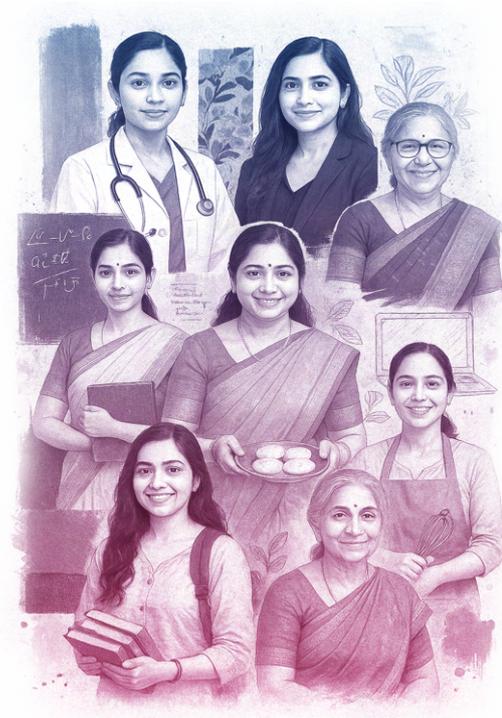


Mamta:

A Digital Companion for Her Well-being

A holistic health and wellness app empowering women with expert care and support at every stage.



Benefits



Virtual Specialist Consultations



Wellness Webinars & Community Access



Health Tracking & Live Coaching



Healthcare Discounts & Offers

*Insured women of age 12 years and above



Benefits



Virtual Specialist Consultations

Connect with trusted doctors and health experts anytime, anywhere. Whether it's a quick query or a detailed consultation, Mamily makes specialist care accessible right from your phone, saving you time while ensuring expert guidance.

Wellness Webinars & Community Access



Learn, share, and grow with a supportive community through interactive wellness webinars. From expert-led sessions to peer conversations, Mamily creates a safe space where women and families find knowledge, encouragement, and connection.

Health Tracking & Live Coaching

Stay in control of your health with easy-to-use trackers and real-time coaching. Monitor your progress, get personalised tips, and receive continuous motivation to keep your wellness journey on the right path.

Healthcare Discounts & Offers

Enjoy exclusive discounts on consultations, diagnostics, medicines, and more. With Mamily, quality healthcare becomes more affordable, helping you and your family stay healthy without added financial stress.





