

“HELPING HANDS FOR ECHS” YOU TUBE CHANNEL

I

LIST OF YOU TUBE VIDEOS DEVELOPED & LAUNCHED

By

Commander V K Santhanam (Retd)

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“HELPING HANDS FOR ECHS” YOU TUBE CHANNEL
LIST OF YOU TUBE VIDEOS DEVELOPED & LAUNCHED

By Commander V K Santhanam (Retd) @ Bengaluru

V (S) # means - You Tube SHORTS Video of less than 1 min duration

V # - Videos more than 1 min duration

I) Videos on -- INTRODUCTION TO HELPING HANDS FOR ECHS

| VIDEO # | WHAT THE VIDEO EXPLAINS | YOU TUBE LINK |
|----------------|--|---|
| V 1 | LAUNCHING OF MY YOU TUBE CHANNEL - HELPING HANDS FOR ECHS ON 10 MAY 2022 | https://youtu.be/uOVZpU-DHic |
| V(S) 16 | MANY THANKS FOR YOUR SUPPORT & FEEDBACK | https://youtube.com/shorts/d5GRJHwYgoE |
| V 36 | YOUR FEEDBACK REQUESTED ON VIDEOS | https://youtube.com/shorts/7adqVirRNG8 |
| V 50 | ACRONYMS & ABBREVIATIONS USED IN ECHS | https://youtu.be/RcP50SlizTc |
| V 59 | HOW TO USE HELPING HANDS FOR ECHS FACILITIES & BENEFIT | https://youtu.be/02IzbmYSfLk |
| V 72 | SUB TITLES FOR YOU TUBE VIDEO – STEP BY STEP GUIDE | https://youtu.be/vasoub6QlZg |
| V 75 | Q & A YOU TUBE LIVE SESSION # 2 – 24 SEP 2023 | https://youtube.com/shorts/CW0JR_zkB1c |

II) Videos on -- ECHS CARD

| VIDEO # | WHAT THE VIDEO EXPLAINS | YOU TUBE LINK |
|----------------|---|---|
| V 5 | 64 kB CARD - HOW TO APPLY – REGISTRATION TO RECEIPT OF CARD? | https://youtu.be/bZF3vdILyqY |
| V 6 | 64 kB CARD - ONLINE FACILITIES AVAILABLE FOR BENEFICIARIES? | https://youtu.be/hvzaOFFjOzk |
| V(S) 18 | HOW TO IDENTIFY THE ECHS CARD YOU ARE HAVING? 16 , 32 AND 64 kB Card | https://youtube.com/shorts/P4akZYrcNVo |
| V (S) 19 | HOW TO ACTIVATE 64 KB CARD ON RECEIVING IT ? | https://youtube.com/shorts/WJGNN3fUuog |
| V (S) 20 | WHAT ACTION TO TAKE WHEN YOUR 64 kB CARD IS NOT WORKING? | https://youtube.com/shorts/IQhKZETHeP4 |
| V 25 | HOW TO GET YOUR 64 kB CARD TRANSFERRED TO YOUR NEW RESIDENCE LOCATION / CITY? | https://youtu.be/9YV3R1TdRRc |
| V 27 | HOW TO COMPLETE EMERGENCY APPLICATION FOR 64 kB CARD USING GUEST USER FACILITY? | https://youtu.be/mzWVauCkBCI |
| V 28 | WHAT ACTION YOU CAN TAKE WHEN YOU FORGOT PASSWORD FOR echs.sourceinfosys.com SITE | https://youtu.be/kRP7kfLCwFs |

