AIA ALTA HIGH NET WORTH PROPOSITION

JANUARY 2026



AIA Alta

AIA HEALTHIER, LONGER, BETTER LIVES

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"AIA", "AIA Hong Kong", "AIA Macau" or "the Company" herein refers to the Hong Kong Branch and / or Macau Branch of AIA International Limited (Incorporated in Bermuda with limited liability).
"Hong Kong" and "Macau" herein refer to "Hong Kong Special Administrative Region" and "Macao Special Administrative Region", respectively.
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AIA ALTA

For the outstanding who aspires for more
Achieving the pinnacle of wellbeing



With AIA Alta you can aspire for more.

As with everything in life, achieving the pinnacle of wellbeing requires give-and-take. Finding that delicate balance of prosperity, healthy living, and peace of mind that's just right for you, is something few can ever achieve.

AIA Alta is created for our prestigious customers who demand more out of life. Who yearn for prosperity and wisdom realise that enjoying the fruits of their labour requires one to be physically, emotionally, and mentally healthy.

Together we can progress to a new level of wellbeing where mind and body matters as much as prosperity. Where a dedicated team won't just layout a financial plan for you and your family but also be your guide to wellness.

For high-net-worth individuals pursuing holistic wellbeing and financial prosperity, we provide bespoke and holistic solutions, creating extraordinary value.

We understand high net worth customers long for a one stop solution to balance Health & Wealth. Thus, we established **AIA Alta Club**, Wealth Management Centre and Wellness Haven, assisting our customers to strike a balance between wealth and health. Wellness is our key differentiator to help customers converting health to wealth in order to alleviate the financial burden on.



ACHIEVING THE PINNACLE OF WELLBEING







AIA ALTA CLUB

New Ultimate Privileged Membership AIA Alta Club



AIA Alta Club is for our esteemed customers,
craving an abundant life. We prioritize holistic wellbeing,
nurturing your physical, emotional, and mental health.
Together, we'll elevate your overall wellbeing,
aligning mind, body, and prosperity.



Dedicated Wealth Management

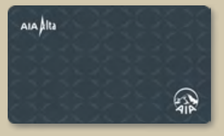
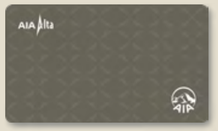
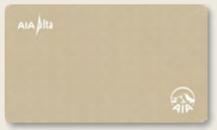


Exquisite Health Journey



Bespoke Lifestyle and Services

AIA Club Alta is a 3-tier prestigious loyalty program curated for eligible policy holders, offering different member privileges for each tier.

Tier	 Solar	 Luna	 Stellar
Eligible Policy(ies)[1] with the minimum Aggregate Annualized Premium[2] (in USD)	$350,000+	$200,000 - $349,000	$100,000 - $199,000

Membership Requirement:

- Eligible Policy(ies) with the minimum Aggregate Annualized Premium of US$100,000; and
- New Eligible Policy(ies) issued in the past 3 years with the minimum Aggregate Annualized Premium of US$10,000

[1] "Eligible Policy(ies)" refers the individual life insurance policy(ies) issued by AIA International Limited in Hong Kong and/or Macau to the member as the policyholder, which:
a. is/are effective after the cooling-off period; and
b. exclude(s) (i) general insurance policies and (ii) investment-linked assurance schemes (ILAS) policies issued after 31 August 2023.

[2] "Aggregate Annualized Premium" refers to the aggregate sum of the annualized premium of all the Eligible Policies. The % amount of premium paid per each Eligible Policy shall be calculated as follows in the Aggregate Annualized Premium:
a. 10% for the single premium; or b. 100% for the annual premium.

Note: Aggregate Annualized Premium shall be expressed in United States dollars.

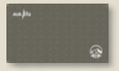
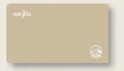
How to calculate annualized premium (ANP)

A. Single premium is calculated at 10% of the premium
E.g.: Single premium is US$1,000,000
ANP = US$1,000,000 x 10% = US$100,000

B. Regular premium is calculated at 100% of the premium
E.g.: Regular premium is US$1,000,000
ANP = US$1,000,000 x 100% = US$1,000,000

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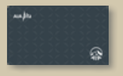
AIA Alta Club Privileges	 **Solar** (Eligible Policy(ies) with minimum Aggregate Annualized Premium of US$350,000)	 **Luna** (Eligible Policy(ies) with minimum Aggregate Annualized Premium of US$200,000)	 **Stellar** (Eligible Policy(ies) with minimum Aggregate Annualized Premium of US$100,000)
Wealth	Offered by professional service provider with discount and privileges: • **2 hours of complimentary personal tax, legal or family office consultation** per membership year (thereafter 20% discount off per hour) by Ernst & Young • **20% off on trust service from selected trust companies**[1] (applicable to up to 3 trusts established after becoming a member of **AIA Alta Club**) • **30% off on will writing service from selected law firms**[2] • **Complimentary first US/UK/HK admission consultation session** by selected education and admission consultant companies[3] • **20% off on personalised admission consultation services** by selected education and admission consultant companies[3] • **20% off on internship programs, workshops and other courses** by selected education and admission consultant companies[3]	Offered by professional service provider with discount and privileges: • **1 hour of complimentary personal tax, legal or family office consultation** per membership year (thereafter 20% discount off per hour) by Ernst & Young • **20% off on trust service from selected trust companies**[1] (applicable to up to 2 trusts established after becoming a member of **AIA Alta Club**) • **20% off on will writing service from selected law firms**[2] • **Complimentary first US/UK/HK admission consultation session** by selected education and admission consultant companies[3] • **10% off on personalised admission consultation services** by selected education and admission consultant companies[3] • **10% off on internship programs, workshops and other courses** by selected education and admission consultant companies[3]	Offered by professional service provider with discount and privileges: • **1 hour of complimentary personal tax, legal or family office consultation** (thereafter 20% discount off per hour) by Ernst & Young • **20% off on trust service from selected trust companies**[1] (applicable to up to 1 trust established after becoming a member of **AIA Alta Club**) • **20% off on will writing service from selected law firms**[2] • **Complimentary first US/UK/HK admission consultation session** by selected education and admission consultant companies[3] • **10% off on personalised admission consultation services** by selected education and admission consultant companies[3] • **10% off on internship programs, workshops and other courses** by selected education and admission consultant companies[3]

Personal tax, legal and family office consultation, trust related, will drafting and admission consultation services are provided by third-party service providers. AIA Hong Kong and its intermediaries will not provide any advice to clients regarding the above services.