How to Get Started

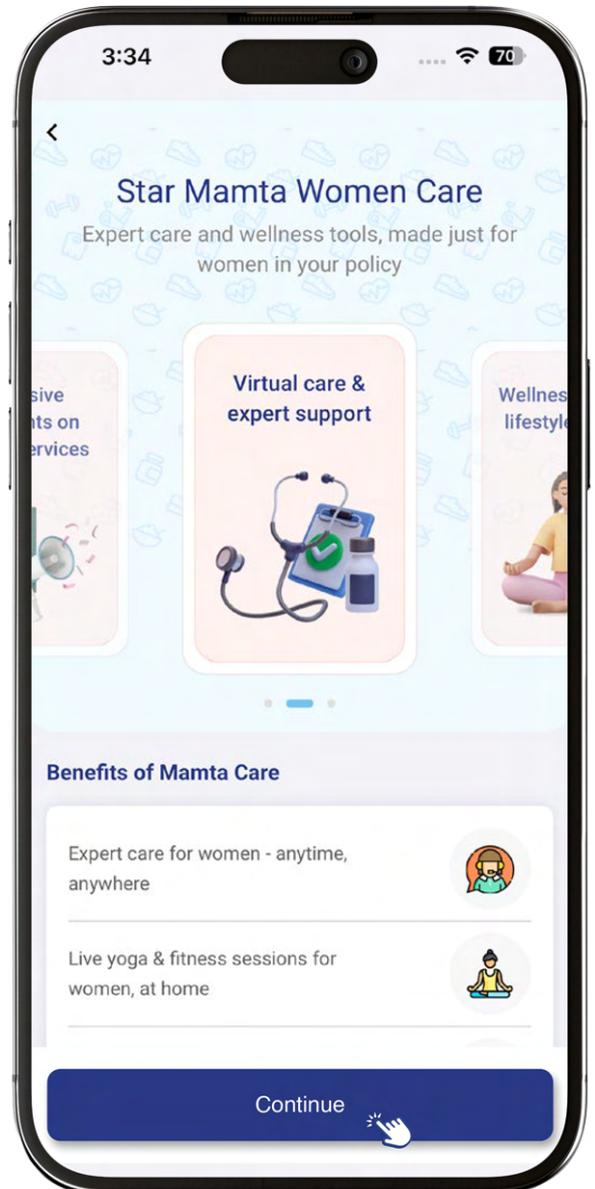
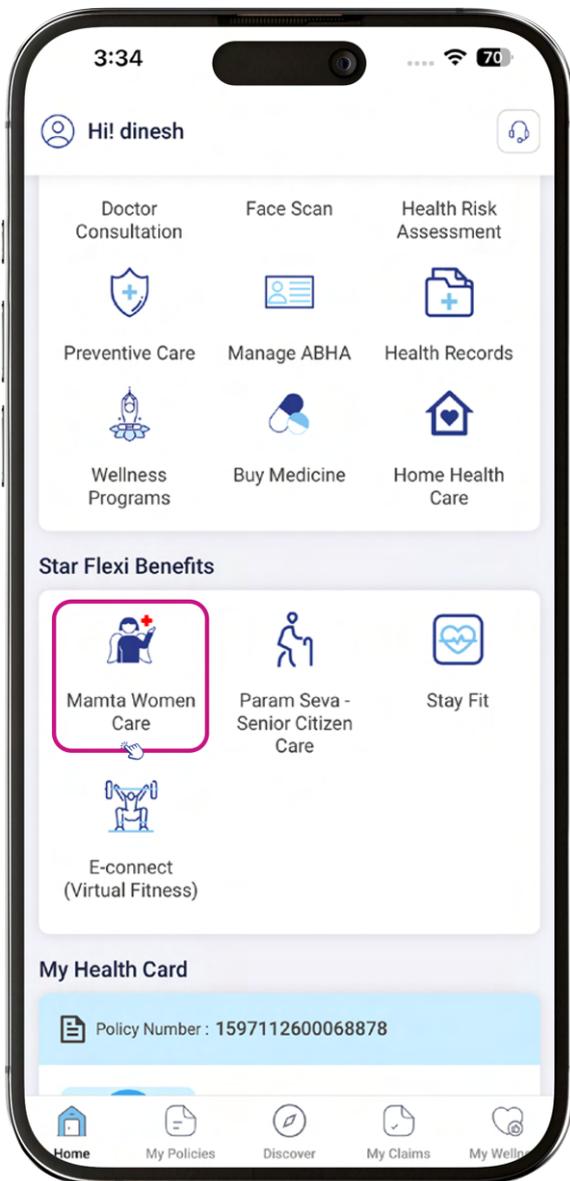