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| V (S) 29 | HOW TO IDENTIFY 16 KB & 32 KB CARDS (BOTH CARDS NOT USABLE WEF 1 DEC 22) ? | https://youtube.com/shorts/qRkiv-2SmyM |
| V (S) 34 | WHAT ACTION DO YOU TAKE IN CASE OF DEMISE OF ECHS BENEFICIARY? | https://youtube.com/shorts/Cmkh-1fJGE |
| V(S) 38 | HOW TO CORRECT DATA PRINTED ON YOUR 64 KB CARD? | https://youtube.com/shorts/t5aaOI68eGo |
| V 39 | HOW TO SET NEW PASSWORD FOR 64 KB CARD SITE – WHEN YOU FORGOT LOGIN PASSWORD & ANSWERS TO 2 SECURITY QUESTIONS? | https://youtu.be/kMjNFj01zjA |
| V(S) 44 | DID YOU KNOW? 09 USEFUL FEATURES WITH 64 KB CARD | https://youtube.com/shorts/PhMAi7PP3X0 |
| V 52 | USE OF ON LINE TY SLIP TO GET ECHS SERVICES | https://youtu.be/euKiJJJoTbI4 |
| V 61 | HOW TO CHANGE MOBILE NUMBER LINKED TO ECHS 64 KB CARD | https://youtu.be/3Ky3OsmJcVA |
| V (S) 62 | ECHS CARD TY SLIP & LIMITED FEATURES | https://youtube.com/shorts/uVcwHMtfKQA |
| V 63 | ELIGIBILITY FOR ECHS MEMBERSHIP | https://youtu.be/h2v0mFXolxA |
| V 71 | LOST 64 KB ECHS CARD. DON'T WORRY – SEE THIS VIDEO | https://youtu.be/ruYLIRRx0Ag |
| V 74 | ECHS MEMBERSHIP – SSCO – ECO – PMR & WW II VETERANS & NON PENSIONERS | https://youtu.be/7OQL9L7X_8E |
| V (S) 78 | NO ANNUAL VALIDATION FOR WHITE CARD HOLDERS | https://youtube.com/shorts/nLDRpgrVM7w |
| V 87 | V 87 - HOW TO CHANGE DATA ON 64 KB CARD UNDER USE | https://youtu.be/olEdnMldyWc |
| V 88 | ECHS CARD – ACTIONS ON DEMISE & INELIGIBILITY | https://youtu.be/EHniOIcTlyQ |

III) Videos on -- MEDICAL TREATMENT AT EMPANELLED HOSPITAL

| VIDEO # | WHAT THE VIDEO EXPLAINS | YOU TUBE LINK |
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| V 2 | HOW TO GET TREATMENT IN EMPANELLED HOSPITAL IN A MEDICAL EMERGENCY? | https://youtu.be/eHrFSMWSUF0 |
| V 4 | WHAT IS ECHS REFERRAL SYSTEM ? START TO FINISH | https://youtu.be/gpbmqR3jiLA |
| V 12 | FACILITIES FOR 75 YEARS & ABOVE - DIRECT OPD AT EMPANELLED HOSPITALS | https://youtube.com/shorts/9cB66xWlo9Y |
| V 13 | HOW TO GET CASHLESS TREATMENT AT EMPANELLED HOSPITAL? | https://youtube.com/shorts/IXKzr1mMFmq |
| V (S)14 | MEDICAL EMERGENCY - WHAT SHOULD YOU DO? | https://youtube.com/shorts/OpqxcJ1u6kQ |
| V (S) 15 | HOW TO GET EXTENSION OF STAY WHEN ADMITTED IN AN EMPANELLED HOSPITAL | https://youtube.com/shorts/7zTDKrWSK_I |

