



A CHECKLIST FOR HEALTH INSURANCE

By Vibhuti Marolika

Buying a health insurance policy is important to face rising medical costs. There is a wide range of options for insurance policies in the market, and it may be confusing to select the right plan.

This checklist is design to help you look for the right things in your policy.

1. Type of cover

The first thing you need to do when looking at an insurance policy is to decide what type of cover you want?

- There are two main ways to get covered; either you can take an individual policy or a family floater.
- The individual policy will cover medical treatment for just one person. Whereas the family floater will cover multiple members of the family.

When making this decision, it is important to understand which family members to include. For example, you may have to decide whether to take different plans for senior citizens or include them in this family floater.

Individual Plan Family Floater

2. Cashless Facilities

Having cashless facilities for your insurance plan in the hospitals you go to is incredibly important. A cashless facility means that you won't have to worry about arranging funds for the entire bill.

- Without cashless you would have to pay the entire bill and then get reimbursed from the insurer.
- With cashless facilities some of that load and stress is taken away depending on the terms of the policy.

A cashless medical cover offers a cushion during an unplanned hospitalization that may require urgent funds.

Cashless No Cashless

3. Waiting period for pre-existing conditions

Health insurance comes with a waiting or cooling off period before any critical illnesses can be covered under the policy. It is important to check what are the waiting periods that are there in your policy for different ailments.

For example, during the COVID pandemic, there was a waiting period of anywhere between 16 to 30 days before you could get covered for coronavirus depending on when you took the policy. It is very important to check the waiting period for health conditions that you might be at risk for. In particular, look at the clauses related to pre-existing diseases.

Waiting period differs from policy to policy and your it also affects the premium amount.

I checked the waiting periods on various health conditions Not checked

4. **Co-Pay**

Co-payment means you will be asked to pay a certain percentage of the claim amount at the time of making a claim.

- The higher the co-pay, the more likely it is that your premium would be lower.
- However, the trade-off is that in times when you really need the money, the insurer would ask you to pay part of the bill.

In our view, having no co-pay is better even though the policy may cost a little more because it helps to reduce financial risk during emergencies.

Co-pay No Co-pay

5. **Free Medical Check-up**

Some insurance companies offer you a free medical check-up as part of the policy. This is a great option to have.

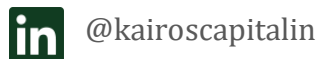
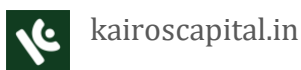
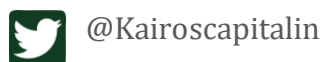
Medical Check-up No Medical Check-up

6. **Restriction in room cost**

Some insurance policies put a cap on how much they will pay out for the rooms and other facilities. You will have to bear the cost beyond this cap. It is better to go for plans that come devoid of restrictive options, such as co-payments, limits on room rents and treatment-specific limits.

Room Cost No Room Cost

There are many things to look for in an insurance policy but checking these 6 things means you will be off to a good start. We hope this checklist will help you to identify right health insurance policy. Do check the entire policy document carefully and share your feedback with us, we would love to hear from you!



No content in this document should be construed to be investment advice. All information is for educational and informational purposes only and should not be made the basis for any personal decisions. The contents of this document are not made with regard to the specific investment objectives, financial situation or the particular needs of any person. The information contained does not form a substitute for professional advice. Please consult a qualified financial advisor prior to making any investment decisions. Kindly see the Disclaimers and Terms and Conditions of the website which are applicable here.