STEP 01

Click on
Mamta woman care

STEP 02

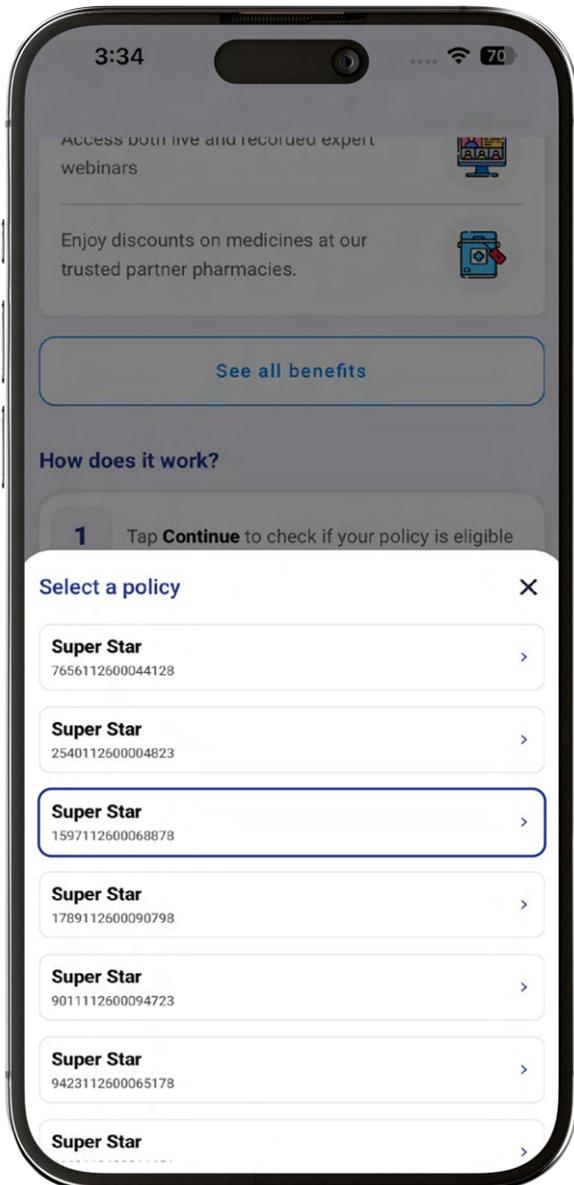
Click on
Continue





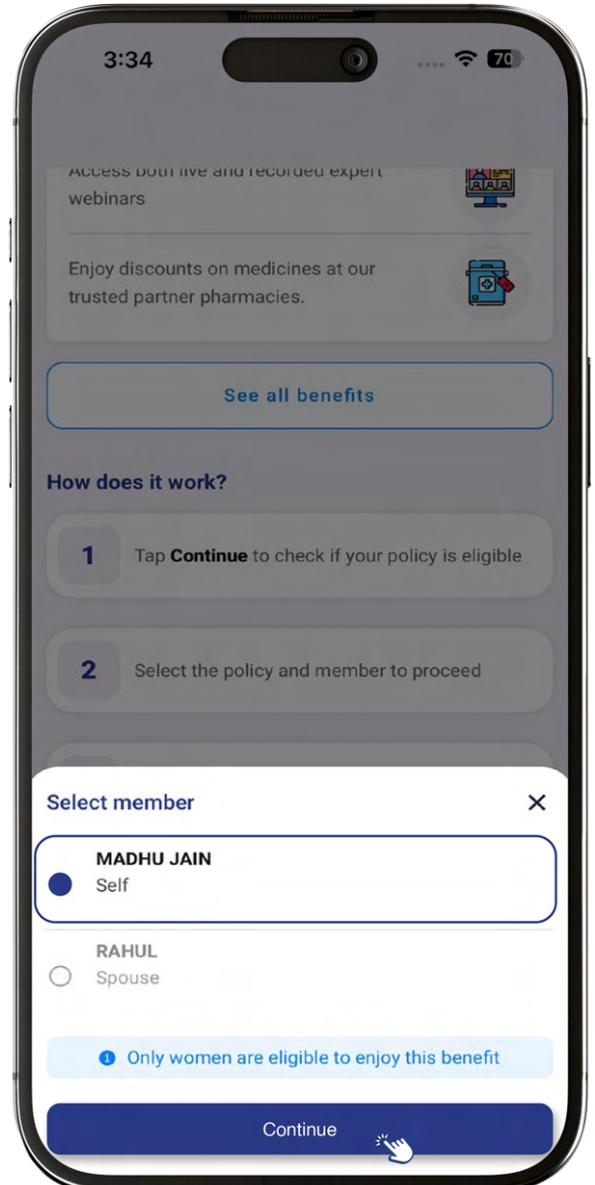
STEP 03

Select Eligible Policy



STEP 04

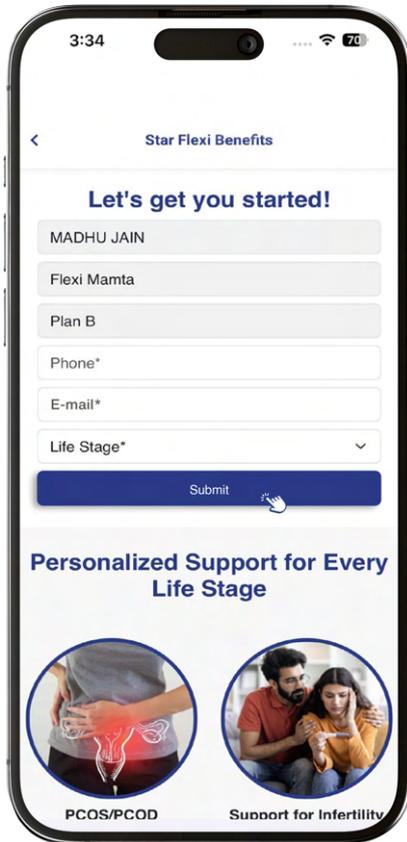
Select Member





STEP 05

Click on
Submit



3:34

Star Flexi Benefits

Let's get you started!

MADHU JAIN

Flexi Mamta

Plan B

Phone*

E-mail*

Life Stage*

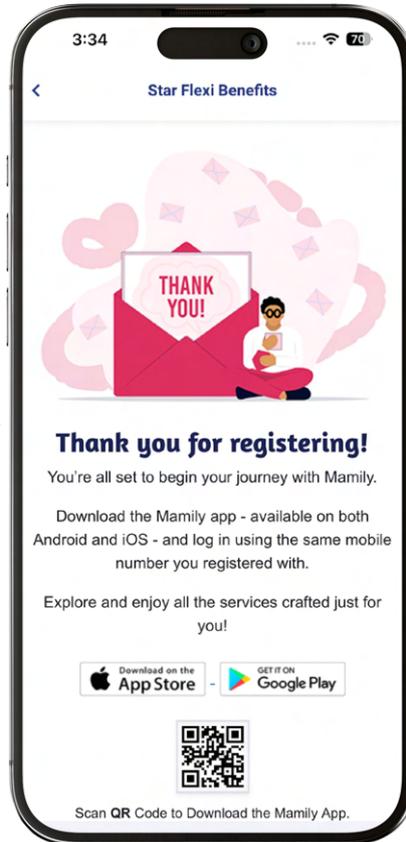
Submit

Personalized Support for Every Life Stage

PCOS/PCOD Support for Infertility

STEP 06

Download
Mamily App



3:34

Star Flexi Benefits

THANK YOU!

Thank you for registering!

You're all set to begin your journey with Mamily.