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| V (S) 17 | WHAT ACTIONS YOU NEED TO TAKE ON DISCHARGE FROM AN EMPANELLED HOSPITAL | https://youtube.com/shorts/2DU5r1mMRDs |
| V (S) 31 | WHEN A REFERRAL IS NOT REQUIRED FOR OPD? | https://youtube.com/shorts/LFjlZKS9ghI |
| V 35 | HOW TO FIND EMPANELLED HOSPITALS ANY CITY – ANYWHERE – ANYTIME? | https://youtu.be/Ru_A2wRMG2A |
| V 41 | SYMPTOMATIC EMERGENCY MEDICAL CONDITION – HOW TO GET DAY CARE TREATMENT IN EH? | https://youtu.be/AudByROr86k |
| V(S) 43 | DO NOT RUN AROUND FOR UNLISTED PROCEDURE & EXTN OF STAY APPROVAL AT EMPANELLED HOSPITAL | https://youtube.com/shorts/RveelqXbdXw |
| V 51 | WHEN CAN A BENEFICIARY GET A REFERRAL VALID FOR 06 MONTHS ? | https://youtu.be/8lARyH7tYis |
| V (S) 53 | No Need to submit Dependent Certificate for Treatment in emp Hospital | https://youtube.com/shorts/SbuoCIT-wU0 |
| V – 56 | EMPANELLED HOSPITAL UNABLE TO ACCEPT REFERRAL | https://youtu.be/WPcpZw9unrM |
| V – 57 | APPX A WHEN NEEDED & NOT NEEDED TO BE INITIATED BY EMPANELLED HOSPITAL | https://youtu.be/BiNtqgx496Q |
| V (S) 64 | PAY & GET TREATED AT EMPANELLED HOSPITAL. PAYMENT NOT REIMBURSABLE | https://youtube.com/shorts/CTCcRno-gAo |
| V(S) 65 | OIC POLYCLINIC CAN ISSUE REFERRAL IN THE ABSENCE OF MEDICAL OFFICER AT POLYCLINIC | https://youtube.com/shorts/VaPdR93F-jk |
| V 77 | TREATMENT @ OUTSTATION MILITARY & EMPANELLED HOSPITAL | https://youtu.be/BgvH-jweiBk |

IV) Videos on -- MEDICAL TREATMENT AT SERVICE HOSPITAL (AFMS)

| VIDEO # | WHAT THE VIDEO EXPLAINS | YOU TUBE LINK |
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| V37 | HOW TO BOOK AFMS SPECIALISTS APPOINTMENT USING ORS? | https://youtu.be/e2H5GrICtg8 |
| V42 | WHO IS ELIGIBLE TO GET TREATMENT AT AFMS HOSPITAL? | https://youtu.be/4B6rRqp-sVI |
| V 48 | TREATMENT AT AFMS HOSPITAL % 100 % REIMBURSEMENT | https://youtu.be/G6rsIaBvth4 |
| V (S) 58 | 75 YEARS PLUS – NO REFERRAL REQD FOR OPD & INVESTIGATIONS | https://youtube.com/shorts/mhqBhhmnpqg |
| V 69 | COMPOSITE REFERRAL FROM POLYCLINIC – ADVISORY FROM CO ECHS | https://youtu.be/SvY5fO1Zdi4 |

V) Videos on - MEDICAL TREATMENT AT NON-EMPANELLED & GOVT HOSPITAL

| VIDEO # | WHAT THE VIDEO EXPLAINS | YOU TUBE LINK |
|----------------|---|---|
| V 3 | HOW TO GET TREATMENT IN NON-EMPANELLED HOSPITAL IN A MEDICAL EMERGENCY? | https://youtu.be/wCbVxrf6-7U |
| V (S) 32 | WHAT ACTION TO TAKE IN NON-EMERGENCY TO GET TREATMENT IN NON-EMPANELLED HOSPITAL? | https://youtube.com/shorts/qEzybhGrIZU |
| V 46 | HOW TO GET TREATMENT AT GOVT HOSPITAL | https://youtu.be/QkmBmc0nGL0 |