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[1] Selected trust companies include: Futu Trustee Limited and Sovereign Trust (Hong Kong) Limited
[2] Selected law firms include: C.P. Lin & Co. and Charles Russell Speechlys LLP
[3] Selected trust companies include: Crimson Education Hong Kong Limited and Helios Education International Limited

AIA Alta Club Privileges	 **Solar** (Eligible Policy(ies) with minimum Aggregate Annualized Premium of US$350,000)	 **Luna** (Eligible Policy(ies) with minimum Aggregate Annualized Premium of US$200,000)	 **Stellar** (Eligible Policy(ies) with minimum Aggregate Annualized Premium of US$100,000)
Wellness	Offered by AIA Alta Wellness Haven: • Access to AIA Alta Wellness Haven • Enjoy **4 complimentary sessions of signature programmes as wellness tasting experience per membership year** • You are welcome to share the complimentary session(s) of signature programmes with a maximum of 2 guests per visit	Offered by AIA Alta Wellness Haven: • Access to AIA Alta Wellness Haven • Enjoy 3 **complimentary sessions of signature programmes as wellness tasting experience per membership year** • You are welcome to share the complimentary session(s) of signature programmes with a maximum of 1 guests per visit	Offered by AIA Alta Wellness Haven: • Access to AIA Alta Wellness Haven • Enjoy **2 complimentary sessions of signature programmes as wellness tasting experience per membership year**
Lifestyle	• Be invited to exclusive seminars, events and lifestyle experiences	• Be invited to exclusive seminars, events and lifestyle experiences	• Be invited to exclusive seminars and events
Service	Dedicated hotline for AIA Alta Club members		

For more privileges details, please visit **AIA Alta Club** website (www.aia.com.hk/en/aia-alta) to learn more.

AIA Alta Club Voyages:
Curated for the Discerning Traveller

AIA Alta Club members experience a host of privileges and benefits designed to elevate your travel.

From seamless hotel stays to convenient transfers, we're here to make every journey smoother and more enjoyable.





For your flight: VistaJet Private Jet Charter Exclusive Membership

Take to the skies and travel in style with a year-round exclusive membership offer from VistaJet and XO. Enjoy a range of benefits to suit all flying needs with unrivalled services offered with your private charter. These include Private Dining onboard, featuring dishes from world-renowned chefs and restaurants, festive delicacies — including those offered during Lunar New Year flights in the region — and a dedicated fine wine programme.

VistaJet presents 3 flexible membership tiers for AIA Alta Club's discerning travellers:

- **Flagship** : 50+ annual flight hours for frequent flyers
- **VJ25** : 25+ annual flight hours for frequent flyers
- **XO** : On-demand flexible flight access

Validity: From now till 31 August 2026

For more details or to access the privilege, visit here, AIA+ mobile app or call the dedicated hotline for AIA Alta Club members at (852) 2200 6628.

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To enjoy the offer, AIA Alta Club members must submit their booking request through our dedicated hotline via AIA+, phone or email. Requests submitted through other channels are not eligible, and the provider may not be able to honour this offer.



For your stay in Hong Kong: The Peninsula Hong Kong

The Peninsula Hong Kong has stood in timeless grandeur by Victoria Harbour for nearly a century as the “Grande Dame of the Far East”. From Michelin-starred cuisine, exquisite buffets to impeccable service, the hotel blends celebrated dining experiences that perfectly showcases the best of hospitality from the Eastern and West, whilst every moment here defines the pinnacle of luxury.

Privilege 1	Enjoy a 15% discount on room bookings with Peninsula Premier Rate.
Privilege 2	Receive 15% off dining at Gaddi’s, Spring Moon, Felix, Chesa, The Verandah, The Lobby and Imasa.

Validity:
Privilege 1: From now until 30 June 2026 | Privilege 2: From now until 30 June 2026

* The above offers are subject to blackout dates and other terms and conditions.

Room bookings must be made at least 7 days prior to arrival and must be requested through AIA Alta Club. Table reservations must be made at least 7 days prior to the dining date and must be requested through AIA Alta Club.

For more details or to access the privilege, visit here, AIA+ mobile app or call the dedicated hotline for AIA Alta Club members at (852) 2200 6628.

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For your stay in Macau: Mandarin Oriental, Macau

Experience unparalleled luxury at Mandarin Oriental Macau, a 5-star haven in the heart of One Central. Overlooking the Macau waterfront, this exquisite retreat offers breathtaking views of Nam Van Lake, Macau Tower, and the South China Sea. This 5-star retreat invites you to embark on an extraordinary journey through unparalleled dining, relaxation, and rejuvenation experiences.

Privilege 1	Enjoy 15% off room bookings based on the hotel's best available rate and upgrade to the next room category.
Privilege 2	Receive 20% off the total bill when dining at the Lobby Lounge, Vida Rica Restaurant, or Vida Rica Bar.
Privilege 3	Enjoy 20% off any spa treatment lasting 90 minutes or longer at The Spa.

Validity: From now till 30 June 2026

* The above offers are subject to blackout dates and other terms and conditions.

Room bookings must be made at least 7 days prior to arrival and must be requested through AIA Alta Club. Table reservations must be made at least 7 days prior to the dining date and must be requested through AIA Alta Club.

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For your vacation needs in Macau: Dinner In The Sky Macao

Melco takes Macao's dining scene to new heights with its 50-metre-high "Dinner in the Sky", originating from Belgium's renowned concept that has been held in over 80 countries worldwide. Indulge in world-class cuisine while taking in sweeping views of Macao and the Cotai City skyline.

Enjoy 20% off the Lunch Menu, Afternoon Tea Menu and Dinner Menu at Dinner In The Sky Macao.

Prices reference as follow:

	AIA Alta	Public
Express Lunch	Not offered	MOP688
Lunch	MOP1,034	MOP1,288
Afternoon Tea	MOP710	MOP888
Dinner	MOP1,510	MOP1,888

Validity: From now till 30 June 2026

For more details or to access the privilege, visit here, AIA+ mobile app or call the dedicated hotline for AIA Alta Club members at (852) 2200 6628.

AIA Alta

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To enjoy the offer, AIA Alta Club members must submit their booking request through our dedicated hotline via AIA+, phone or email. Requests submitted through other channels are not eligible, and the provider may not be able to honour this offer.

Booking Procedure

1

To enjoy the offer, AIA Alta Club members must submit their booking request through:

AIA+ | **AIA Alta Club dedicated hotline** **Phone: (852) 2200-6628** | **Email: altaclub@aia.com**

Requests submitted through other channels are not eligible, and the provider may not be able to honour this offer.

2

Upon receipt of booking request by Alta Club dedicated hotline, Hotline staff will contact member via email. Alta Club Member will need to **provide booking details and return a signed copy of "Application for Referral of AIA Alta Club Lifestyle Privilege Services Form of Acknowledgement & Consent"** to proceed.