Download the Mamily app - available on both Android and iOS - and log in using the same mobile number you registered with.

Explore and enjoy all the services crafted just for you!

Download on the App Store | GET IT ON Google Play

Scan QR Code to Download the Mamily App.

STEP 07

Validate Your
Mobile No. Via OTP



3:34

Mamily

DIVYA DESWAL
Co-Founder, Mamily

Please enter your Phone Number to continue

Phone Number

I have read and accept [Terms and Conditions](#) & [Privacy Policy](#)

Continue with OTP





Mamta Woman Care services

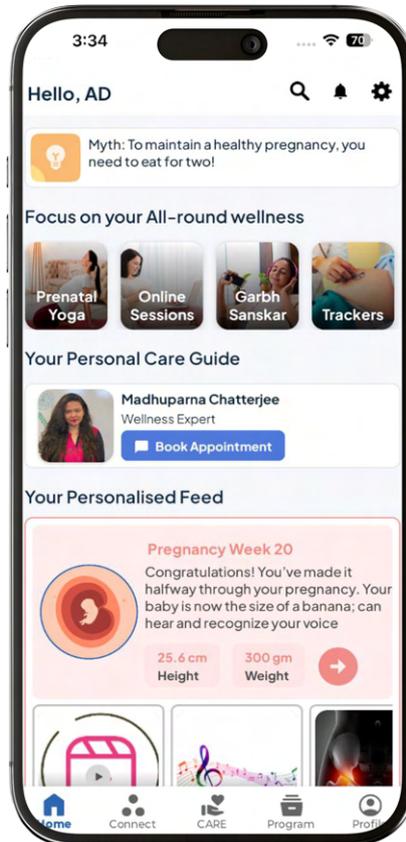
In case of pregnancy journey, enter your LMP to avail the benefits of Mamta App



