

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.

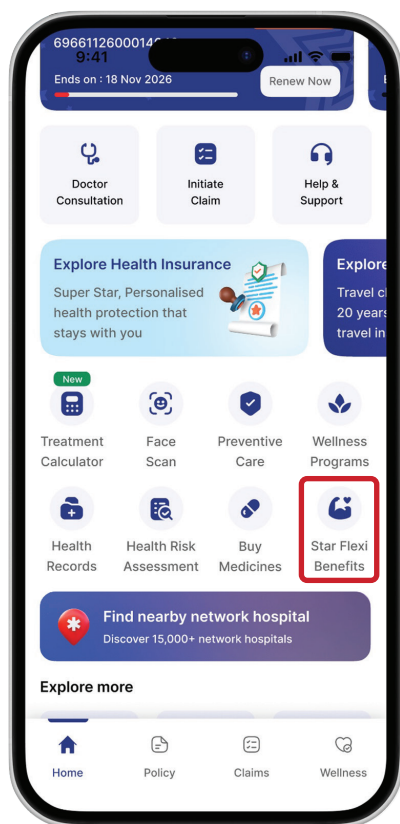




How to Get Started

STEP 01

Click on
Star Flexi Benefits



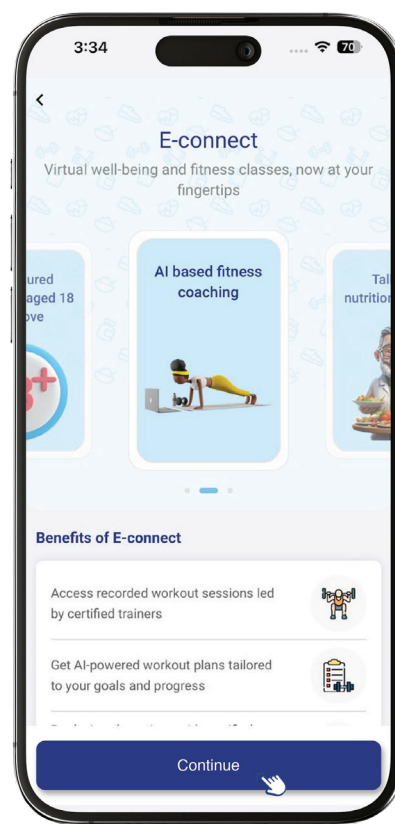
STEP 02

Click on
E-connect



STEP 03

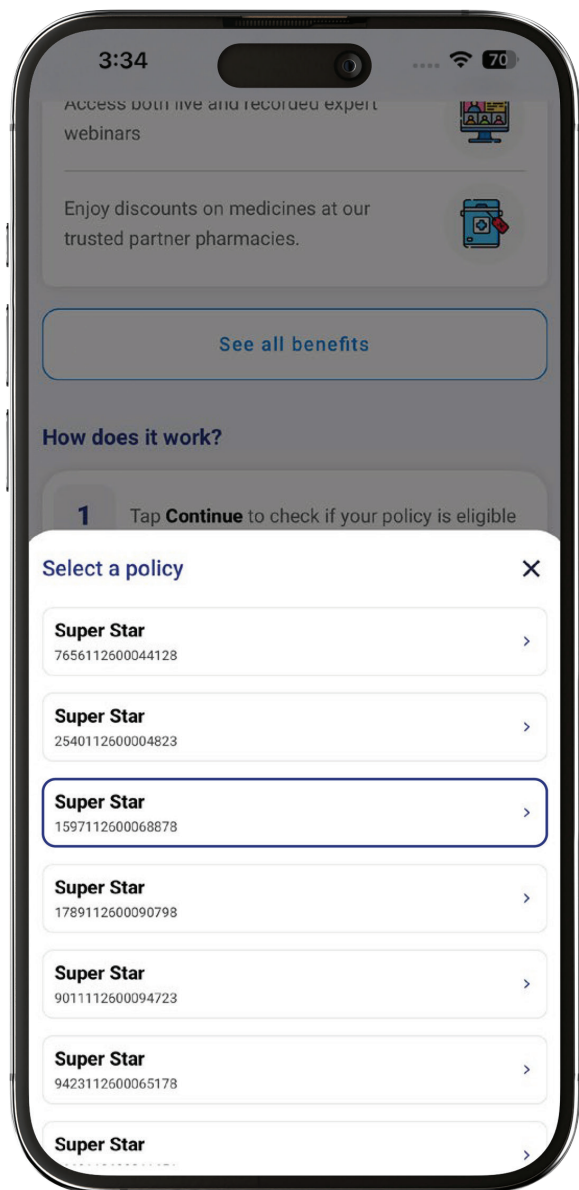
Click on
Continue





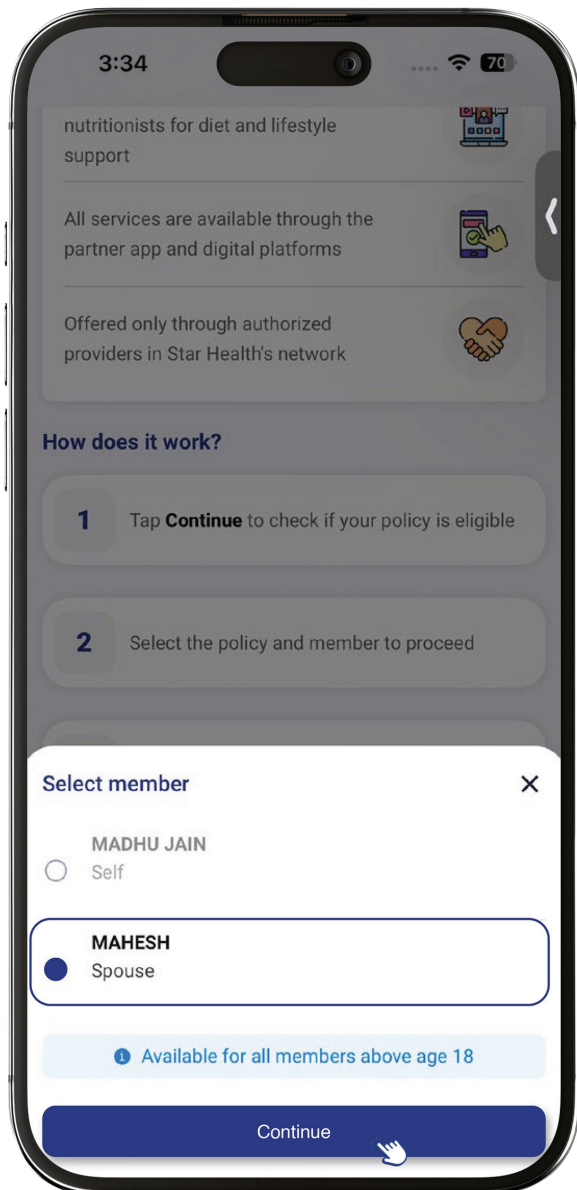
STEP 04

Select Eligible Policy



STEP 05

Select Member





STEP 06

Activate Benefits

The smartphone screen displays the "Star Flexi Benefits" app. At the top, the status bar shows the time 3:34, signal strength, Wi-Fi, and 70% battery. Below the header, there are logos for STAR Health Insurance and FITPASS. The main content area has a "Welcome Star Health Policy Holders" message with icons of a dumbbell, a bowl of fruit, and a dumbbell. Below this is a blue box with a woman in a yoga pose and the text "Your health journey just