3

Hotline staff will pass on the details provided by Members to respective service provider, and will arrange a representative from the service provider to assist Member with the inquiries and bookings.

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AIA Alta Discovery Academy

Introducing AIA Alta Discovery Academy — a unique programme created to inspire and guide the next generation of leaders. Designed for the next generation of AIA Alta Club members, this programme focuses on three key areas: **Leadership**, **Global Vision**, and **Sustainability**.

With hands-on workshops, events, and services, AIA Alta Discovery Academy helps young leaders build the skills and mindset they need to succeed in the future.

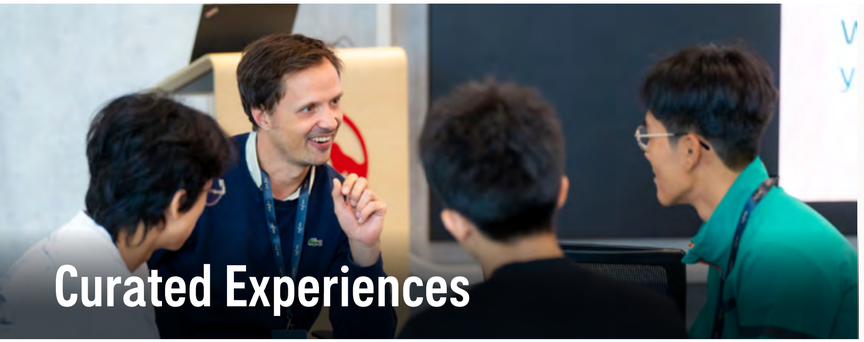




Shaping future-ready leaders

AIA Alta Discovery Academy weaves leadership, global vision, and sustainability into every experience.

Beyond academics, this programme nurtures critical thinking, ethical leadership, and global awareness, empowering young minds to lead with purpose in a rapidly changing world. This is where your next generation's journey to becoming a confident leader begins.



Illuminating New Perspectives With Global Vision

Diversity makes a difference. AIA Alta Discovery Academy offers a variety of experiences, from local workshops to international education tours and cultural exchanges, to help broaden your next generation's horizons.



Supporting The Mind And Body

True leadership starts from within. AIA Alta Discovery Academy offers wellness and health-focused events and services to help young people build resilience, find balance, and stay inspired.

AIA Alta Club Exclusive Events

AIA Alta Club dedicated to providing a series of privileges and lifestyle experiences to help the prestigious members find their optimal balance of wealth and wellness, while also bringing them more superior and extraordinary experiences of distinction.

OCT 2024 — AIA "Wealth & Wellness" x Four-hands MICHELIN Guide Dining Experience

Prestige member's dining experience through private invitation to savour the finest delicacies prepared by two legendary celebrity chefs at Four Seasons Hotel Hong Kong.



NOV 2024 — "Duffy and Friends 3K" at Hong Kong Disneyland 10K Weekend 2024 – Presented by AIA Vitality

Exclusive member package with race participations and Hong Kong Disneyland Park tickets redeemable on a first-come, first-served basis.



DEC 2024 — Lucky Draw for AIA Carnival 2024 members-only package

"AIA Alta Presents The World Circus" members-only package and AIA Alta lounge access.



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All event invitations and privileges previously offered by AIA Alta Club to selective members are not indicative of future event invitations and privileges. Event invitations and privileges are subject to change annually.

All the privileges offered by AIA Alta Club may be changed, suspended and/or terminated at any time without prior notice and are subject to the respective terms and conditions of AIA Alta Club, each privilege (if applicable), and AIA's partners and/or service providers (if applicable).

AIA Alta Club Exclusive Events

AIA Alta Club dedicated to providing a series of privileges and lifestyle experiences to help the prestigious members find their optimal balance of wealth and wellness, while also bringing them more superior and extraordinary experiences of distinction.

MAR 2025 | Lucky Draw for Art Basel Hong Kong Admission Tickets

Exclusive member package with 2 admission tickets and a glass of champagne for each guest.



JUL 2025 | Lucky Draw for "Hong Kong Football Festival 2025 - Arsenal vs Tottenham Hotspur" Match Tickets

A chance for members to win 2 match tickets valued at HK$2,499 each.



Jul - Aug 2025 | Experience a summer at Oxford & Cambridge

Two-week topr tier education programme tailored for members' next generation, offering a taste of undergraduate life at the world-renowned universities of Oxford and Cambridge.



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Only available for AIA Alta Club Solar and Luna tier members in Chinese Mainland

Family Health MedTeam

Embrace Life at its Pinnacle, Nurture Health Across Generations

The Hong Kong insurance industry's first* **Family Health MedTeam — provides comprehensive service offers healthcare support**, ensuring you and your loved ones enjoy **access to premium medical care in Chinese Mainland**. Simply activate the service to enjoy this holistic experience, with professional care always at your fingertips.



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*As of 16 September 2025, Hong Kong insurance industry's first healthcare support in Chinese Mainland, which integrates Online General Health Consulting along with Personalising Health Checkup at Grade 3A Hospitals and Online Support for Chronic Disease Management and Home Medication Delivery, Priority Booking for Outpatient and Inpatient Services, and Medical Companion Service, was compared with the similar services offered by major Hong Kong insurance companies.

Only available for AIA Alta Club Solar and Luna tier members in Chinese Mainland

First in HK Market*

Family Health MedTeam

Driven by Innovation, Defined by Prestige

Family Health MedTeam provides health care support, ensuring members and their loved ones have access to quality medical care in Chinese Mainland.

AIA Alta Club Solar and Luna tier members can simply activate the service to enjoy this holistic experience, with professional care always at their fingertips.

1

Family based benefits

for 4 family members@

(Eligible member + up to 3 of his/her eligible family members)

2

Dedicated WeChat group

One-stop arrangement

Seamless communication

3

24/7

Dedicated servicing team#

4

Direct Access To

Market Rare^ medical resources

* As of 16 September 2025, was compared with the similar services offered by major Hong Kong insurance companies.

@ Family Health MedTeam offered as a privilege of AIA Alta Club are available to (i) AIA Alta Club member in the Solar or Luna tier and (ii) up to three of his/her eligible family members, subject to the terms and conditions of Family Health MedTeam and AIA Alta Club. For details of the eligibility of using Family Health MedTeam, please refer to the service leaflet.

Contact through WeChat mobile application or the service hotline during the service hours for (i) coordinating the Services and (ii) using Online General Health. Consulting. All the other services under Family Health MedTeam are provided during the designated service hours subject to the availability of the Service Provider. For details, please contact the Service Provider via the service hotline at (86) 400 961 0933.