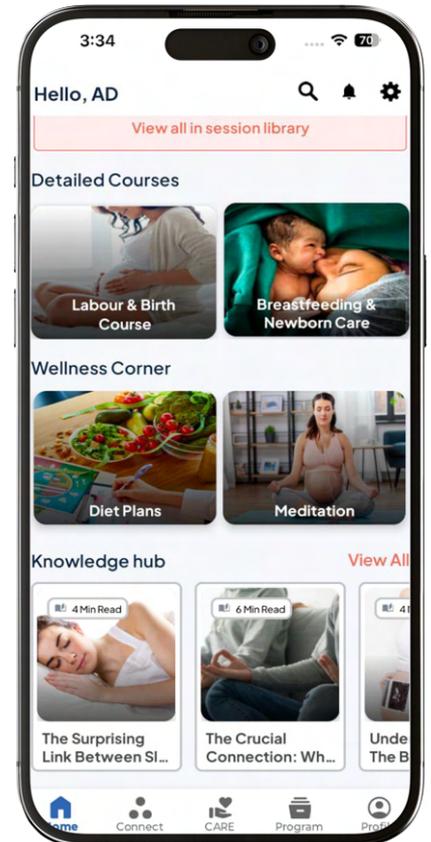
Enter Details



Pregnancy Homescreen 1



Pregnancy Homescreen 2





Mamta Woman Care Services

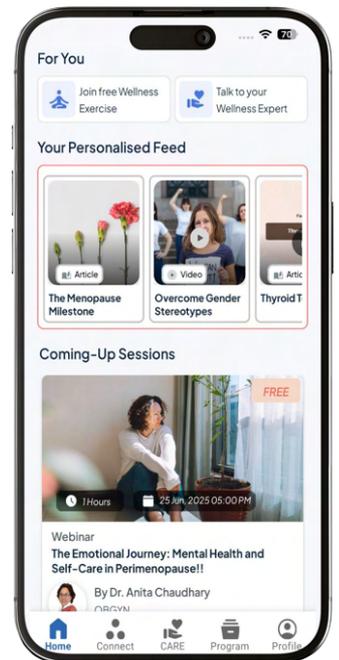
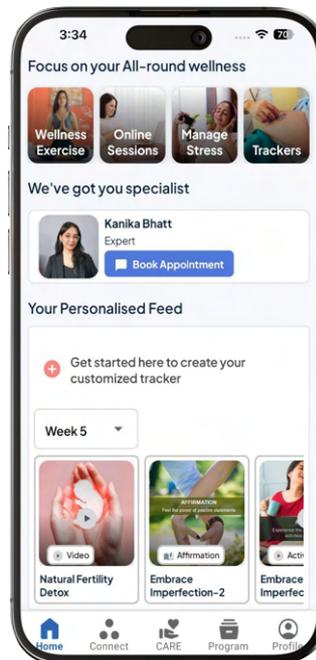
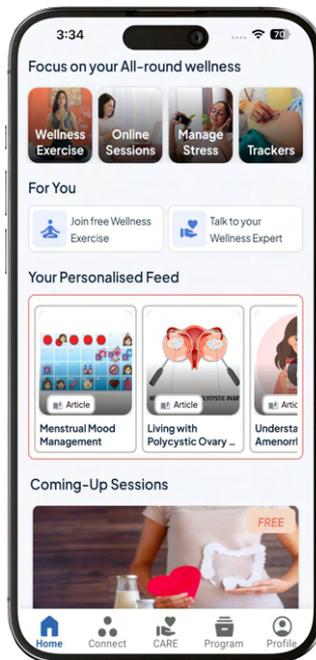
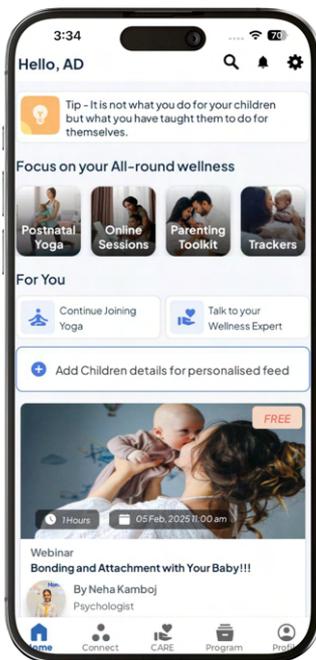


