



**HEALTHIER, LONGER,
BETTER LIVES**

**AIA Philippines Life and General
Insurance Company**

16F – 18F AIA Philippines Head Office
Six/NEO (formerly Net Lima Building)
5th Avenue cor. 26th Street
Bonifacio Global City, Taguig 1634,
Philippines
T: (632) 8521 6300 / (632) 8526 9200
E: customerservice.ph@aia.com
W: aia.com.ph
Customer Hotline: (632) 8528 2000

PRESS RELEASE

HANDY NUTRITION HACKS FOR A HEALTHIER YOU

MANILA, PHILIPPINES – We've all been there—raring to eat healthy but falter when we do our grocery runs. With the sea of available food choices, navigating through the aisles can be a dizzying chore. Here are a few tips to help you skip the stress and fill your cart with healthier food choices!

Lemons pack a punch

Looking to level up your cooking? Lemons help you lose weight and boost your immune system—one lemon alone contains half your daily dose of vitamin C. Squeeze them on top of your favorite dish to add extra zest, or dunk a few slices in a jar for a refreshing glass of lemon-infused water.

Honey never spoils

Honey lasts forever. Its low moisture content keeps bacteria from surviving and it's acidic enough to ward off most bacteria. It is also rich in antioxidants and is good for your blood sugar levels. Try replacing sugar with honey in your coffee, tea, and morning bowl of oatmeal.

“Low fat” means “added sugar”

When striving to live a healthier lifestyle, it's natural to gravitate towards labels that say 'low fat' or 'light.' However, you might want to think twice. It usually means the food contains added sugar which can actually make you gain weight. Sugar, not fat, is your diet's main enemy. Try to opt for food with low sugar content instead of low fat.

"Organic" does not always mean healthy

In recent years, 'organic' and 'gluten-free' have become diet buzzwords. However, just because something is promoted as such doesn't mean it's healthy. Truth is, organic sugar is still sugar, and gluten-free junk food is still junk food. Make it a habit to read nutrition fact labels to help you pick your food wisely.

Not all chocolate is bad for you

Here's a bit of good news: you don't have to give up chocolate to lead a healthy lifestyle. Dark chocolate is rich in disease-fighting antioxidants and can help lower your blood pressure and risk of heart disease. When you're craving something sweet, reach for a bar of dark chocolate. It's actually good for you. Hooray!

Start your healthy journey with AIA Vitality

The journey to eating better can be overwhelming but AIA Vitality is here to make it easier!

AIA Vitality is AIA Philippines' wellness program that rewards you for knowing and improving your



AIA Philippines Life and General Insurance Company

16F – 18F AIA Philippines Head Office
Six/NEO (formerly Net Lima Building)
5th Avenue cor. 26th Street
Bonifacio Global City, Taguig 1634,
Philippines
T: (632) 8521 6300 / (632) 8526 9200
E: customerservice.ph@aia.com
W: aia.com.ph
Customer Hotline: (632) 8528 2000

health, and comes bundled with various AIA products.

Members earn points with each health task they accomplish. The healthier you get, the more points you earn and the higher your AIA Vitality status becomes, the bigger your rewards.

Simply log in your results in the app as you accomplish certain health goals to earn exciting discounts from health and wellness partners such as special rates on medical services, fitness apparel and devices, and more. You can even earn insurance benefits of up to 50% additional coverage, 20% premium discount or 100% loyalty boost on your AIA policy!

Click [here](#) for more information about AIA Vitality and the Total Health Solution offered by AIA Philippines, or [here](#) to visit the AIA Philippines Facebook page, email customerservice.ph@aia.com or call (02) 8528-2000 to know more.

###

About AIA Philippines

AIA Philippines (AIA Philippines Life and General Insurance Company, Inc.), formerly AIA Philam Life (The Philippine American Life and General Insurance Company), is the country's premier life insurance company. Originally established on 21 June 1947 and became popularly known as Philam Life, AIA Philippines has earned the trust of customers for its financial strength, strong brand name, and ability to deliver on its promises.

AIA Philippines has PHP276.73 billion in total assets¹ and PHP72.21 billion in net worth² as of 31 December 2021 while serving almost 800,000 individual policyholders and nearly 800,000 insured group members.

AIA Philippines understands the needs of its customers and provides holistic solutions that include life protection, health insurance, savings, education, retirement, investment, group, and credit life insurance. It also offers bancassurance through its subsidiary, BPI AIA Life Assurance Corporation (formerly BPI-Philam Life Assurance Corporation).

Based on the Insurance Commission results as of 31 December 2021, the combined total premium income of AIA Philippines and BPI AIA was at PHP33.91 billion.

AIA Philippines is a member of AIA Group Limited, the largest independent publicly listed pan-Asian life insurance group.

About AIA

AIA Group Limited and its subsidiaries (collectively "AIA" or the "Group") comprise the largest independent publicly listed pan-Asian life insurance group. It has a presence in 18 markets – wholly-owned branches and subsidiaries in Mainland China, Hong Kong SAR³, Thailand, Singapore, Malaysia, Australia, Cambodia, Indonesia, Myanmar, New Zealand, the Philippines, South Korea, Sri Lanka, Taiwan (China), Vietnam, Brunei and Macau SAR⁴, and a 49 per cent joint venture in India.

¹ Based on the 2021 annual accounts Securities and Exchange Commission (SEC) filing.

² Based on the 2021 annual accounts Securities and Exchange Commission (SEC) filing.

³ Hong Kong SAR refers to Hong Kong Special Administrative Region.

⁴ Macau SAR refers to Macau Special Administrative Region.



**HEALTHIER, LONGER,
BETTER LIVES**

**AIA Philippines Life and General
Insurance Company**

16F – 18F AIA Philippines Head Office
Six/NEO (formerly Net Lima Building)
5th Avenue cor. 26th Street
Bonifacio Global City, Taguig 1634,
Philippines
T: (632) 8521 6300 / (632) 8526 9200
E: customerservice.ph@aia.com
W: aia.com.ph
Customer Hotline: (632) 8528 2000

The business that is now AIA was first established in Shanghai more than a century ago in 1919. It is a market leader in Asia (ex-Japan) based on life insurance premiums and holds leading positions across the majority of its markets. It had total assets of US\$340 billion as of 31 December 2021.

AIA meets the long-term savings and protection needs of individuals by offering a range of products and services including life insurance, accident and health insurance and savings plans. The Group also provides employee benefits, credit life and pension services to corporate clients. Through an extensive network of agents, partners and employees across Asia, AIA serves the holders of more than 39 million individual policies and over 16 million participating members of group insurance schemes.

AIA Group Limited is listed on the Main Board of The Stock Exchange of Hong Kong Limited under the stock code “1299” with American Depositary Receipts (Level 1) traded on the over-the-counter market (ticker symbol: “AAGIY”).

Media Contact:

Abbie L. Remo

Corporate Communications and PR Lead

AIA Philippines

Email: Abbie-D.Remo@aia.com