^ As of 16 September 2025, rare in the market services, which includes Online General Health Consulting, Personalising Health Checkup at Grade 3A Hospitals and Online Support for Chronic Disease Management and Home Medication Delivery, was compared with the similar services offered by major Hong Kong insurance companies.

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"Family Health MedTeam" is an additional value-added services and do not form part of the insurance coverage, nor are they guaranteed. AIA reserves the right to revise, suspend, or terminate the "Prestige Medical Concierge" services, any part of the services, service providers, or amend any related terms and conditions at any time without prior notice, and retains absolute discretion. The services are provided by third-party service providers designated by AIA in Chinese Mainland and are not applicable in Hong Kong or Macau. AIA is neither the service provider nor an intermediary. AIA makes no representation, warranty, or commitment regarding the quality or availability of the services and assumes no responsibility or liability for services provided by the service providers. Under no circumstances will AIA be liable for any acts, omissions, or negligence of the service providers in providing the services and/or services (including but not limited to diagnosis, treatment, and medical or nursing services). The services are subject to relevant terms and conditions. For details, please refer to our website: https://www.aia.com.hk/en/aia-alta/familyhealth.

First in HK Market*

Family Health MedTeam

Only available for AIA Alta Club Solar and Luna tier members in Chinese Mainland



24/7 Dedicated Servicing Team

Includes a designated family doctor as well as a nurse registered in Chinese Mainland acting as your health ambassador - is available online around the clock@ to provide professional support% online.

Personalising Health Checkup at Grade 3A Hospitals

Upon review of your health information, and arrange a personalized health checkup services^ at designated Grade 3A public hospitals in Chinese Mainland, helping you to gain a deeper understanding of your health.

Comprehensive Online & Offline Healthcare Support at Grade 3A Hospitals

We arrange a full suite of healthcare support at designated Grade 3A public hospitals in Chinese Mainland for members and their family. This includes online general health consultation with specialists%, priority booking for both outpatient and inpatient services, and dedicated medical companion assistance.

Chronic Disease Online Support & Home Medication Delivery

Enjoy online support for chronic disease management, including medical appointment reminders and home medication delivery services#, so members can manage their family's health without leaving home.

For the terms and conditions of the services, please visit https://www.aia.com.hk/en/aia-alta/familyhealth.

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* As of 16 September 2025, compared with similar services from major insurance companies in Hong Kong.

@ Contact through WeChat mobile application or the service hotline during the service hours for (i) coordinating the Services and (ii) using Online General Health Consulting. All the other services under Family Health MedTeam are provided during the designated service hours subject to the availability of the Service Provider. For details, please contact the Service Provider via the service hotline at (86) 400 961 0933.

% Any information and recommendation provided under Family Health MedTeam is for general health and wellness information only and does not replace any medical advice or treatment. None of the Services shall be considered as a medical advice, diagnosis, treatment, or recommendation in any kind.

^ The costs of the health checkup and any related expenses shall be borne and settled directly with the relevant medical institution by the Service User.

The costs of the medications and the medications delivery shall be borne and settled directly with the Service Provider by the Service User. Online Support for Chronic Disease Management and Home Medication Delivery is limited to the administrative support for the purchase and delivery of certain prescription medications to designated delivery location only.

First in HK Market⁺

Family Health MedTeam

Only available for AIA Alta Club Solar and Luna tier members in Chinese Mainland

The three major stages - prevention, treatment, and chronic disease management, safeguarding the well-being of generations◎

Prevention

- Health Evaluation and Health Record Management*
- **Rare in Market*** Online General Health Consulting*
- **Rare in Market*** Personalising Health Checkup at Grade 3A Hospitals^
- **Rare in Market*** Grade 3A Hospital Specialist Online General Health Consulting*

Treatment

- Priority Booking for Outpatient and Inpatient Services#
- Priority Booking for Diagnostic Tests#
- Medical Companion Service

Chronic Disease Management

- **Rare in Market*** Online Support for Chronic Disease Management and Home Medication Delivery※

⁺ As of 16 September 2025, Hong Kong insurance industry's first healthcare support in Chinese Mainland, which integrates Online General Health Consulting along with Personalising Health Checkup at Grade 3A Hospitals and Online Support for Chronic Disease Management and Home Medication Delivery, Priority Booking for Outpatient and Inpatient Services, and Medical Companion Service, was compared with the similar services offered by major Hong Kong insurance companies.

* As of 16 September 2025, was compared with the similar services offered by major Hong Kong insurance companies.

◎ Family Health MedTeam offered as a privilege of AIA Alta Club are available to (i) AIA Alta Club member in the Solar or Luna tier and (ii) up to three of his/her eligible family members, subject to the terms and conditions of Family Health MedTeam and AIA Alta Club. For details of the eligibility of using Family Health MedTeam, please refer to the service leaflet.

* Any information and recommendation provided under Family Health MedTeam is for general health and wellness information only and does not replace any medical advice or treatment. None of the Services shall be considered as a medical advice, diagnosis, treatment, or recommendation in any kind. Except for the administrative support for the purchase and delivery of certain prescription medications under Online Support for Chronic Disease Management and Home Medication Delivery, the Services do not include any prescription, dispensing, administration and delivery of medications. The Service User must be physically present in Chinese Mainland during the time of provision of the Services otherwise no Services will be provided.

^ The costs of health checkups and related expenses shall be borne and settled directly with the relevant medical institution by the Service User.

All medical costs shall be borne and settled directly with the designated hospital by the Service User.

※ The costs of the medications and the medications delivery shall be borne and settled directly with the Service Provider by the Service User. Delivery of certain prescription medications to designated delivery location only. Terms and conditions apply, please refer to the service leaflet.

Eligibility and Service Conditions

- Exclusively for **AIA Alta Club Solar** and **Luna tier members**.
- Each member can nominate up to 3 eligible family members to enjoy this service with the member.
- The service is valid for 12 months from the date of activation and will automatically renews every 12 month as long as eligibility is maintained.

Activate the Service

Only available for AIA Alta Club Solar and Luna tier members in Chinese Mainland

1 Confirm Your Membership

Call the **Service Hotline (86) 400 961 0933** and provide AIA Alta Club Member's full English name, ID number, and phone number.

2 Activate the Service

The Health Ambassador will connect with the AIA Alta Club Member on WeChat and guide member through the activation process.

If the member does not have a personal WeChat account, please download and register before activating the service.

3 Invite the Family Members

The Member can add his/her eligible family members to the designated family doctor group chat on WeChat, set up by his/her Health Ambassador.

Health Ambassador Service Hour | Monday – Sunday: 9:00 a.m.- 11:00 p.m.

Services are provided through the dedicated WeChat group. After 11:00 p.m, the member can contact the servicing team through by designated hotline.

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For more details and terms and conditions, please visit https://www.aia.com.hk/en/aia-alta/familyhealth or refer to service leaflet.



