

SERVICE SUBSETS	PLANS		
	BASIC	PREMIUM	FIT
1) GP & Wellness consultation			
a) Assessment	covered	covered	covered
b) Medical & Lifestyle advise	covered	covered	covered
c) Medication prescription	covered	covered	covered
d) Prescription refill and delivery	Not covered	Not covered	not covered
d) Routine monitoring	Not covered	covered	covered
2) TELE MEDICINE	BASIC	PREMIUM	FIT
Tele GP	covered	covered	covered
Digital Health records	covered	covered	covered
Remote health trackers	not covered	not covered	20% covered
Personalized weekly wellnes insight	covered	covered	covered
3) FITNESS AND NUTRITION MANAGEMENT	BASIC	PREMIUM	FIT
a) Nutrition and diet prescription	covered	covered	covered
b) Nutrition planning & recipe managemen	Not covered	Not covered	not covered
c) Diet therapy (DASH)	Not covered	Not covered	not covered
d) Diet therapy (Weight & post procedure	Not covered	Not covered	50% covered
a) Exercise prescription	covered	covered	covered
b) Keep fit intervention/ weight managen	Not covered	Not covered	not covered
c) Access to gym facilities	Not covered	Not covered	not covered
Cardiovascular testing and development	Not covered	Not covered	not covered
Body composition testing and devpt.	Not covered	covered	covered
Balance-agility testing and devpt.	Not covered	covered	covered
OTHER SECONDARY CARE	BASIC	PREMIUM	FIT
ADMISSION	Not covered	Not covered	not covered
AMBLUANCE SERVICES	Not covered	Not covered	20% covered
SECONDARY PROCEDURE	Not covered	Not covered	not covered