

“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 59	HOW TO USE HELPING HANDS FOR ECHS FACILITIES & BENEFIT	https://youtu.be/02lZbmYSfLk
V 70	RECORDED VIDEO ECHS LIVE Q & A HELD ON 06 AUG 2023	https://youtube.com/live/Vb9yoGfT_F8
V 72	SUB TITLES FOR YOU TUBE VIDEO – STEP BY STEP GUIDE	https://youtu.be/vasoub6QlZg
V 73	DEMYSTIFYING MEDICAL ABBREVIATIONS IN YOUR PRESCRIPTION	https://youtu.be/bCZ5psgcZD0
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/bZF3vdlYgY
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/WJGNN3fUuoq
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
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 & ANS 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

III) Videos on -- MEDICAL TREATMENT AT EMPANELLED HOSPITAL

VIDEO #	WHAT THE VIDEO EXPLAINS	YOU TUBE LINK
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/gpbmgR3jiLA
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_1
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/LFjIzKS9ghI
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/RveelgXbdXw
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
V37	HOW TO BOOK AFMS SPECIALISTS APPOINTMENT USING ORS?	https://youtu.be/e2H5GrICtq8
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/G6rslaBvth4
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 – POLYCLINIC TREATMENT & 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/rzOwU6gjV8g
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

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/Qh35fz0Yjmg
V 22	ANNUAL VALIDATION WITH ACTUAL SCREENS -- PART 2	https://youtu.be/XHpO5gR27i4
V (S) 23	HOW TO COMPLETE ANNUAL VALIDATION FOR ESM & SPOUSE	https://youtube.com/shorts/pwh-dradsqA
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

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/PptemekIV4s
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/LuI0rNeu-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 – GENERAL INFORMATION

VIDEO #	WHAT THE VIDEO EXPLAINS	YOU TUBE LINK
V 50	ACRONYMS & ABBREVIATIONS USED IN ECHS	https://youtu.be/RcP50SlizTc
V (S) 76	UPDATED ECHS MOBILE APP	https://youtube.com/shorts/uoldvBtPezE