AIA ALTA WELLNESS HAVEN

An Exquisite Wellness Realm Providing One-Stop Optimal Health Journey

AIA Alta | WELLNESS HAVEN powered by Humansa

Note: The wellness zone of AIA Alta Wellness Haven aims to provide wellness treatment and service . No sales related activity can be conducted.

Nurturing your mental, physical and nutritional health - The path to holistic balance

The **AIA Alta Wellness Haven** powered by Humansa is the insurance's first[2] integrated and one-stop wellness realm where science blends seamlessly with Eastern and Western philosophy. The trusted wellness expert team will empower you with diverse and personalised wellness services in your journey towards achieving balance for your mind, body and soul.



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[1] As of 1 August 2023, compared with services provided by Hong Kong major insurance companies.

Note: The wellness zone of AIA Alta Wellness Haven aims to provide wellness treatment and service . No sales related activity can be conducted.

1 Integrated and Truly One-Stop Wellness

A comprehensive range of services will help you nurture your mental, physical and nutritional health under one roof. Benefit from personalised programmes and the guidance of the dedicated wellness coaches who will actively support your health goals.

2 Science based & Quantifiable Results

Embrace science-based wellness treatment with assessments, tracking, and advanced equipment for clear insights into your journey.

3 East meets West

The wellness expert team blends Eastern and Western philosophy with advanced technologies creating a synergy that assists optimising your holistic well-being.

4 Share the Journey

As an esteemed **AIA Alta Club** member, you may have the privilege of inviting your loved one(s)[1] to the **AIA Alta Wellness Haven** and experiencing the wellness journey together.

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[1] Applicable to AIA Alta Club Solar And Luna members only

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The Partner - Humansa

Humansa Group is a trusted life-long health and wellness partner. Humansa puts customers at the heart of everything they do and prioritise your well-being above all else by aiming to provide you with only the highest quality and most personalised health and wellness journey.

Humansa

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Humansarefers to Sustainable Wellness Limited (Subsidiary of Humansa Company Limited)

Note: The wellness zone of AIA Alta Wellness Haven aims to provide wellness treatment and service . No sales related activity can be conducted.

One-stop Optimal Health Journey





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WELLNESS ZONE

Experience Holistic Wellness

Experience diverse programmes that cover the three pillars of wellness for your mind, body and soul.

Mental | Physical | Nutrition

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Mental

Achieve inner balance and tranquillity with engaging mindfulness practices that enhance your focus and ignite your inner radiance.



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Stress Management

Discover the transformative techniques to conquer stress and experience serenity.

Sleep Management

Unleash the power of rejuvenating rest and experience the vitality that comes with a well-rested body and mind.

Service[1] includes:

- Guided Meditation
- Sleep Coaching
- Quantum Harmonic Audio Treatment
- Acupressure

[1]The service options may change from time to time, please visit our website for the latest offering.

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Physical

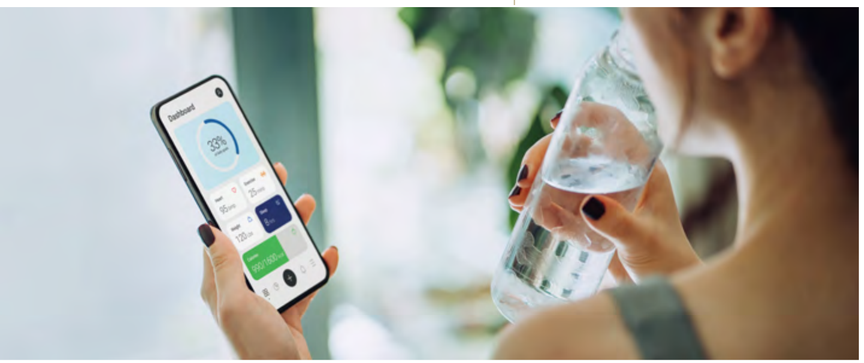
Enhance your body's vitality through a range of advanced therapies that promote strength, flexibility, and overall wellness.



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Weight Management

Achieve and maintain healthy weight by unlocking your physical potential and developing balanced and nutritious diet habits.

Pain Management

Enjoy personalised therapies that alleviate pain, reduce tension, and facilitate your body's recovery.

Skin Management

Nurture your skin with premium skincare products and indulge in rejuvenating therapies that enhance your natural beauty and leave you with a luminous complexion.

Service[1] includes:

- Physical Training
- Tui Na
- Physiotherapy
- Acupressure
- Infrared Moxibustion
- Cryotherapy

[1]The service options may change from time to time, please visit our website for the latest offering.

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Nutritional

Nourish your body with personalised nutritional guidance that fuels your well-being.



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Dietary Management

Plan your nutritional goals and meal programme with the experts who will guide you on a journey to healthy eating and balanced nutrition.

Allergy Management

Provide personalised advice to help you accommodate your allergy needs while assist you to meet your nutritional goals and make healthy choices.

Cardiovascular Health Management

Elevate your cardiovascular health through assessment, as well as personalised exercise and nutrition plans to help reduce the risk of cardiovascular diseases.

Service[1] includes:

- Dietary & Allergy Advisory
- Thematic Interactive Workshop
- Healthy Meal Plan
- Chinese Food Therapy

[1]The service options may change from time to time, please visit our website for the latest offering.

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Signature Programmes

You can choose from four packaged programmes which can help you address health challenges and facilitate an experience in the distinctive offerings across the three pillars of wellness.

The Mind and Body Programme (60 minutes)

Focus on helping you reduce stress, relieve physical tension, and enhance your focus:

- Wellness consultation
- Quantum harmonic audio treatment with meditation and acupressure
- TuiNa, acupressure and stretch massage

Deep Sleep Programme (75 minutes)

Target to identify your sleep issues, help you relax and improve your sleep:

- Wellness consultation
- Breathwork and guided meditation
- Quantum harmonic audio treatment with acupressure

Detox and Realignment Programme (75 minutes)

Improve your physical health by helping you detox and release muscle tension:

- Wellness consultation
- Stretch therapy
- Radio-frequency cupping

EatWell Diet Consultation (60 minutes)

Enable you to develop a sustainable personalised diet that promotes healthy weight management:

- Body composition analysis
- Nutrition consultation
- Customised 1-week meal plan

