

**“HELPING HANDS FOR ECHS” YOU TUBE CHANNEL**

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**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**

<b>VIDEO #</b>	<b>WHAT THE VIDEO EXPLAINS</b>	<b>YOU TUBE LINK</b>
V 1	LAUNCHING OF MY YOU TUBE CHANNEL - HELPING HANDS FOR ECHS ON 10 MAY 2022	<a href="https://youtu.be/uOVZpU-DHic">https://youtu.be/uOVZpU-DHic</a>
V(S) 16	MANY THANKS FOR YOUR SUPPORT & FEEDBACK	<a href="https://youtube.com/shorts/d5GRJHwYgoE">https://youtube.com/shorts/d5GRJHwYgoE</a>
V 36	YOUR FEEDBACK REQUESTED ON VIDEOS	<a href="https://youtube.com/shorts/7adqVirRNG8">https://youtube.com/shorts/7adqVirRNG8</a>
V 50	ACRONYMS & ABBREVIATIONS USED IN ECHS	<a href="https://youtu.be/RcP50SlizTc">https://youtu.be/RcP50SlizTc</a>
V 59	HOW TO USE HELPING HANDS FOR ECHS FACILITIES & BENEFIT	<a href="https://youtu.be/02IzbmYSfLk">https://youtu.be/02IzbmYSfLk</a>
V 72	SUB TITLES FOR YOU TUBE VIDEO – STEP BY STEP GUIDE	<a href="https://youtu.be/vasoub6QIZg">https://youtu.be/vasoub6QIZg</a>
V 75	Q & A YOU TUBE LIVE SESSION # 2 – 24 SEP 2023	<a href="https://youtube.com/shorts/CW0JR_zkB1c">https://youtube.com/shorts/CW0JR_zkB1c</a>

**II) Videos on -- ECHS CARD**

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

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

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

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

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

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

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

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

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

<b>VIDEO #</b>	<b>WHAT THE VIDEO EXPLAINS</b>	<b>YOU TUBE LINK</b>
V 7	MEDICAL TREATMENT OPTIONS AVAILABLE & HOW TO GET AT ECHS?	<a href="https://youtu.be/T3SEngHBqAw">https://youtu.be/T3SEngHBqAw</a>
V 9	HOW TO GET DOMICILIARY (HOME AID) EQUIPMENT FROM ECHS?	<a href="https://youtu.be/hQKchbkzOuY">https://youtu.be/hQKchbkzOuY</a>
V11	HOW TO ECHS CONTACTS USING A COMPUTER FROM ANYWHERE?	<a href="https://youtu.be/rzOwU6gjV8g">https://youtu.be/rzOwU6gjV8g</a>
V (S) 30	WHAT ARE THE WORKING HOURS OF POLYCLINICS FOR OPD & GET REFERRAL?	<a href="https://youtube.com/shorts/diQeXsxQl6Y">https://youtube.com/shorts/diQeXsxQl6Y</a>
V (S) 33	HOW DO YOU GET 90 DAYS MEDICINES FROM POLYCLINIC?	<a href="https://youtube.com/shorts/QYAYMzjeH0o">https://youtube.com/shorts/QYAYMzjeH0o</a>
V 45	HOW TO REGISTER COMPLAINT AT ECHS?	<a href="https://youtu.be/Hw89EbCSaj4">https://youtu.be/Hw89EbCSaj4</a>
V 49	WHAT CERTIFICATES YOU CAN OBTAIN FROM POLYCLINICS	<a href="https://youtu.be/37ZLb8SUSoc">https://youtu.be/37ZLb8SUSoc</a>
V – 55	MEDICINES FROM ECHS	<a href="https://youtu.be/MILTd3t-arA">https://youtu.be/MILTd3t-arA</a>
V (S) 67	DID YOU KNOW? A REPRESENTATIVE CAN COLLECT YOUR CT MEDICINES	<a href="https://youtube.com/shorts/1SbRK4u_2F4">https://youtube.com/shorts/1SbRK4u_2F4</a>
V (S) 68	MONTHLY MEETINGS AT YOUR POLYCLINIC BY OIC	<a href="https://youtube.com/shorts/SXOj95Pk9YI">https://youtube.com/shorts/SXOj95Pk9YI</a>
V 73	DEMYSTIFYING MEDICAL ABBREVIATIONS IN YOUR PRESCRIPTION	<a href="https://youtu.be/bCZ5psgcZD0">https://youtu.be/bCZ5psgcZD0</a>
V (S) 89	COLLECT DOMICILIARY EQUIPMENT AUTHORISED WITHIN 60 DAYS	<a href="https://youtube.com/shorts/jKFpe3tWVLg">https://youtube.com/shorts/jKFpe3tWVLg</a>

VII) Videos on – ANNUAL VALIDATION OF ECHS MEMBERSHIP

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

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

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

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

**IX) Videos on – ECHS MOBILE APP**

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

V 90 A	<b>SPEEDY GUIDE – HOW TO BOOK OPD @ POLYCLINIC APPOINTMENT</b>	<a href="https://youtu.be/706xh3-3Bx4">https://youtu.be/706xh3-3Bx4</a>
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**X) Videos on – UNCOVER FACTS - VIDEO SERIES**

<b>VIDEO #</b>	<b>WHAT THE VIDEO EXPLAINS</b>	<b>YOU TUBE LINK</b>
V 91	<b>UNCOVER FACTS ON ECHS 64 KB CARD</b>	<a href="https://youtu.be/46HIY5mguyg">https://youtu.be/46HIY5mguyg</a>
V 92	<b>UNCOVER FACTS ON ECHS EMPANELLED HOSPITALS</b>	<a href="https://youtu.be/RguX2qsgvTc">https://youtu.be/RguX2qsgvTc</a>