got a powerful upgrade." A paragraph of text describes the wellness benefits. At the bottom is a blue button labeled "Activate your benefits" with a hand cursor icon.



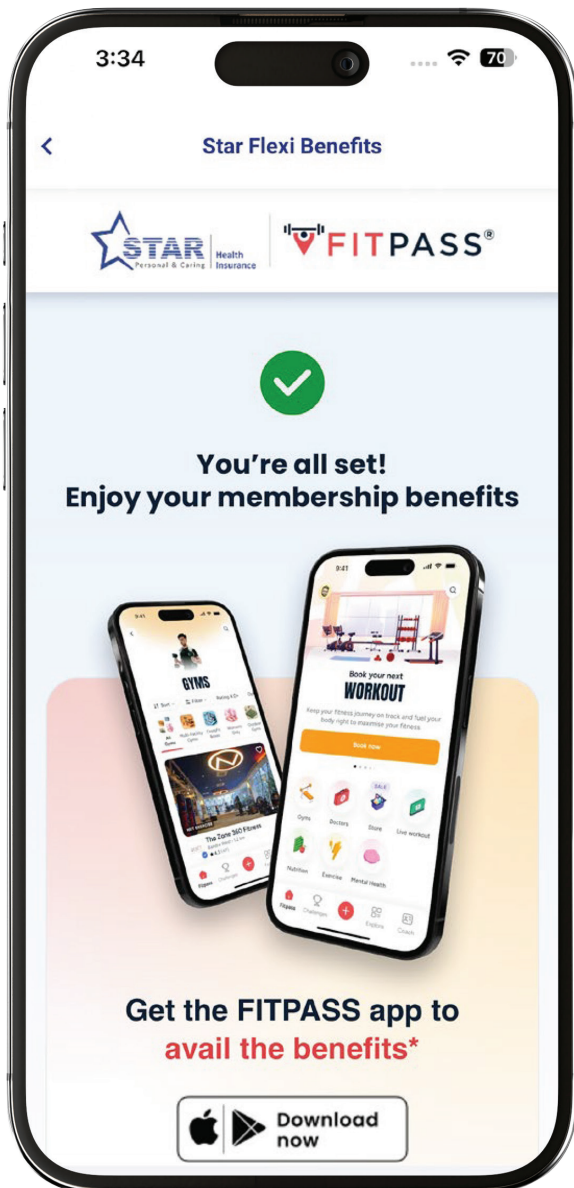
STEP 07

Register and Submit

The smartphone screen displays the "Star Flexi Benefits" app. At the top, the status bar shows the time 3:34, signal strength, Wi-Fi, and 70% battery. Below the header, there are logos for STAR Health Insurance and FITPASS. A search bar contains the text "How can I watch online fitness classes on FITPASS TV?". Below this is a form titled "Provide Your Contact Info for Registration on the FITPASS App" with a close button (X). The form has fields for Name (RAHUL), Mobile No. (9876543210), Email Address (Test@gmail.com), Gender (Male), and Plan Type (Flexi E Connect). At the bottom is a blue button labeled "Submit" with a hand cursor icon.