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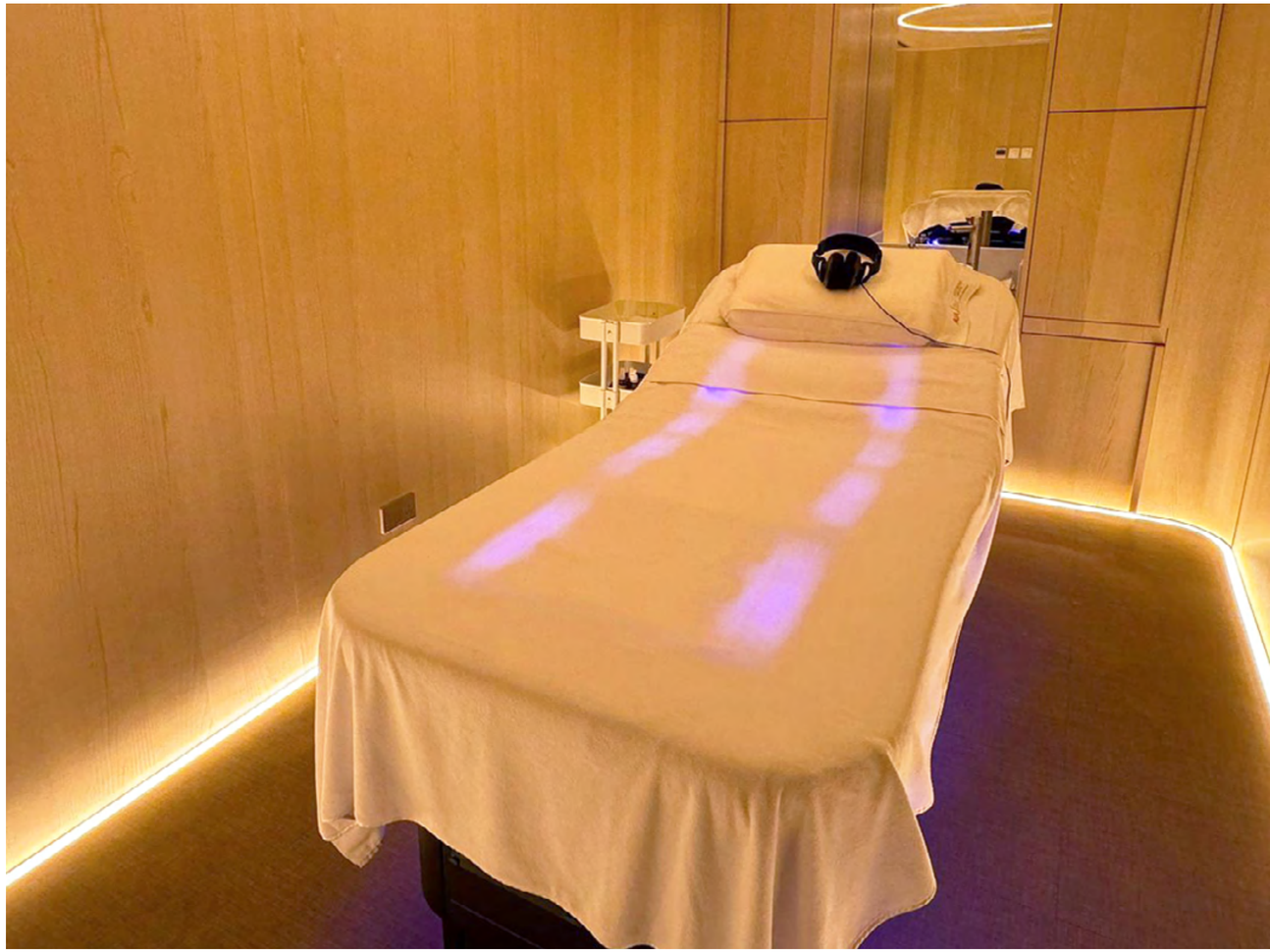
AIA HEALTHIER, LONGER, BETTER LIVES

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Improve mood and reduce stress with quantum audio binaural vibroacoustics

Made in Germany, the 1st Quantum Audio Treatment Bed in Hong Kong

- Scienced-based approach, improve sleep quality from aligning with brainwave
- Deep relaxation from treatment of 30 to 60 minutes
- Reduce stress, improve mood
- Enhance concentration



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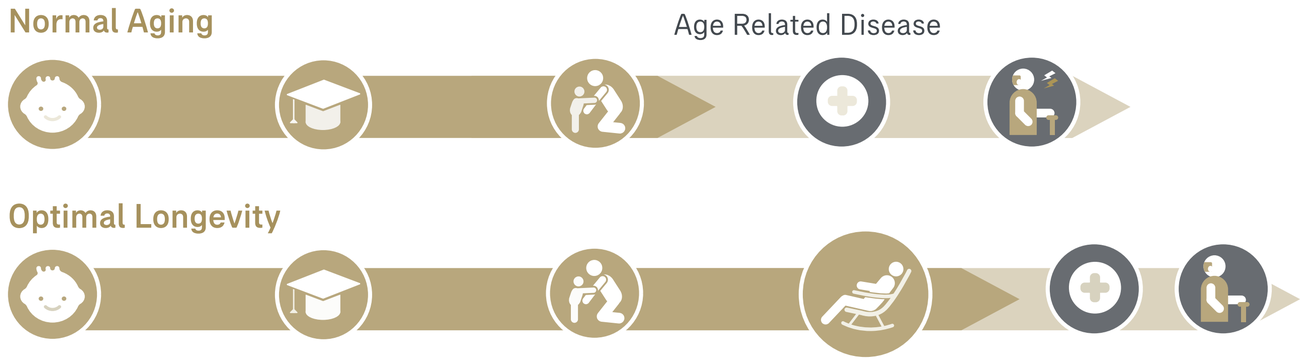
AIA HEALTHIER, LONGER, BETTER LIVES

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New Infinite Health Programme

Enhance your wellbeing for a better, healthier and longer life

At AIA Alta Wellness Haven, our mission is to help protect both your health and wealth, ensuring you can fully enjoy life with your loved ones. We are excited to introduce infinite health, a concept and programme designed to manage your overall wellbeing through early detection and preventive approach.





Global lifespan has risen to 73.1 years[1], while healthspan lags behind at 63.5 years[1].

Healthspan measures the number of years a person can live in good health, free from illness or disability. A gap between lifespan and healthspan often indicates more time spent dealing with illness, being confined to bed, or relying on assistance for basic self-care. Adopting a forward-looking and preventative approach towards health is crucial in prolonging both lifespan and healthspan.

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[1] Source: Vitality Research Institute - Maximising quality of life: A primer on healthspan and lifespan.

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The infinite health programme focusing on your physical, mental, emotional, and nutritional health, our early health assessments keep you stay one step ahead, spotting and preventing potential health issues before they arise — allowing you to enjoy true peace of mind.



Mental Health

Wellbeing Questionnaires

Your sleep patterns, stress levels, and overall happiness would be assessed.



Biological Age

Telomere length DNA analysis

Offer insights into your cellular age, susceptibility to agerelated diseases, and overall wellbeing.



