

Activ Fit Plus

Get the best of both worlds – rewards for a healthier today, and protection for a safer tomorrow.

- ✓ Health coverage of up to ₹1 crore
- ✓ Up to 50% HealthReturns™
- ✓ Travel Protect

Protect Your Health And Finances Now

Let our experts help you find the right protection

YOUR NAME

Enter Your Name

PHONE NUMBER

+91 | Enter Your Phone Number

☐ I agree to the [Terms and Conditions](#).

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2.5Cr +

LIVES INSURED

4800 +

LOCATIONS PRESENCE

11000+

CASHLESS HOSPITALS

96%*

CLAIM SETTLEMENT RATIO FOR FY 22-23

Why Buy The **Activ Fit Plus Plan?**

If you are a young adult who lives a healthy and fit lifestyle, the Activ Fit Plus plan is a good option for you. It offers a wide range of benefits, including affordable premiums, rewards for staying fit, comprehensive coverage, cashless treatment, an optional travel protection cover, unlimited sum insured refill, good health discount, and early bird discount.

-  Rewards you for staying fit and healthy
-  Doubles the sum insured on 2 consecutive claim-free years
-  Free health assessment and optional Super No Claim Bonus



How Does **Activ Fit Plus Plan** Work?

USE CASE



Rahul (25 yrs)

Rahul is a fitness enthusiast who works out regularly and eats a healthy diet. He is also a young professional who is starting to think about his financial future.



He decided to purchase the Activ Fit Plus health insurance plan as he wanted to make sure that he was protected in case of a medical emergency.



A few months later, Rahul had a car accident and sustained serious injuries. He was hospitalised for several weeks and required surgery as well. He got admitted and chose a shared accommodation room.



Rahul's Activ Fit Plus plan covered all of his medical expenses. He also received a Daily Cash Benefit of ₹1,000 for each day as he chose a sum insured of ₹15 lakhs and above.



Rahul is grateful for his Activ Fit Plus plan. It has given him peace of mind knowing that he is financially protected in case of a medical emergency.



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What's Included?

Activ Health App
A health and wellness ecosystem where you can track activity, contact specialists, book checkups, and more.

10-50-100 benefit
10% upfront good health discount, Up to 50% HealthReturns™, and up to 100% sum insured unlimited times refill option. tax

Domiciliary Hospitalisation
Get coverage for medical expenses for medical treatment at home for a period exceeding three consecutive days.

AYUSH Cover
Coverage for treatment under Ayurveda, Yoga and naturopathy, Unani, Siddha, and Homeopathy.

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What's Not Included?

No claims can be made during the waiting period.

No cover if there's an attempt at suicide or self-inflicted injuries.

No coverage is paid out if the death is due to alcohol, hazardous activity, acts of war, or childbirth.

No coverage for all expenses treatment Parkinson's stem cell therapy or venereal diseases.

No cover on expenses related to diagnostic and evaluation purposes.

Need More Information?

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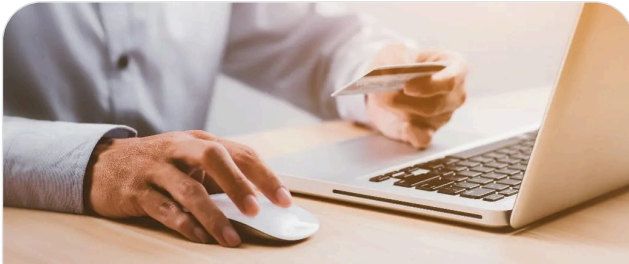
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DOWNLOAD PROSPECTUS

Get Started With Activ Fit Plus Plan



the plan on the
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your newfound



How to renew?

Visit the policy renewal page on the website.
Enter policy number and personal details.
Check the renewal amount displayed.
Make payment via the preferred mode and you are done.
You will receive a confirmation email of the successful policy renewal.



How to claim

Intimate the insurer as soon after as possible.
Gather all required documents, bills, doctor's notes etc.
Visit the claims section.
Provide basic details of the policyholder.
Submit the required documents to you.

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Check Your Eligibility

Check your eligibility and take the first step towards financial security

Eligibility Criteria

Family Floater Policy Minimum age :	For child 91 days for dependent children and 18 years for adults
Family Floater Policy age:	for adults is from 18 to 45 years
Individual Policy age:	5 years.
Medical tests	May be required depending on age
Smoking habits	Affect your premium

Waiting Period

Initial Waiting Period :	30 Days (not applicable in case of an accident, provided it is covered)
Specified Diseases : or Procedures	24 months
Pre-Existing Diseases :	48 months

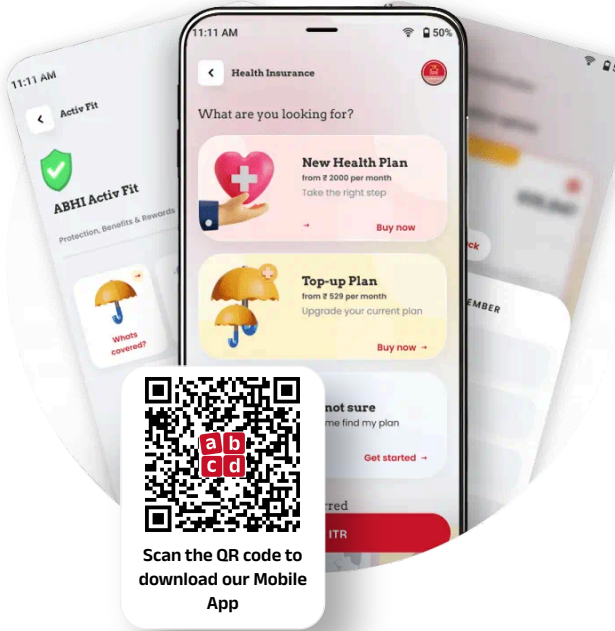


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FAQs On Activ Fit Plus Plan

Activ Fit Plus

What Health Assessment™ can be availed in this Plan?

II Insured Persons in this Plan may avail of a Health Assessment™ once in a Policy Year post successful Renewal of their Policy, for the following tests:
MER (Medical Examiner's Report stamped and signed) including BP (Blood Pressure), BMI (Body Mass Index), HWR (Height to Weight Ratio), and smoking status
4. Blood sugar.
3. Total Cholesterol.

What is the Healthy Heart Score™?

How is the Healthy Heart Score™ (HHS) calculated?

What are the IRDAI guidelines for health insurance wellness programmes?

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BEWARE OF SPURIOUS / FRAUD PHONE CALLS!

SUBSIDIARIES/ASSOCIATE COMPANIES

- Aditya Birla Housing Finance Limited
- Aditya Birla Sun Life Insurance Company Limited
- Aditya Birla Health Insurance Company Limited
- Aditya Birla Money Limited
- Aditya Birla Sun Life Mutual Fund Limited
- Aditya Birla Sun Life Pension Fund Management Limited
- Aditya Birla Wellness Private Limited
- Aditya Birla Asset Reconstruction Company Limited
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