Parenting Home Screen

Irregular Periods/PCOS Home Screen

Fertility Home Screen

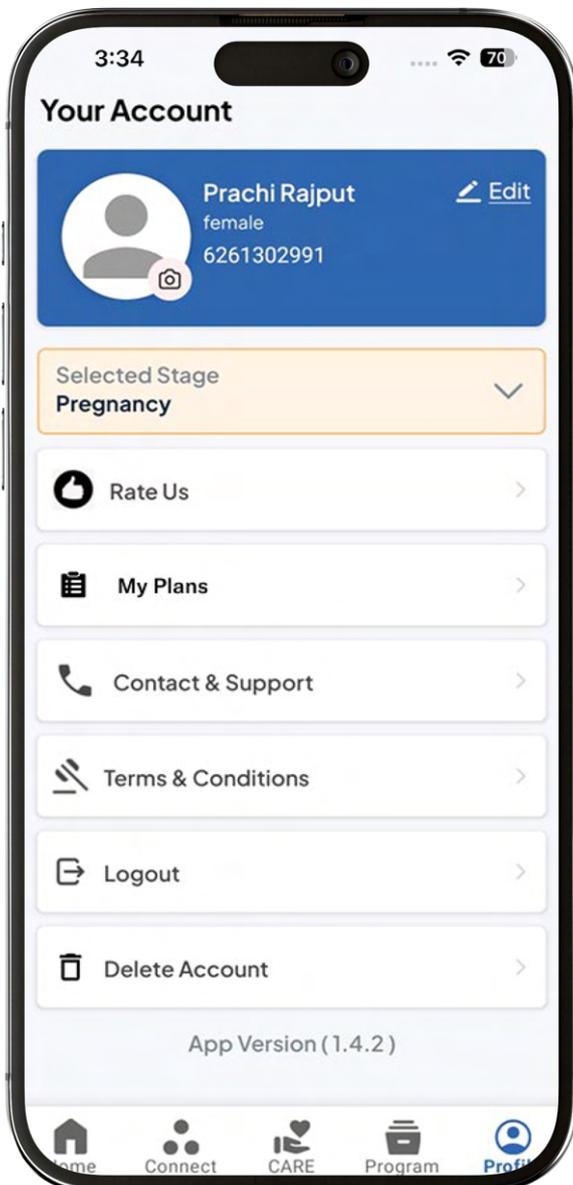
Menopause Home Screen



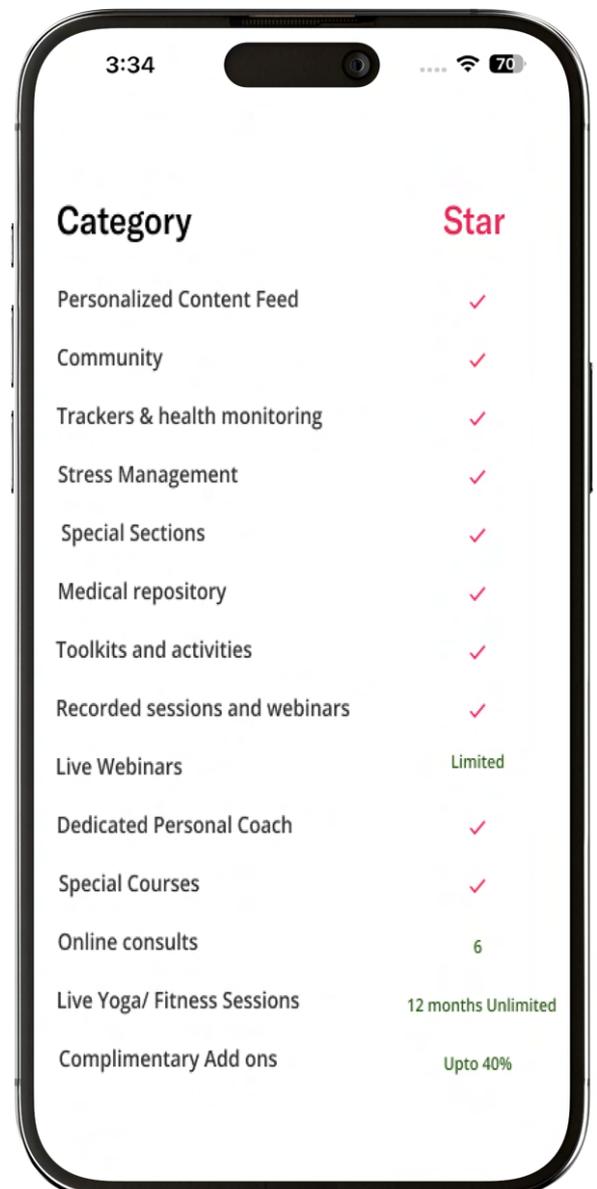


Mamta Woman Care Services

Check Your Profile Page



Explore Star Plan Services





Features	Plan A	Plan B	Plan C
Virtual consults with Gynaecologist, Nutritionist, Psychologist, Paediatrician	2 consults/ policy year	4 consults/ policy year	6 consults/ policy year
Live Yoga/ Fitness Sessions	3 months access	6 months access	12 months access
Dedicated Personal Coach- SPOC for handholding through the journey, queries and assistance	NA	Yes	Yes
Access to recorded & live webinars	Limited	Unlimited	Unlimited
Access to Personalized Content	Yes	Yes	Yes
Access to community groups	Yes	Yes	Yes
Trackers & health monitoring	Yes	Yes	Yes
Stress Management- Questionnaire, techniques to handle stress	Yes	Yes	Yes
Toolkits and activities	Yes	Yes	Yes
Electronic health records	Yes	Yes	Yes
Discount on Medicines under empanelled network	Yes	Yes	Yes
Discount on Doctor Consultations - empanelled doctors (Online - OB & GYN, Nutritionist, Lactation Consultant, Dermatologist, Paediatrician etc.)	Yes	Yes	Yes
Discount on Diagnostics (Radiology, Lab) under empanelled centers	Yes	Yes	Yes
Discount on Packages - Pregnancy Care, Fertility etc	Yes	Yes	Yes





Terms & Conditions (T&C):

- A. This cover is available only for Insured women aged 12 years and above.
- B. An initial waiting period of 30 days is applicable from the first time of opting this cover.
- C. The above services shall be available to women Insured Person(s). All these services are accessible through our third-party Network Providers / Empaneled Service Provider on cashless basis only. The benefits and services within this cover shall be applicable as per the plan opted and as specified in the Policy Schedule. The services provided under the various covers are via third party Network Providers / Empaneled Service Providers which may change without prior notice. We shall not hold any responsibility towards any loss or damage arising out of or in relation to any opinion, advice, prescription, actual or alleged errors, omissions and representations made by the third-party Network Providers/ Empaneled Service Providers.
- D. This cover can be availed through Star health mobile application or other digital platforms.
- E. Choosing the services under this cover is purely upon the Insured Person's own discretion and at its own risk.
- F. The Insured Person should seek assistance from a health care professional when interpreting and applying them to the Insured Person's individual circumstances. If the Insured Person has any concerns about her health, she may consult her general practitioner.
- G. The benefits specified under this cover are applicable for each of the Insured Persons individually.

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 546

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