

Health Goes Digital with E-connect

A comprehensive digital wellness service offered through an authorised network of certified fitness & wellness experts.



Benefits



Virtual Fitness Sessions



Artificial Intelligence Coaching Program



Nutritionist and Wellness Consultant





Your E-connect Advantage



A. Virtual Fitness Sessions

Access high-quality, recorded workout sessions led by certified fitness experts. Whether you're into yoga, strength training, or simple stretches, there's something for every fitness level, ready when you are. No scheduling hassles, no commute, just press play and go.

B. Artificial Intelligence Coaching Program

Let technology take the lead. Our Artificial Intelligence Coaching Program creates personalised fitness plans tailored to your health profile, goals, and routine. It adapts in real-time, tracking your activity and optimising your progress with data-driven precision.

C. Nutritionist and Wellness Consultant

Get expert advice from certified nutritionists and wellness consultants, right from the comfort of your home. Plan balanced meals, manage your weight, and adopt lifestyle habits that stick. These sessions are designed to support your holistic well-being, not just quick fixes.

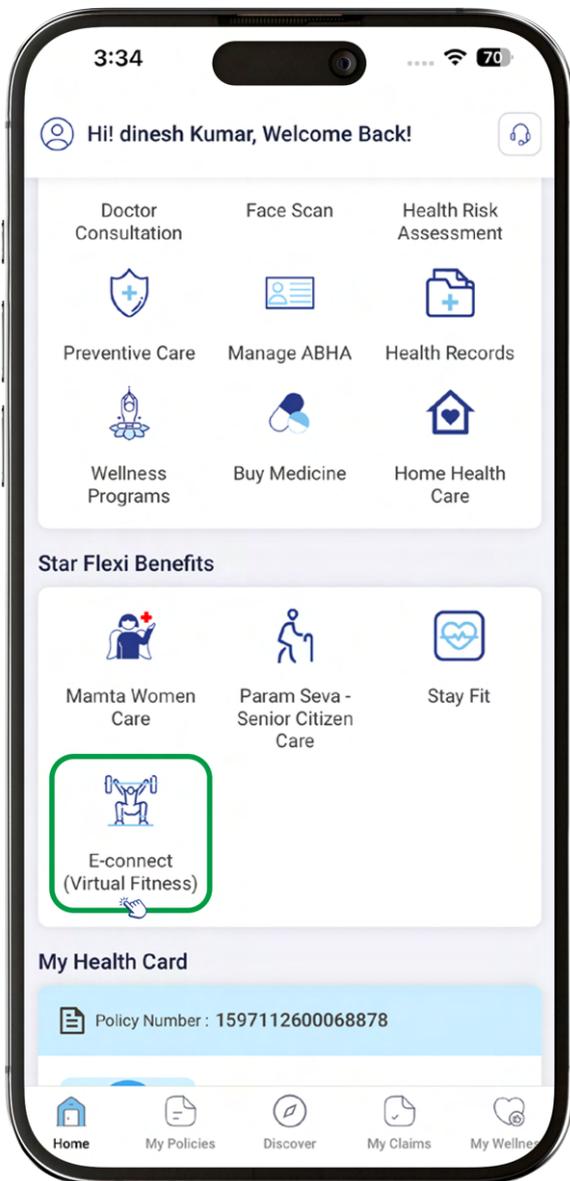


How to Get Started



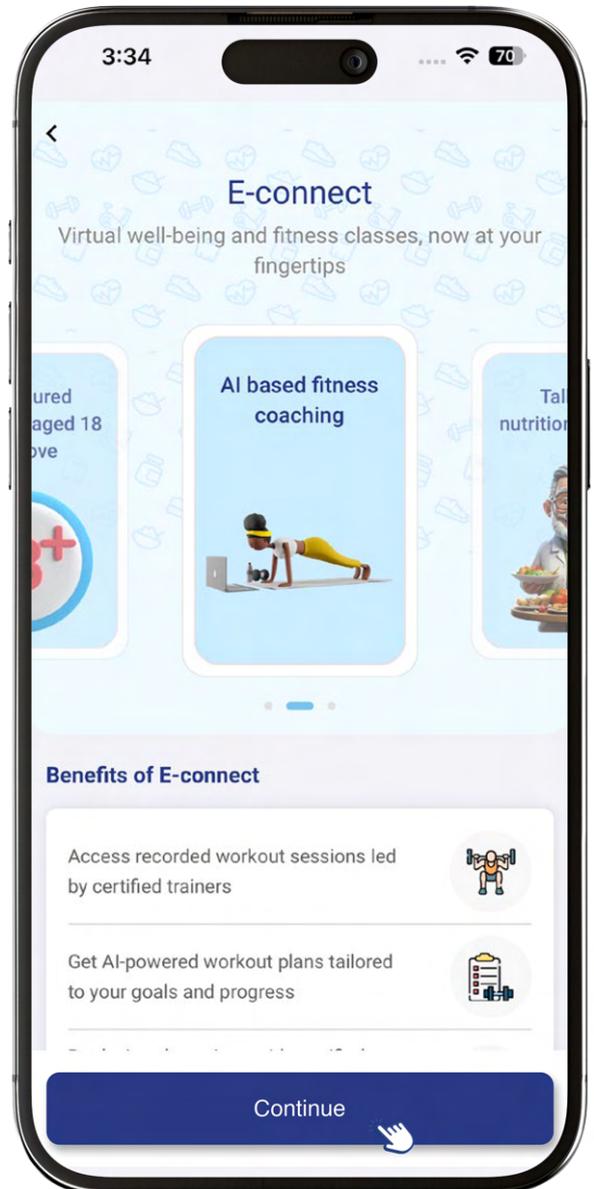
STEP 01

Click on
E-connect



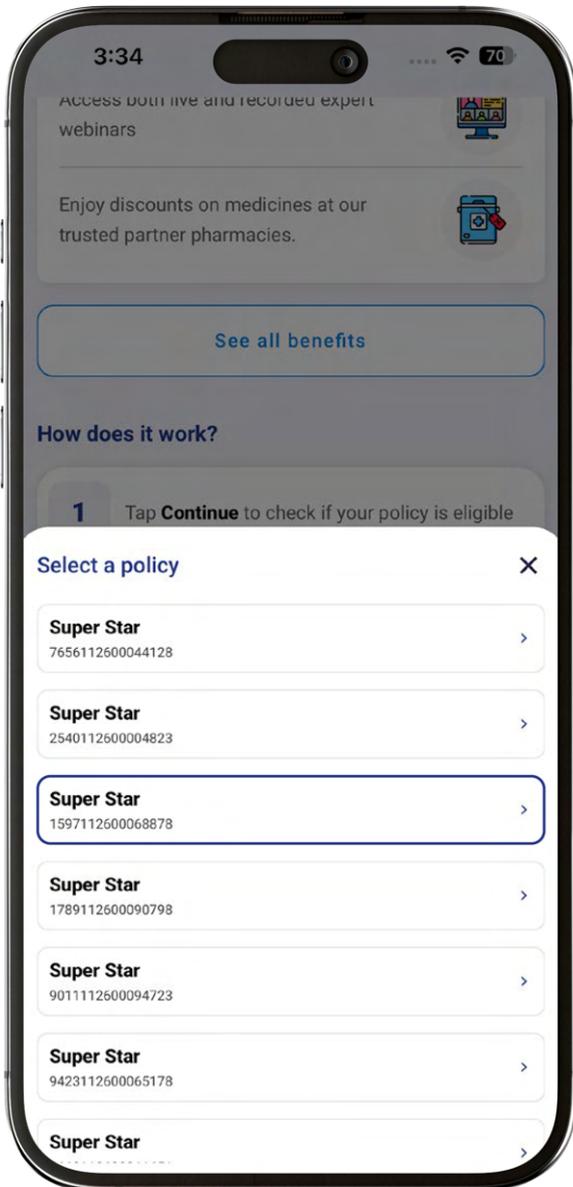
STEP 02

Click on
Continue



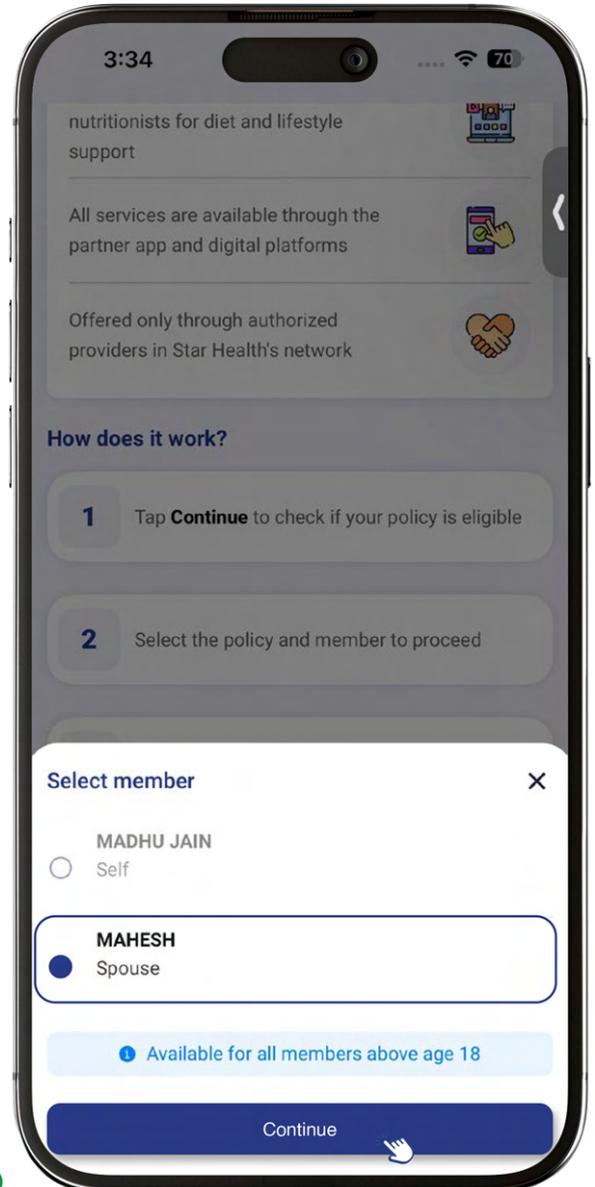
STEP 03

Select Eligible Policy



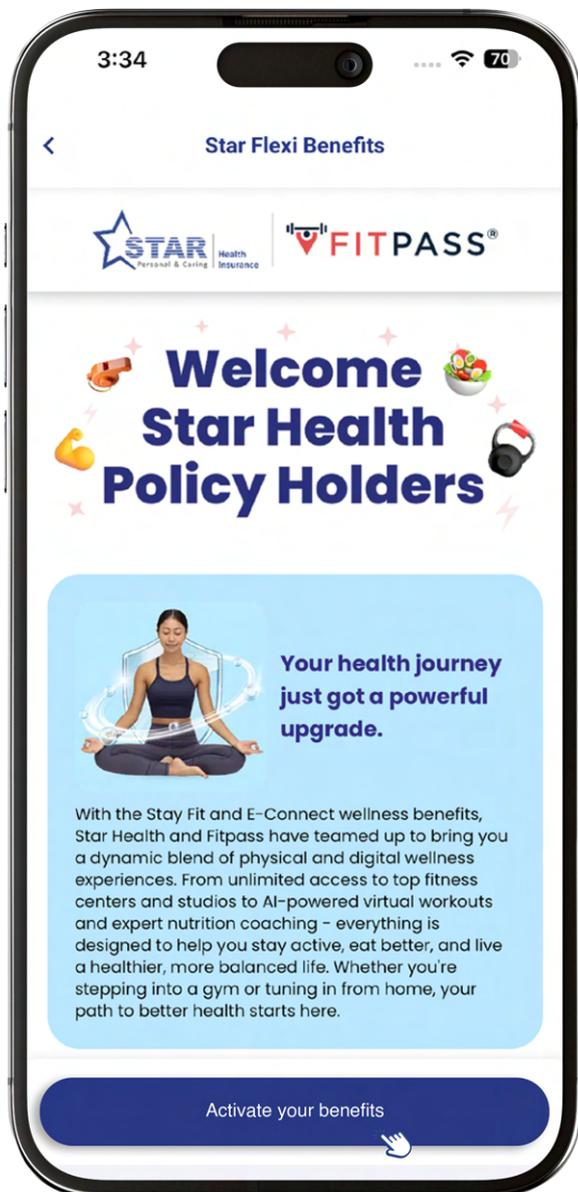
STEP 04

Select Member



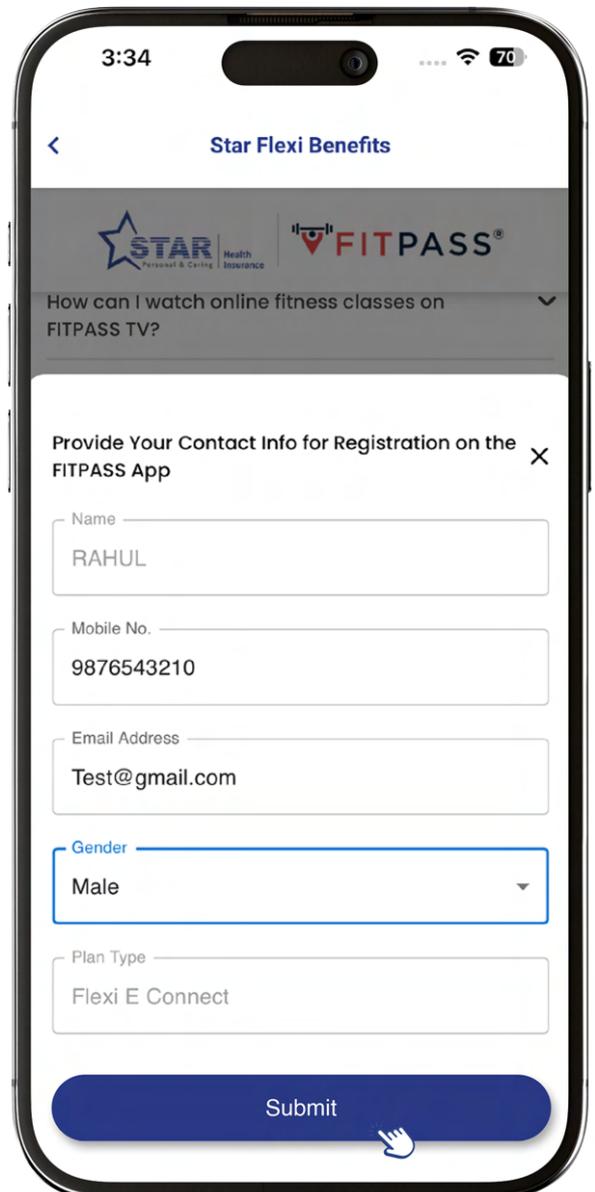