Physical Health

Measuring VO2 Max and examining the posture

Evaluate your heart, lungs, circulatory system, and muscles

Our therapists from AIA Alta Wellness Haven will then design your Individualisd Follow-up Wellness Journey, based on the above evaluation and assessment results, assisting your daily routine to increase your healthspan. To further enhance your wellbeing, you are welcome to participate in the following wellness journeys:

Mindfulness

- Stress Management
- Sleep Management
- Quantum Harmonic Audio Treatment & Scent Programme

Physical

- Physiotherapy
- Tui Na
- RF Cupping
- Acupuncture
- Gua Sha
- Rehabilitative Massage
- Acupressure
- Floor-Based Pilates
- Cryotherapy

Nutrition

- Dietitian Consultation
- Continuous Glucose Monitoring
- Nutritional Coaching
- Traditional Chinese Medicine (TCM) Consultation

Research indicates that significant lifestyle changes (physical activities & diet) and improvement in metabolic risk can increase lifespan by up to 5 years and healthspan by 5.3 years[2].

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[2] Source: Global Burden of Disease Collaborative Network. Global Burden of Disease Study 2019 (GBD 2019) Results

Note: The wellness zone of AIA Alta Wellness Haven aims to provide wellness treatment and service . No sales related activity can be conducted.

Your Personal Moments With Us



Welcome Consultation

Our dedicated wellness coach will meet you at your first visit to understand your needs and conditions to provide the suitable wellness solution to you.



Experts At Your Service

Dedicated wellness expert team will tailor a personalized program that addressing your needs and accompany you throughout the whole journey.



Dedicated Space

Enjoy a private pod and indulge in refreshments while you mingle with your family, friends, or our consultant.

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WELLNESS ZONE

Service Reservation

Start reservation with your preferred way

Hotline	(852) 3166-2900
WhatsApp	(852) 5795-3555
Email	info.wellness@aiaaltawellness.com.hk

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AIA ALTA WEALTH MANAGEMENT CENTRE

One-Stop Wealth Management Centre Is Now In Full Service

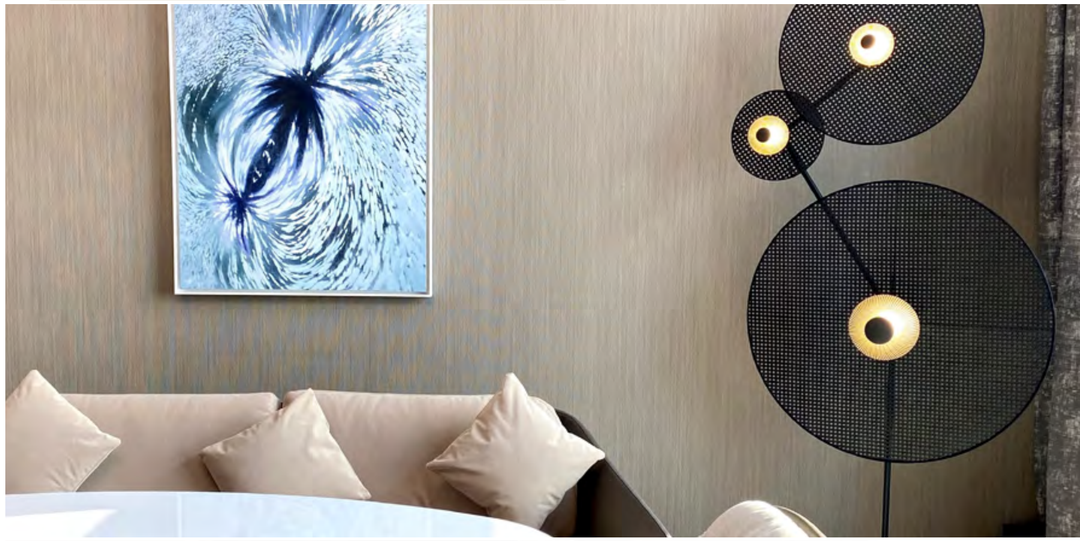
Where financial planners[#] can meet their high-net-worth customer and enjoy the professional financial management services

[#]Applicable to Hong Kong Financial Planners

Going Beyond Insurance Delivering Unmatched Wealth Management Services

AIA Alta Wealth Management Centre is the first of its kind in the insurance industry, which offers high net worth customers one-stop, all-round professional financial management services. In addition to AIA Hong Kong financial planners providing customers with professional consultations on insurance protection solutions, the onsite wealth management and legacy planning team also supports customers with prompt wealth management and legacy planning advice and consultation.

The Centre also partners with multiple service providers to provide customers with advisory services through referrals as a team on trust, legacy, tax, legal and premium financing. We accompany customers to walk through the past, grasp the present, and move towards the future.





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*Applicable to Hong Kong Financial Planners

Interaction With Arts And Five Senses

The immersive “five sense” experience :

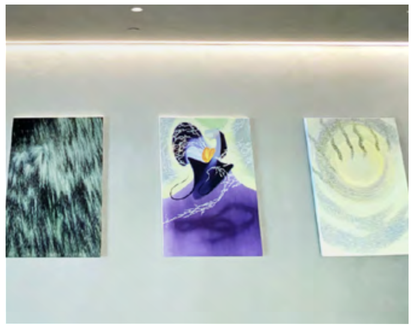
Local Arts + Wellness Elements

Hearing



Unique background music created exclusively for the Centre by a local handpan musician

Sight



Curated arts by local artists, periodically on display in an open exhibition space

Smell



Signature scent curated by a team of local fragrance specialist

Taste



Canapés made with healthy ingredients and served with wellness herbal tea drinks

Touch



Extended reality to enable interactions with customers and tell the story of AIA Hong Kong

Contact Us

AIA Alta Club

Mon - Fri:
9:00 a.m. - 6:00 p.m.

Sat:
9:00 a.m. - 1:00 p.m.

Close on Sundays and Public Holidays

Dedicated Members Hotline:
(852) 2200-6628

or International Toll-free hotline, please refer to www.aia.com.hk/en/aia-alta/int-line

altaclub@aia.com

www.aia.com.hk/en/aia-alta

AIA Alta Wellness Haven

20/F, New World Tower II, 16 -18 Queen's Road Central, Hong Kong

Wellness Zone:
Mon:
2:30 p.m. - 7:30 p.m.

Tue - Sat:
10:30 a.m. - 7:30 p.m.

Close on Sundays and Public Holidays

(852) 3166-2900

(852) 5795-3555

info.wellness@aiaaltawellness.com.hk

www.aiaaltawellness.com.hk

AIA Alta Wealth Management Centre

Room 2901-02, 29/F, Hysan Place, Causeway Bay

Mon - Fri:
9:00 a.m. - 6:30 p.m.

