

Health Insurance Checklist

20 things you should know

1. Coverage Amount

What is the maximum amount covered by your health insurance policy? Ensure that the coverage amount is adequate for your needs.

2. Automatic Restoration

Does your policy offer automatic restoration? For example, if you have a ₹10 lakh cover and claim ₹4 lakh, will the remaining cover be ₹6 lakh, or will it automatically restore to ₹10 lakh?

3. Waiting Period

What is the waiting period? Check how long you need to wait before you can start availing of specific benefits. Ideally, this should be as short as possible.

4. Co-Payment Clause

Does your policy include a co-payment clause? This means you might have to pay a certain percentage of the medical bills yourself. Understand the terms clearly.

5. Sub-Limits

Apart from the overall cover, check for sub-limits. For instance, what is the room rent capping? What type of hospital rooms can you choose, and at what rates? This should align with your preferences.

6. ICU Room Allowance

What type of ICU room is covered under your policy? Ensure it meets your expectations for critical care situations.

7. Cashless vs. Reimbursement

Does your policy offer cashless hospitalization, or will you need to pay upfront and apply for reimbursement later?

8. Network Hospitals

Check the list of network hospitals tied to your insurance company. Ensure the hospitals you prefer are part of their network.

9. Treatment Exclusions

Are there treatments that your policy excludes? For example, does it cover advanced treatments like stem cell therapy? Make sure to review this carefully.

10. Critical Illness Rider

Does the policy include a critical illness rider? If yes, what illnesses are covered? Note that this will require an additional premium.

11. Maternity Benefits

Does your policy provide maternity benefits for pregnancy? Are outpatient expenses related to pregnancy, such as doctor consultations, covered?

12. Pre-Hospitalization Expenses

Are expenses incurred before hospitalization, such as consultation charges or medical tests, covered under your policy?

13. Post-Hospitalization Expenses

Check if expenses incurred after discharge, like follow-up visits, are covered.

14. Daycare Procedures

Does the policy include daycare procedures (treatments that don't require overnight hospitalization)? Ensure this is mentioned.

15. Preventive Health Checkups

Can you undergo preventive medical checkups under the policy? If yes, how many are allowed and at what intervals?

16. Policy Tenure

What is the tenure of the health insurance policy? Is it long-term or short-term?

17. Renewal Options

Does the policy allow renewal after the tenure ends? Make sure there are no age restrictions for renewal.

18. No-Claim Bonus (NCB)

If you don't make any claims during a policy year, will you receive a no-claim bonus? Check how this is calculated and if it increases your coverage.

19. Family Floater Plans

Instead of individual plans, consider a family floater plan, which provides coverage for your entire family. It is often more economical.

20. Insurance Provider's Reputation

Research the reputation of the insurance company. Check their claim settlement ratio, reviews, and financial stability. Ensure the provider has a good track record.

Final Tip:

Carefully read the policy document, you can use an AI like ChatGPT's help to ask questions, and ensure the health insurance plan aligns with your healthcare needs and financial goals. Making an informed decision is the key to securing the right health insurance.



Health Insurance Checklist



हिंदी में

1. Coverage Amount

आपको कितने amount का health insurance मिला है, यानी maximum amount कितना मिल सकता है?

2. Automatic Restoration

यहाँ automatic restoration है या नहीं? यानी मान लीजिए कि आपका insurance cover है 10 लाख का; आप एक बार बीमार हुए, आपने 4 लाख का क्लेम ले लिया, तो क्या अब केवल 6 लाख बचा आपके cover में, या automatic restoration होगा, और आपका cover फिर से 10 लाख हो जाएगा?

3. Waiting Period

देखिए कि waiting period कितना है, यानी health insurance लेने के कितने दिन बाद आप कौनसे health insurance benefits को avail कर सकते हैं। ज़ाहिर है कि यह कम से कम होना चाहिए।

4. Co-Payment Clause

क्या आपकी insurance policy में कोई co-payment clause भी है, जिसका मतलब है कि कुछ percent पैसा policy holder को देना होगा?

5. Sub-Limits

एक लिमिट तो हो गई आपका health insurance cover. इसके अलावा sub-limits होती हैं, जैसे room rent capping को चैक कीजिए, कि आप किस रेट तक का कौनसा hospital room ले सकते हैं। यह आपकी preference पर depend करता है, लेकिन आपको clear होना चाहिए।

6. ICU Room Allowance

देखिए कि कौनसा ICU रूम आपको allowed है?

7. Cashless vs. Reimbursement

क्या आपका health insurance cashless है या आपको reimbursement के लिए बाद में apply करना पड़ेगा?

8. Network Hospitals

इस insurance कंपनी के network hospitals कौनसे हैं? Ensure the hospitals you prefer are part of their network.

9. Treatment Exclusions

क्या health insurance में कोई ऐसे treatments हैं जो excluded हैं? Stem cell therapy जैसे modern treatments allowed हैं क्या?

10. Critical Illness Rider

क्या यहाँ critical illness rider भी है? उसमें कौन कौनसी critical illness दी गई हैं? Obvious है कि ऐसे किसी भी rider के लिए कुछ extra premium लगेगा।

11. Maternity Benefits

इसी तरह Maternity benefits का चेक कीजिए कि health insurance document में दिया है या नहीं? Pregnancy से related जो outpatient expenses हैं, क्या वे covered हैं?

12. Pre-Hospitalization Expenses

कोई बीमारी होने पर हस्पताल में admit होने से पहले के जो खर्चे हैं, consultation charges, medical test etc, वे सब कवर हैं या नहीं?

13. Post-Hospitalization Expenses

Discharge होने के बाद भी कुछ खर्चे हो सकते हैं, जैसे follow-up visits, वे कवर होंगे या नहीं?

14. Daycare Procedures

ऐसे daycare procedures, जिनके लिए admit होने की जरूरत ही नहीं, वे health insurance में included हैं या नहीं?

15. Preventive Health Checkups

अगर आप preventive medical checkup करवाना चाहते हैं, तो क्या यह allowed है? अगर हाँ, तो कितने?

16. Policy Tenure

आपका health insurance कितने साल का है? Is it long-term or short-term?

17. Renewal Options

क्या आपकी policy खत्म होने के बाद renewal की सुविधा है? Make sure there are no age restrictions for renewal.

18. No-Claim Bonus (NCB)

अगर किसी साल में आप बीमार ही नहीं हुए, और आपने एक बार भी health insurance का claim नहीं किया, तो क्या आपको no-claim bonus मिलेगा?

19. Family Floater Plans

केवल अपने लिए individual health insurance करवाने के बजाए आप कोई family plan भी ले सकते हैं। In fact, वही लेना चाहिए।

20. Insurance Provider's Reputation

और सबसे बड़ी बात कि insurance provider की reputation कैसी है? कितनी बड़ी कंपनी है? reviews कैसे हैं? Claim settlement ratio कैसा है?

Final Tip:

Carefully policy document को पढ़ें, आप ChatGPT जैसे AI की मदद ले सकते हैं questions पूछने के लिए, और ensure करें कि health insurance plan आपकी healthcare needs और financial goals के साथ align करे। एक informed decision लेना सही health insurance secure करने की key है।