STEP 05

Activate Benefits



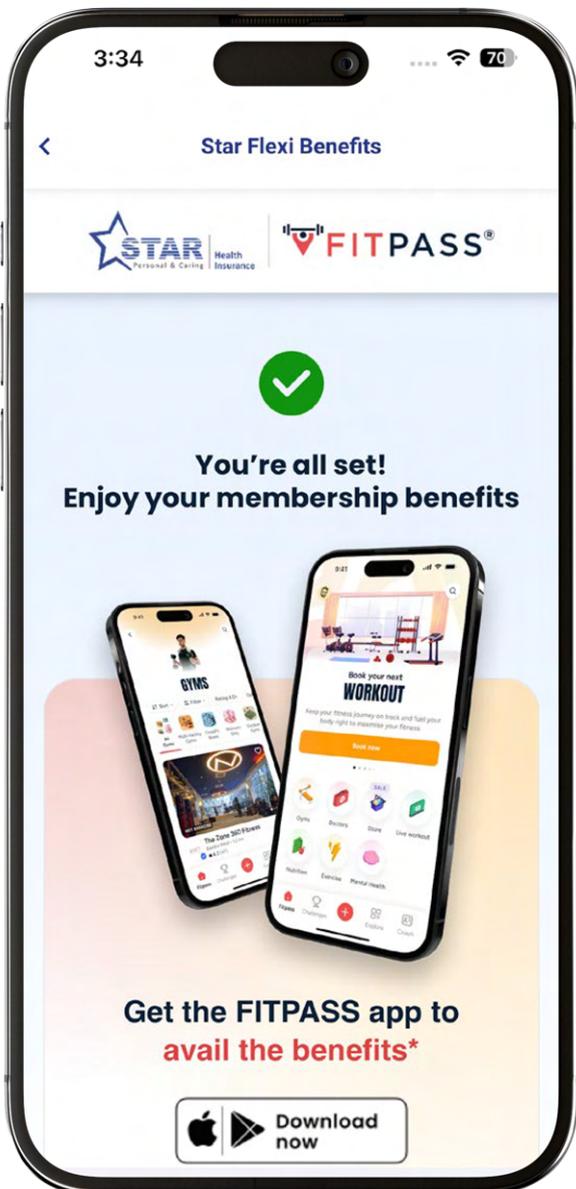
STEP 06

Register and Submit



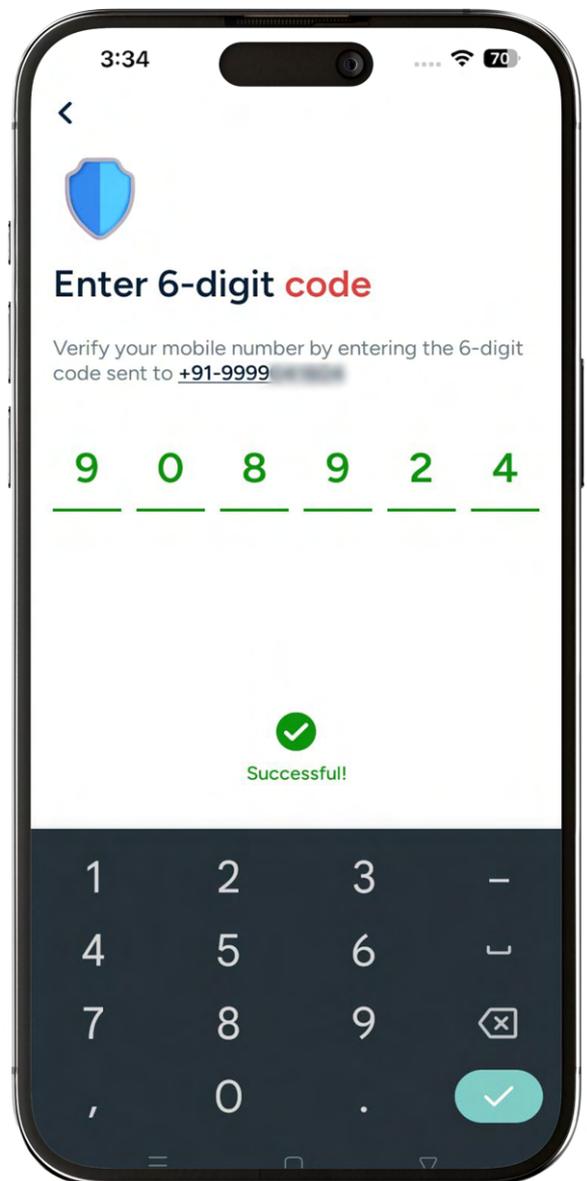
STEP 07

Download
FITPASS App



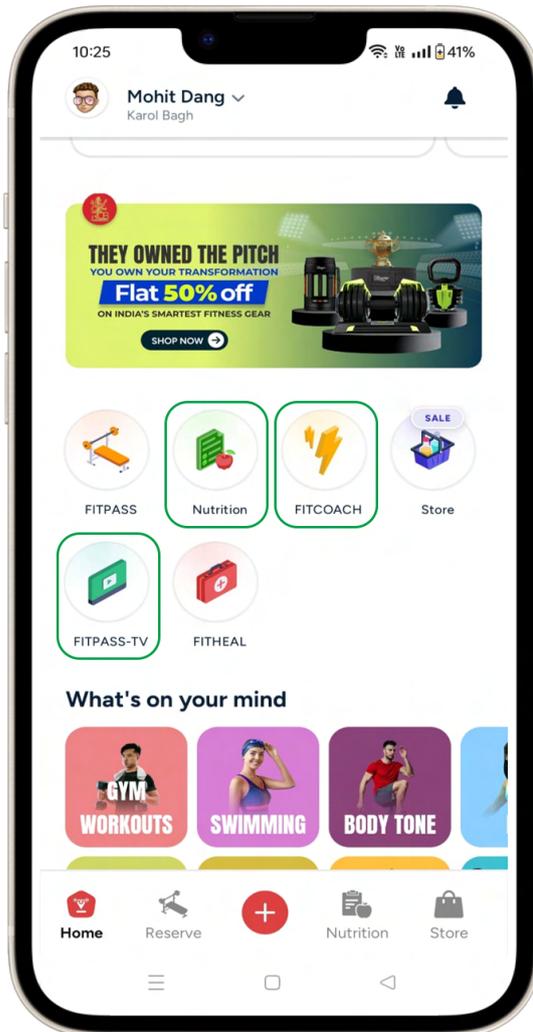
STEP 08

Validate Your
Mobile No. Via OTP



STEP 09: Explore Wellness at Your Fingertips

On the Home page of E-connect, you'll find everything you need to begin your wellness journey:



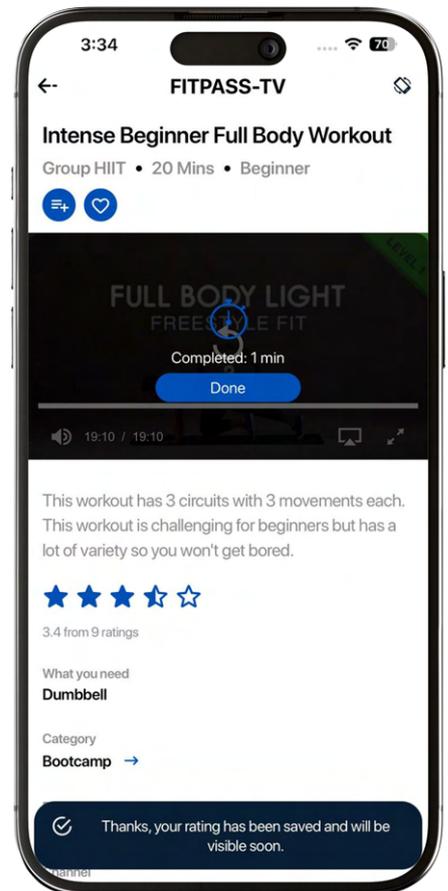
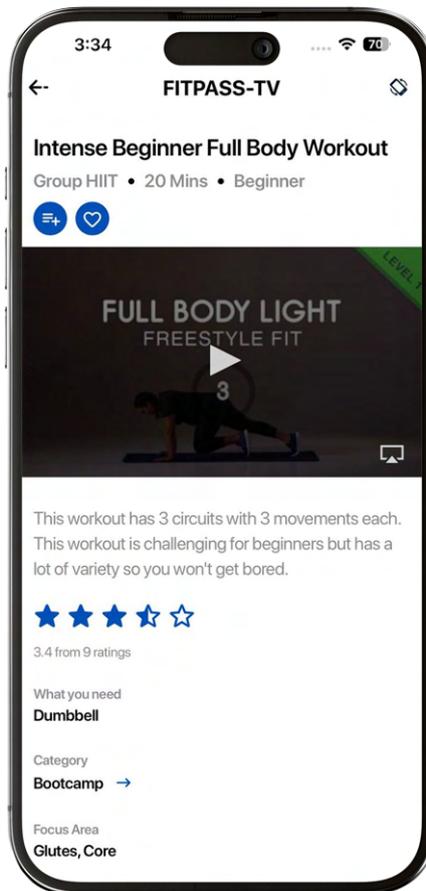
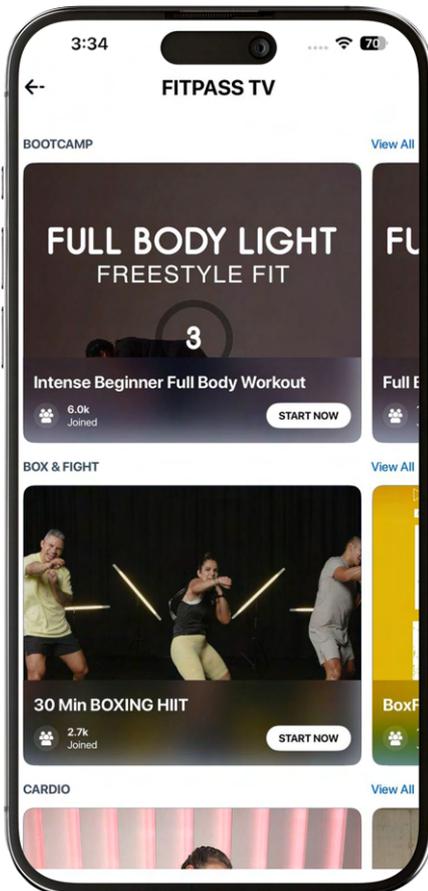
● **Fitpass TV**