VI) Videos on – MEDICAL TREATMENT AT POLYCLINIC & OBTAINING MEDICINES

| VIDEO # | WHAT THE VIDEO EXPLAINS | YOU TUBE LINK |
|----------------|---|---|
| V 7 | MEDICAL TREATMENT OPTIONS AVAILABLE & HOW TO GET AT ECHS? | https://youtu.be/T3SEngHBqAw |
| V 9 | HOW TO GET DOMICILIARY (HOME AID) EQUIPMENT FROM ECHS? | https://youtu.be/hQKchbkzOuY |
| V11 | HOW TO ECHS CONTACTS USING A COMPUTER FROM ANYWHERE? | https://youtu.be/rzOwU6qjV8q |
| V (S) 30 | WHAT ARE THE WORKING HOURS OF POLYCLINICS FOR OPD & GET REFERRAL? | https://youtube.com/shorts/diQeXsxQl6Y |
| V (S) 33 | HOW DO YOU GET 90 DAYS MEDICINES FROM POLYCLINIC? | https://youtube.com/shorts/QYAYMzjeH0o |
| V 45 | HOW TO REGISTER COMPLAINT AT ECHS? | https://youtu.be/Hw89EbCSaj4 |
| V 49 | WHAT CERTIFICATES YOU CAN OBTAIN FROM POLYCLINICS | https://youtu.be/37ZLb8SUSoc |
| V – 55 | MEDICINES FROM ECHS | https://youtu.be/MILTd3t-arA |
| V (S) 67 | DID YOU KNOW? A REPRESENTATIVE CAN COLLECT YOUR CT MEDICINES | https://youtube.com/shorts/1SbRK4u_2F4 |
| V (S) 68 | MONTHLY MEETINGS AT YOUR POLYCLINIC BY OIC | https://youtube.com/shorts/SXOj95Pk9YI |
| V 73 | DEMYSTIFYING MEDICAL ABBREVIATIONS IN YOUR PRESCRIPTION | https://youtu.be/bCZ5psgcZD0 |
| V (S) 89 | COLLECT DOMICILIARY EQUIPMENT AUTHORISED WITHIN 60 DAYS | https://youtube.com/shorts/jKFpe3tWVLg |

VII) Videos on – ANNUAL VALIDATION OF ECHS MEMBERSHIP

| VIDEO # | WHAT THE VIDEO EXPLAINS | YOU TUBE LINK |
|----------------|--|---|
| V 21 | ANNUAL VALIDATION ECHS MEMBERSHIP -- PART 1 | https://youtu.be/Qh35fz0Yimg |
| V 22 | ANNUAL VALIDATION WITH ACTUAL SCREENS -- PART 2 | https://youtu.be/XHpO5qR27i4 |
| V (S) 23 | HOW TO COMPLETE ANNUAL VALIDATION FOR ESM & SPOUSE | https://youtube.com/shorts/pwh-dradsqA |

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| V (S) 24 | HOW TO COMPLETE ANNUAL VALIDATION FOR DEPENDENTS? | https://youtube.com/shorts/aOa0ixFkGJk |
| V (S) 26 | HOW TO COMPLETE ANNUAL VALIDATION FOR FAMILY PENSIONER | https://youtube.com/shorts/YDt t syXbM |
| V 47 | ANNUAL VALIDATION ECHS MEMBERSHIP-DEPENDENTS, PARENTS & WHITE CARD HOLDERS | https://youtu.be/NakNMfYDGFk |
| V (S) 78 | NO ANNUAL VALIDATION FOR WHITE CARD HOLDERS | https://youtube.com/shorts/nLDRpgrVM7w |
| V (S) 93 | ONLY FORM 26 AS IS ALLOWED IF HAVING PAN CARD | https://youtube.com/shorts/JzV0lBkFMq8 |

