

# Health Fam

Our plan offers a wide array of healthcare services designed to provide you with convenient and accessible medical support, anytime, anywhere.



## 24x7 GP Tele-Consultations

Unlimited access with an average wait time of less than 30 seconds, connecting you to general practitioners around the clock.



## Specialist Tele-Consultations

Unlimited consultations across 16+ medical specialties, bringing expert advice directly to you.



## In-Clinic Consultations

Enjoy 5 included visits for in-person consultations at our network clinics, ensuring comprehensive care.



## Annual Health Checkup

Receive 1 home-collection package for your annual health checkup, conveniently managed through the ekinicare network.



## EAP / Mental Wellness

Unlimited support for your mental well-being via call, chat, video, and email, available in over 20 languages.



## Dental Care

Benefit from 1 free dental check-up per year to maintain your oral health.



## Home Healthcare Services

Access qualified nurses and therapists for medical care, rehabilitation, and support in the comfort of your home.



## Chronic Disease Management

Personalized programs and regular monitoring to help you effectively manage chronic conditions like diabetes, hypertension, and asthma.



## Pharmacy Delivery & Discounts

Enjoy convenient doorstep delivery of medications and significant discounts on all your pharmacy needs.



## Health & Wellness Programs

Participate in various wellness initiatives, including fitness challenges, stress management workshops, and nutritional guidance from experts.



## Second Medical Opinion

Gain peace of mind with the option to obtain a second expert opinion on complex diagnoses or treatment plans from leading specialists.



## Medical Equipment Assistance

Assistance with rental or purchase of essential medical equipment, ensuring you have the necessary tools for recovery or ongoing care.

# Elevate Your Wellness & Lifestyle

Our plan goes beyond traditional healthcare, offering innovative tools and activities to promote a healthier and more active lifestyle.

## → **Health Risk Assessments**

Utilize dynamic health scoring and tracking to understand and manage your personal health risks.

## → **Gamified Challenges**

Engage in fun and motivating challenges like Stepathons, weight management programs, and personalized health plans.

## → **H-Points (Rewards)**

Earn and redeem H-Points for maintaining healthy behaviors, turning your efforts into tangible rewards.

## → **Wearables Tracking**

Seamlessly sync your fitness devices to gain valuable insights into your fitness and medical data.

## → **Engagement Calendar**

Participate in exclusive Synck events designed to foster community and promote well-being.

## → **Stepathon**

Enjoy 1 free Stepathon per year, a great way to boost your activity levels (Self only).

## → **Gym Sessions**

Access 12 Fitternity sessions per month for 8 months, helping you stay fit and active (Self only).





# Robust Insurance & Protection

Secure your future with comprehensive insurance coverage, providing peace of mind for you and your family during unexpected events.

## HospiCash

Receive financial support during hospitalization: **₹1,000/day** for General wards and **₹2,000/day** for ICU, up to a maximum of 30 days per year.

## Personal Accident Cover

A substantial **₹5 Lakhs** coverage for personal accidents, protecting 2 adults.

## Critical Illness Cover

Comprehensive coverage up to the Sum Insured for critical illnesses, applicable for 2 adults.

## Health Insurance

A robust **₹5 Lakhs** health insurance plan covering your entire family (2 Adults + 2 Children).