● **Nutrition**

● **Fit Coach**

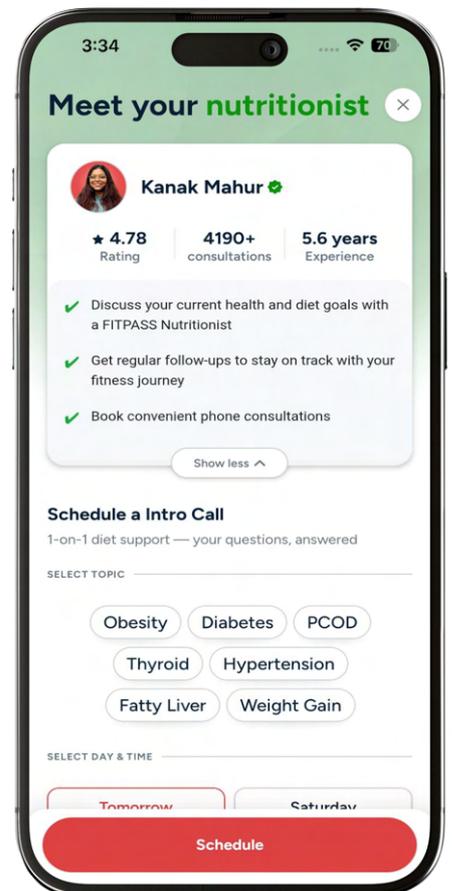
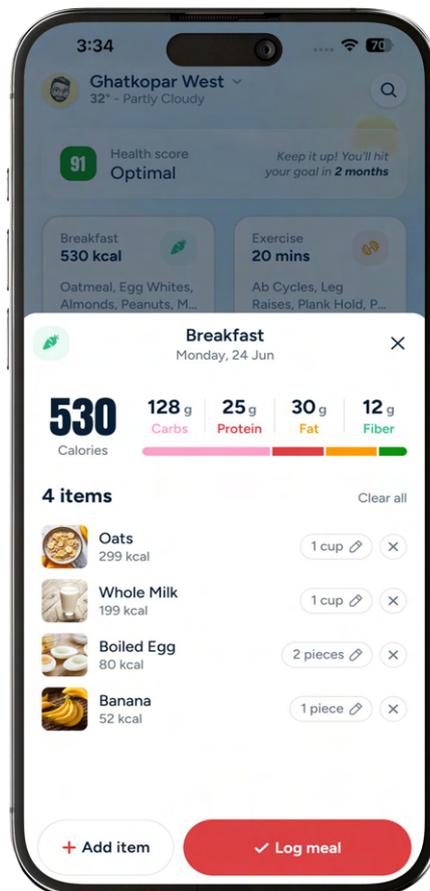
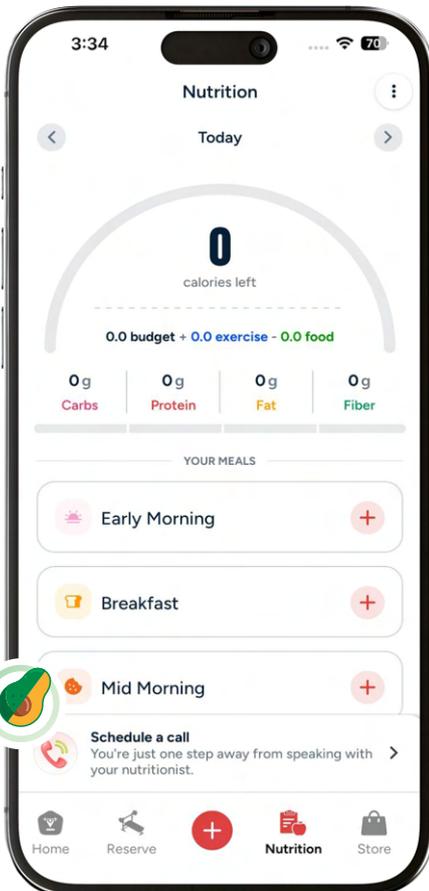
Fitpass TV

Book live online workout sessions with ease.