Sat:
9:00 a.m. - 2:00 p.m.

Close on Sundays and Public Holidays

Please contact your financial planners to understand more about the professional services provided in AIA Alta Wealth Management Centre

FAQ



Frequently Asked Question – AIA Alta Club

About **AIA Alta Club**

1.What is **AIA Alta Club?**

AIA Alta Club is a prestigious loyalty program offered by AIA exclusively designed for our designated high net worth customers. Members can enjoy exclusive privileges and experiences across wealth management, wellness and lifestyle.

The membership & Eligibility

1. How can I qualify for a member of **AIA Alta Club?**

To become a member of **AIA Alta Club**, you have to be an existing policyholder of:

1. Eligible Policy(ies) with the minimum Aggregate Annualized Premium of US$100,000; and
2. New Eligible Policy(ies) issued in the past 3 years with the minimum Aggregate Annualized Premium of US$10,000.

"Eligible Policy(ies)" refers to the [individual [life] insurance] policy(ies) issued by AIA International Limited in Hong Kong and/or Macau to the member as the policyholder, which:

a. is/are effective after the cooling-off period; and
b. exclude(s) (i) investment-linked assurance schemes (ILAS) policies issued after 31 August 2023 and (ii) general insurance policies.

"Aggregate Annualized Premium" refers to the aggregate sum of the annualized premium of all the Eligible Policies. The % amount of premium paid per each Eligible Policy shall be calculated in the Aggregate Annualized Premium as follows:

a. 10% for the single premium; or
b. 100% for the annual premium.

The relevant entitled privileges of a member will depend on the respective membership tier. For more details of the membership tier, please refer to the section headed "Membership Tier" at www.aia.com.hk/en/aia-alta/membership.

2. How long will my membership of AIA Alta Club be valid for?

The membership of **AIA Alta Club** is valid for a period of 12 months ("Membership Year") starting from the first calendar day of the next calendar month once the requirements of the relevant membership tier of **AIA Alta Club** are met.

The Membership Year will be adjusted when the membership tier is upgraded. Please refer to the section headed "Membership upgrade" at www.aia.com.hk/en/aia-alta/membership for more details.

The membership together with all the entitled privileges will be automatically terminated when all the Eligible Policies are terminated. For details, please refer to the section headed "Membership Termination" at www.aia.com.hk/en/aia-alta/membership for more details.'

3. How can I renew my membership?

1. Eligible Policy(ies) with the minimum Aggregate Annualized Premium of US$100,000; and
2. New Eligible Policy(ies) issued in the past 3 years with the minimum Aggregate Annualized Premium of US$10,000

4. Is there a membership fee?

No, there is no membership fee associated with your **AIA Alta Club** membership.

5. Is the membership transferrable?

The membership is non-transferrable.

6. How can I upgrade my membership?

Before the next membership year, should your Aggregate Annualized Premium meet the requirement, you can upgrade your membership.

7. Is AIA Alta Club membership applicable to Macau customers?

Yes.

Frequently Asked Question – AIA Alta Club

The Benefit

1.What are the key benefits of **AIA Alta Club** membership?

As an **AIA Alta Club** member, you can enjoy a series of exceptional benefits according to your membership tier, including:

Wealth

- Complimentary consultation provided by Ernst & Young on personal tax, legal and family office planning
- Enjoy privilege discount offer on trust service by designated service provider
- Enjoy privilege discount offer on Will drafting service by designated service provider

Wellness

- Access at **AIA Alta Wellness Haven** and enjoy complimentary sessions of signature programmes as wellness tasting experience per membership year according to tier
- Invite guest(s) per visit to **AIA Alta Wellness Haven** (Applicable to Solar & Luna member only)

Lifestyle

According to the membership tier:

- Be invited to exclusive seminars, events and lifestyle experiences.

Frequently Asked Question – AIA Alta Wellness Haven (Wellness Zone)

About **AIA Alta Wellness Haven**

1. What is AIA Alta Wellness Haven?

AIA Alta Wellness Haven is a one stop wellness centre that tailored for the **AIA Alta Club** members in helping them to addressing suboptimal health issues through 3 core pillars, mental, physical and nutritional.

Eligibility

1. How can I join the membership?

The membership goes with the **AIA Alta Club**. As long as you are the Alta Club members, you will be entitled to enjoy the services provided in Wellness Haven.

2. Can my family and friends use the AIA Alta Wellness Haven services or therapy?

Should the member has membership at Solar or Luna tier, he/she can invite the loved one to enjoy the service or therapy.

3. If I am no longer a AIA Alta Club member, can I still join Wellness Haven membership at my own cost?

If you are no longer the **AIA Alta Club** member, you can only enjoy the remaining paid service and treatment in your account.

Services

1. What are the services and offers from AIA Alta Wellness Haven?

AIA Alta Wellness Haven offers different types of services according to the 3 pillars, including:

Mental: Stress Management, Sleep Management

Physical: Weight Management, Pain Management, Skin Management

Nutritional: Dietary Management, Allergy Management, Cardiovascular Health Management

2. One top of the current free tasting services, can I purchase more services/ sessions?

On top of the free tasting services offered by AIA, you can purchase more service or treatment.

Frequently Asked Question – AIA Alta Wellness Haven (Wellness Zone)

Appointment Reservation

1. **How to start the wellness programme?**

   You can make reservation via hotline, WhatsApp or email. Please note that all the service or treatment has to be reserved on or before 24 hours.

2. **If I am Solar / Luna member, how can my family and friends book the services?**

   Your family / friends have to join the same programme with you. When you book your service, you can select your accompany guests.

3. **If I am Solar / Luna member, do my family and friends need to enrol in the same session with me? Can plus 1 join other sessions?**

   Your family / friends can select the same treatment as you or based on their needs to select different service or treatment.

Cancellation / Amendment

1. **Can I cancel the booking?**

   You can cancel or amend the booking before 24 hours without deducting your free tasting package or charges.

Frequently Asked Question – AIA Alta Wealth Management Centre

1. Am I allowed to reserve the wealth management services?

If you need to use the professional services of AIA Alta Wealth Management Centre, please contact your financial planner to make an appointment for you. Please note that tax, legal and family office planning advisory services are provided by third-party service providers. AIA Hong Kong and its intermediaries will not provide any advice to clients regarding the above services.

2. How can I use the service, such as tax advisory service, at wealth management centre?

If you need to use the professional services of AIA Alta Wealth Management Centre, please contact your financial planner to make an appointment for you. Please note that tax, legal and family office planning advisory services are provided by third-party service providers. AIA Hong Kong and its intermediaries will not provide any advice to clients regarding the above services.

AIA Alta

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