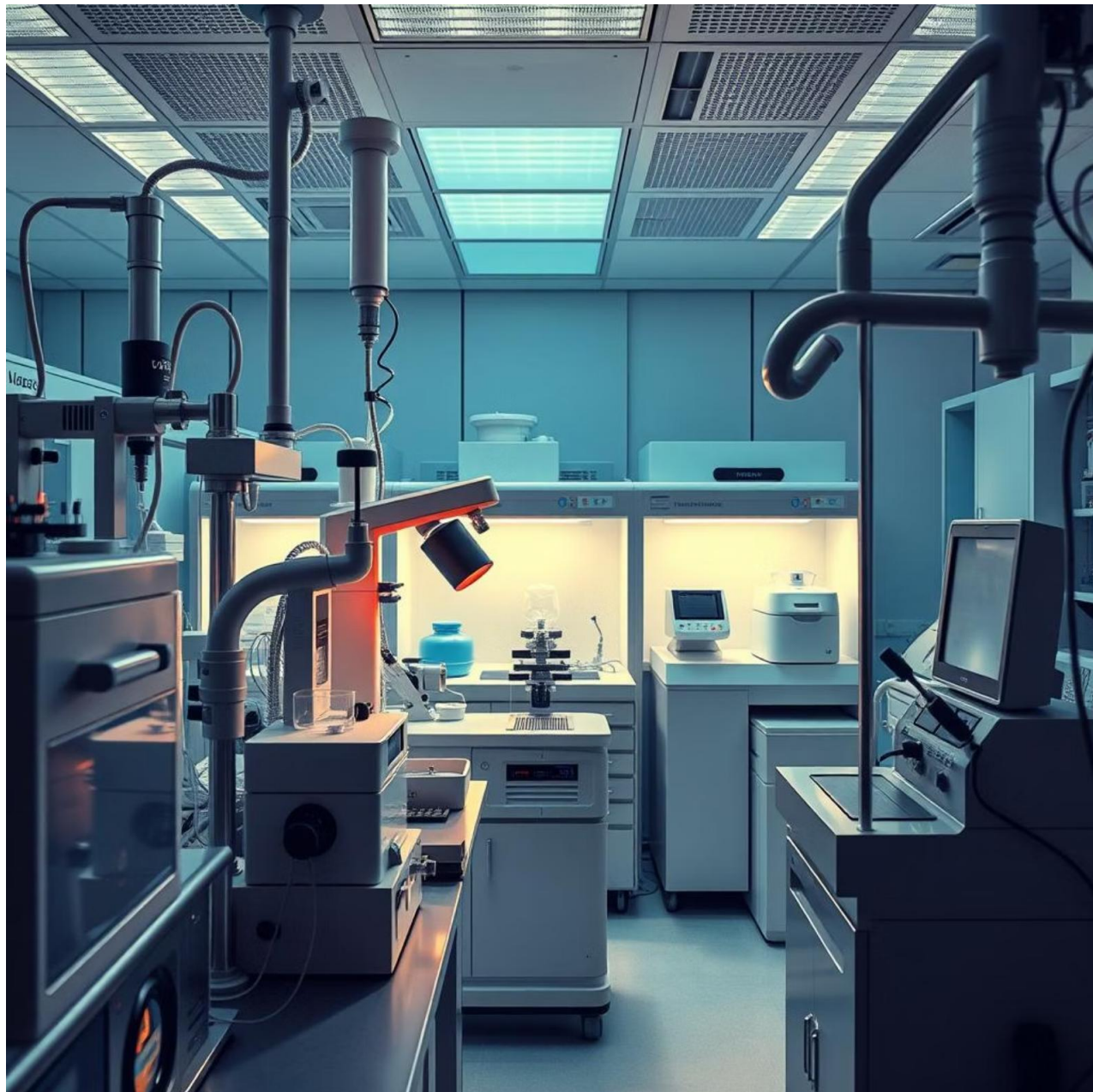
## OPD

Your **OPD Wallet** has a balance of **₹10,000**, available for outpatient medical expenses.



# Diagnostics & Pharmacy Savings

Access essential medical services and medications with significant cost savings, making your healthcare more affordable.



## Diagnostics

Save up to **50% discount** on a wide range of diagnostic tests and services.

## Pharmacy

Get up to **15% discount** on all your prescription and over-the-counter medications.

## Invest in Your Well-being

Unlock a world of comprehensive healthcare, wellness, and protection with our all-inclusive plan.

# ₹20,999

This single investment provides unparalleled access to a full spectrum of health and wellness benefits for you and your family.