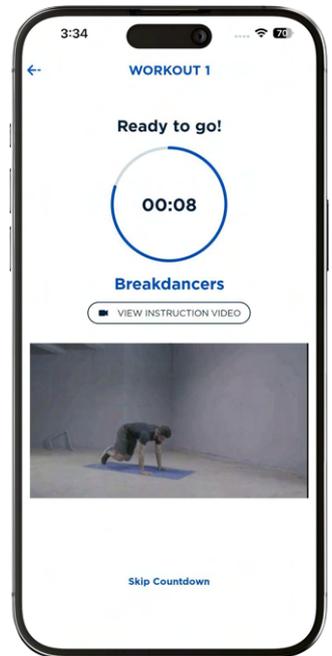
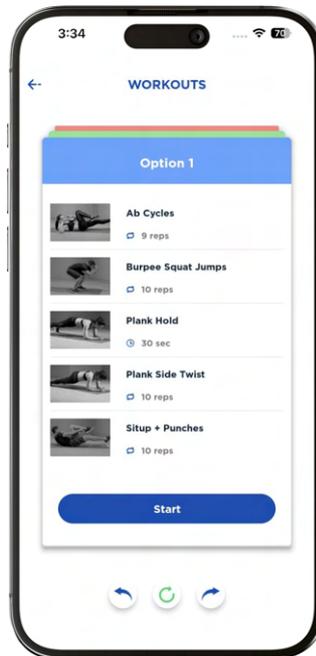
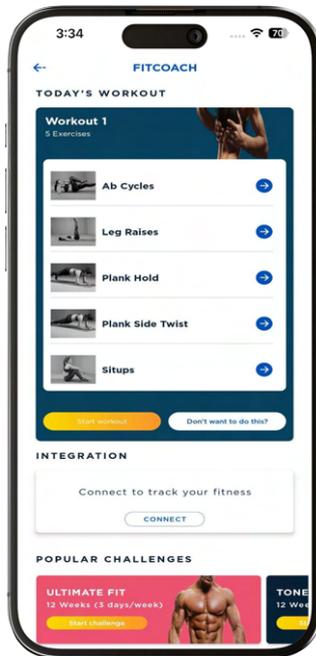
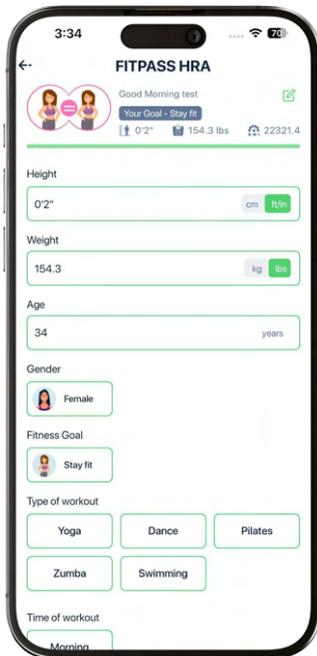
Nutrition

Connect with a certified nutritionist for personalised diet and lifestyle consultations.



Fit Coach

Access your AI-driven coaching module tailored to your fitness goals.



Terms & Conditions (T&C):

The above services shall be available at Company's Network and available to Insured Persons aged 18 years or above, subject to the following conditions:

- i. An initial waiting period of 30 days is applicable from the first time of opting this cover.
- ii. The services shall be provided through an Empaneled Provider only. Choice of the Insured Person in utilizing the services of the Empaneled Provider will be entirely of his /her own and Company will have no liability towards the quality of services offered by the Empaneled Provider.
- iii. This cover can be availed through Star health mobile application or other digital platforms.
- iv. We shall not be responsible for any disputes arising between the Insured Person and the Empaneled Provider.
- v. The Network under this cover does not constitute medical advice of any kind and it is not intended to be, and should not be, used to diagnose or identify treatment for a medical or mental health condition.

Star Health and Allied Insurance Co Ltd. Registered Office: No. 1, New Tank Street, Valluvar Kottam High Road, Nungambakkam, Chennai – 600 034. Corporate Office: No. 148, Acropolis, Dr. Radha Krishnan Salai, Mylapore, Chennai – 600004. | IRDAI Registration No.: 129. CIN No.: L66010TN2005PLC056649. | Toll-Free Number -1800-425-2255/1800-102-4477. | For more details of the product, please read the sales brochure/ prospectus carefully before concluding sales. TRA's Brand Trust Report 2025. TRA Research Pvt. Ltd. is an independent brand insights and research advisory firm. SHAI/2025-26/ONLINE/ENG 548

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