

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

and nutrition consultation

10% OFF basic and selected advanced screens



advanced screens

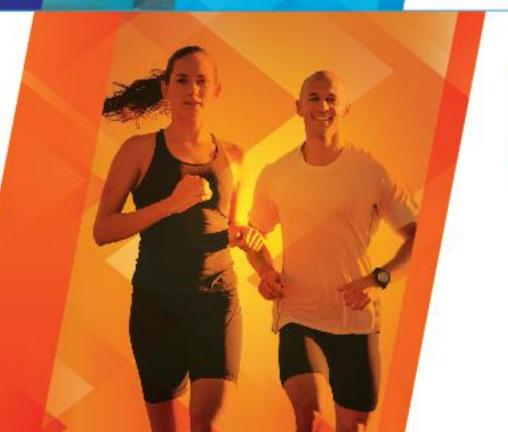
10% OFF basic and selected



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



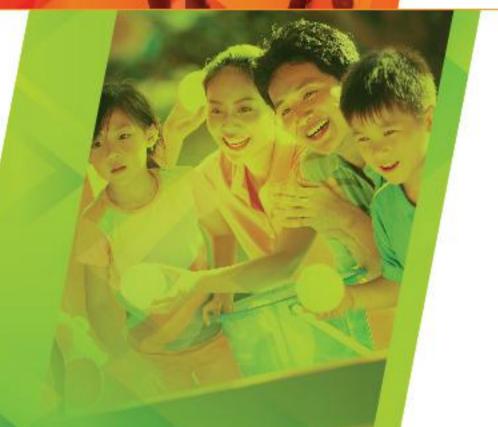
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25% OFF regular-priced items (maximum P20,000 annual spending limit) 70% OFF Champion membership

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)



when you hit your weekly fitness target***

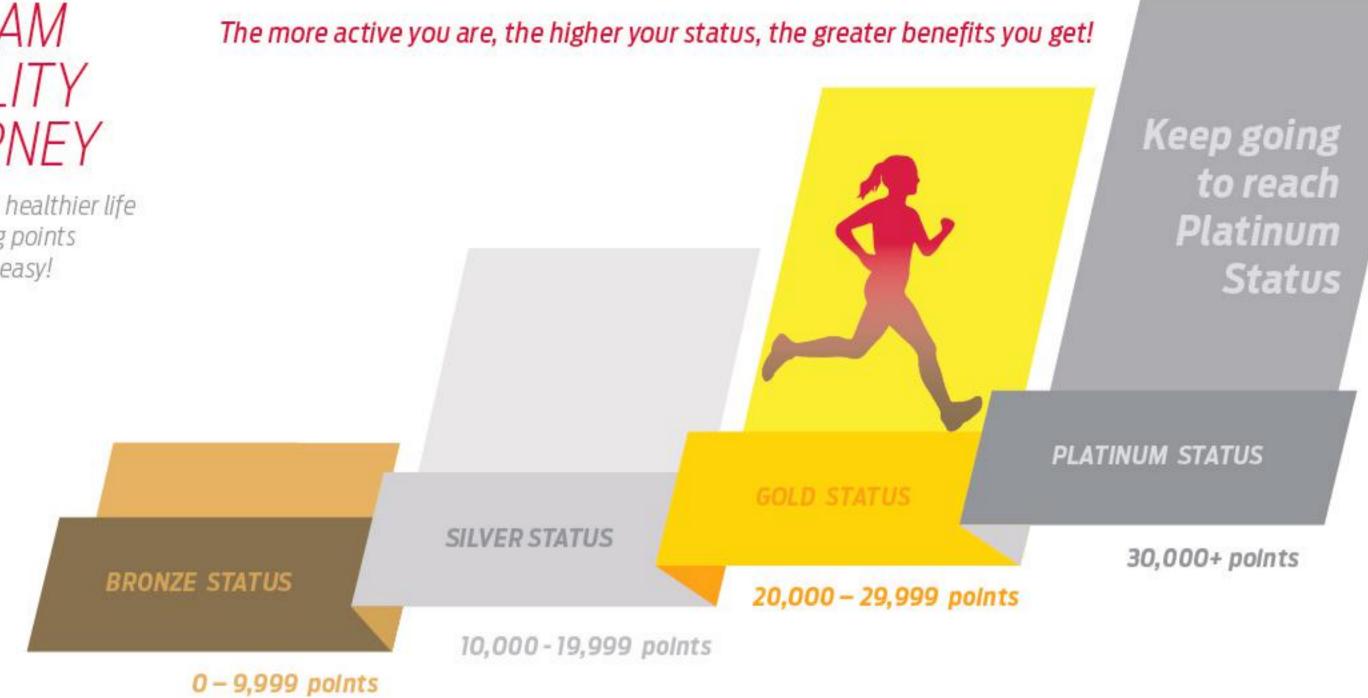
*Discount on premium and additional coverage increase or decrease depending on your Philam Vitality Status.

**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!



KNOW YOUR HEALTH IMPROVE YOUR HEALTH Gym workout or 12,500 steps for 15 days 1,500 points Philam Vitality Health Check up to 6,000 points if within the healthy range Complete these Online Philam Vitality Health Review 1,000 points activities to move Online Non-Smoker's Declaration 1,000 points up from Bronze Online Mental Wellbeing Assessments*
600 points to Silver Status! Online Vitality Nutrition Assessment* 500 points

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









