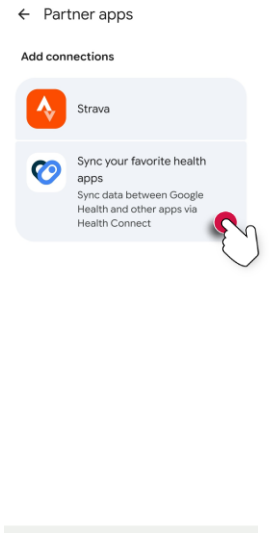
7. Click "Link other apps to Health Connect"	8. Tap "Open Google Health"	9. Tap "Open"
		
10. Tap the profile icon in the top left corner	11. Tap "Partner apps"	12. Tap "Sync your favourite health apps"
		

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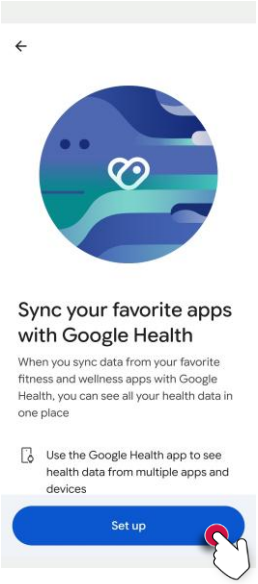
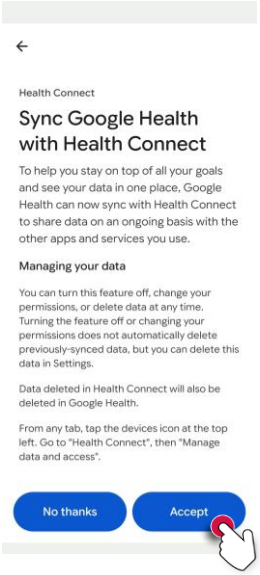
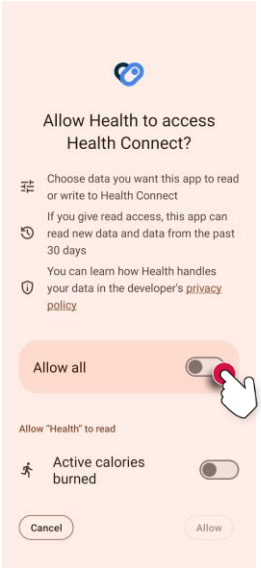
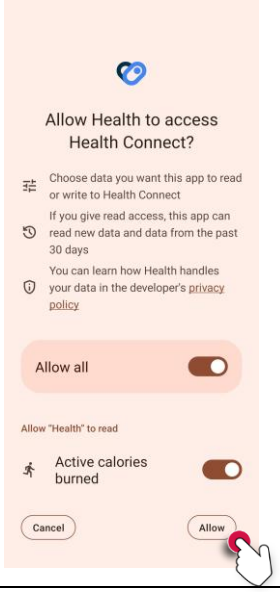
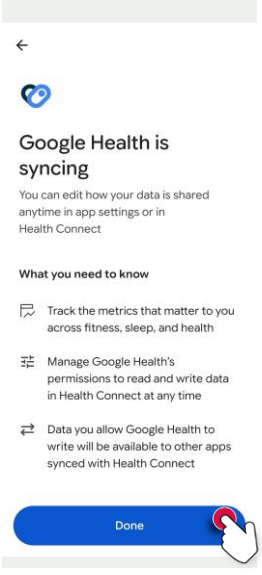
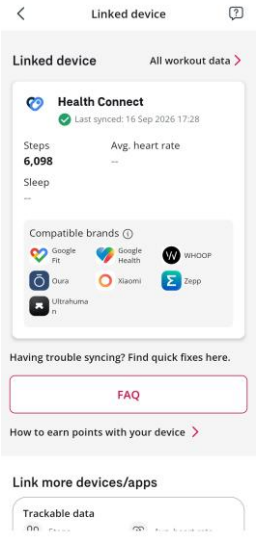
13. Tap "Set up"	14. Scroll to the bottom of the page and tap "Accept"	15. Tap "Allow all"
		
16. Tap "Allow"	**17. Tap "Done" to complete the syncing process**	**18. Log in to AIA+ and verify that your fitness data has been successfully synced**
		

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附錄三 Appendix III

「AIA Vitality 健康程式」可兼容之裝置 AIA Vitality Compatible Device List

Step | Average heart rate | Average speed | Sleep

ios

應用程式 App	裝置 Device	可支援數據類型 Supported Data Types
Apple 健康 Apple Health	Apple Health	Step
	Apple Watch	Step, Average heart rate, Average speed, Sleep
	Google Health	Step, Average heart rate, Sleep
Garmin		Step, Average heart rate, Average speed, Sleep
Polar		Step, Average heart rate, Average speed
Sunnto		Average heart rate, Average speed
華為運動健康 Huawei Health		Step, Average heart rate, Average speed

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應用程式 App	裝置 Device	可支援數據類型 Supported Data Types
Health Connect	Google Fit	
	Google Health	
Samsung Health		
Garmin		
Polar		
Sunnto		
華為運動健康 Huawei Health		
我的計步器 My step counter		

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