

SERVICE SUBSETS	PLANS		
	BASIC	PREMIUM	FIT
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	covered
d) Routine monitoring	Not covered	covered	covered
PHYSICAL THERAPY	BASIC	PREMIUM	FIT
a) Pain therapy	covered	covered	covered
b) Routine fitness examination	Not covered	50% covered	covered
c) Intra-articular & Osteopathy	Not covered	Not covered	covered
d) Stroke management	not covered	not covered	covered
e) Chronic pain therapy	Not covered	covered	covered
f) Sport injuries and management	Not covered	Not covered	covered
Full body check (Laboratory & Diagnostics)	BASIC	PREMIUM	FIT
a) Examination	covered	covered	covered
b) Body mass index (BMI)	covered	covered	covered
c) Fasting blood sugar	covered	covered	covered
d) Random blood sugar	covered	covered	covered
e) Blood pressure	covered	covered	covered
f) Lung function test (LFT)	Not covered	Not covered	covered
g) PCV	not covered	covered	covered
h) Malaria Parasite test (MP)	Not covered	covered	covered
i) Widal test	Not covered	covered	covered
j) Urinalysis	Not covered	Not covered	50% covered
k) Pap smear	Not covered	Not covered	60% covered
l) Full blood count (FBC)	Not covered	Not covered	60% covered
m) Glycated hemoglobin (HBA1c)	Not covered	Not covered	covered
n) Cholesterol (LDL,HDL)	Not covered	20% covered	50% covered
o) C-Xray	Not covered	covered	covered
p) K-Xray	not covered	20% coevered	covered
FITNESS AND NUTRITION MANAGEMENT	BASIC	PREMIUM	FIT
a) Nutrition and diet prescription	covered	covered	covered
b) Nutrition planning& recipe management	Not covered	Not covered	covered
c) Diet therapy (DASH)	Not covered	not covered	not covered
d) Diet therapy (Weight & post procedure)	not covered	40% covered	covered
a) Exercise prescription	covered	covered	covered
b) Keep fit intervention/ weight management	not covered	covered	covered
c) Access to gym facilities	Not covered	Not covered	covered
Cardiovascular testing and development	Not covered	50% covered	covered
Body composition testing and devpt.	covered	covered	covered
Balance-agility testing and devpt.	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	30% covered	covered
Personalized weekly wellnes insight	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