VIII) Videos on -- REIMBURSEMENT OF CHARGES INCURRED BY BENEFICIARIES

| VIDEO # | WHAT THE VIDEO EXPLAINS | YOU TUBE LINK |
|----------------|--|---|
| V 8 | REIMBURSEMENT APPROVAL USING HIGH POWER COMMITTEE (HPC)? | https://youtu.be/PptemeklV4s |
| V 10 | HOW TO APPLY FOR MEDICINE REIMBURSEMENT USING ONLINE FACILITIES FROM HOME? | https://youtu.be/qM3xan5vUys |
| V(S) 54 | PURCHASE & REIMBURSEMENT OF NA MEDICINES FROM MARKET | https://youtube.com/shorts/Lul0rNeu-ys |
| V 60 | HOW TO FIND REIMBURSEMENT CLAIM STATUS & MEANING OF STATUS MESSAGES | https://youtu.be/WBo3Nles5ME |
| V (S) 66 | REIMBURSEMENT CLAIMS CANNOT BE REJECTED AT ANY LEVEL. DECISION IS WITH CO ECHS | https://youtube.com/shorts/_A2FHFov-1s |

IX) Videos on – ECHS MOBILE APP

| VIDEO # | WHAT THE VIDEO EXPLAINS | YOU TUBE LINK |
|----------------|---|---|
| V (S) 76 | UPDATED ECHS MOBILE APP | https://youtube.com/shorts/uoldvBtPezE |
| V 79 | INTRODUCTION – INSTALLATION & REGISTRATION | https://youtu.be/gHxDOihavpA |
| V 80 | FIND ECHS CONTACTS, CLAIM STATUS & 64 kB CARD STATUS | https://youtu.be/WOr5HA29Ppw |
| V 81 | HOW TO FIND EMPANELLED HOSPITAL | https://youtu.be/TYdsA-DzP2s |
| V 82 | HOW TO RESET LOGIN PIN WITH OTP & HOW TO LOGIN TO eCLINIC | https://youtu.be/ulTH5XNUXR4 |
| V 83 | HOW TO – SEE NOTIFICATION MESSAGES, SMART CARD HISTORY & CHANGE LOGIN PIN WITHOUT OTP | https://youtu.be/eeotkmma7kq |
| V 84 | HOW TO – BOOK / CANCEL APPOINTMENT FOR OPD AT POLYCLINIC | https://youtu.be/5xLOvZk8NVc |
| V 85 | HOW TO - CHANGE YOUR PARENT POLYCLINIC & VIEW REFERRAL HISTORY | https://youtu.be/sLos1V4EaaM |
| V 86 | HOW TO – PROVIDE FEEDBACK ON POLYCLINIC & EMPANELLED HOSPITAL SERVICES | https://youtu.be/YH7N4ETj_BA |

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| V 90 A | SPEEDY GUIDE – HOW TO BOOK OPD @ POLYCLINIC APPOINTMENT | https://youtu.be/706xh3-3Bx4 |
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X) Videos on – UNCOVER FACTS - VIDEO SERIES

| VIDEO # | WHAT THE VIDEO EXPLAINS | YOU TUBE LINK |
|----------------|---|---|
| V 91 | UNCOVER FACTS ON ECHS 64 KB CARD | https://youtu.be/46HIY5mguyg |
| V 92 | UNCOVER FACTS ON ECHS EMPANELLED HOSPITALS | https://youtu.be/RguX2qsgvTc |
| V 94 | UNCOVER FACTS ON REFERRAL TO EMPANELLED HOSPITALS | https://youtu.be/J-pVJqm32Kc |
| V 95 | UNCOVER FACTS TREATMENT AT MILITARY HOSPITALS | https://youtu.be/DIaX6LB6PeE |
| V 96 | UNCOVER FACTS TREATMENT AT ECHS POLYCLINICS | https://youtu.be/oh7ttlqz3kQ |
| V 97 | UNCOVER FACTS TREATMENT AT NON EMPANELLED HOSPITALS | https://youtu.be/WRBCWiRajy0 |
| V 98 | UNCOVER FACTS TREATMENT AT GOVT HOSPITALS & HOSPITALS OF NATIONAL REPUTE | https://youtu.be/ucu_v6uloOk |
| V 99 | UNCOVER FACTS – ECHS MOBILE APP | https://youtu.be/cO_HnxKQjhg |