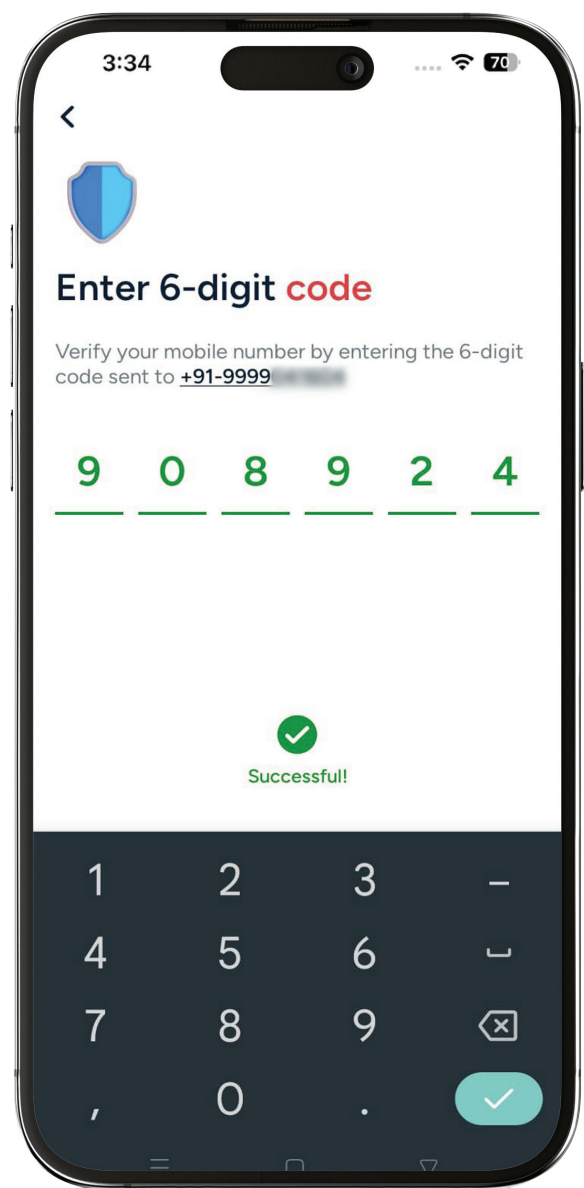
STEP 08

Download
FITPASS App



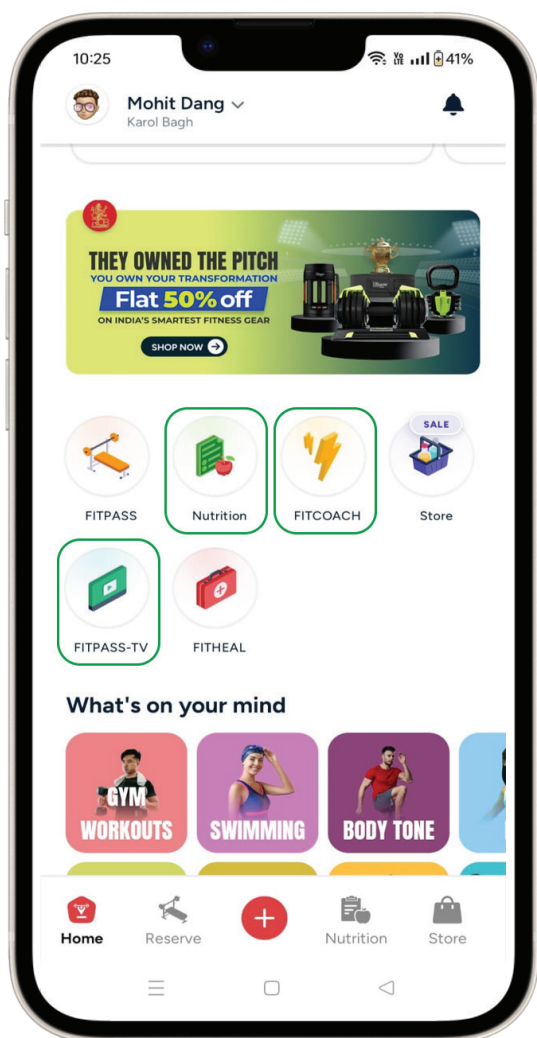
STEP 09

Validate Your
Mobile No. Via OTP



STEP 10: 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

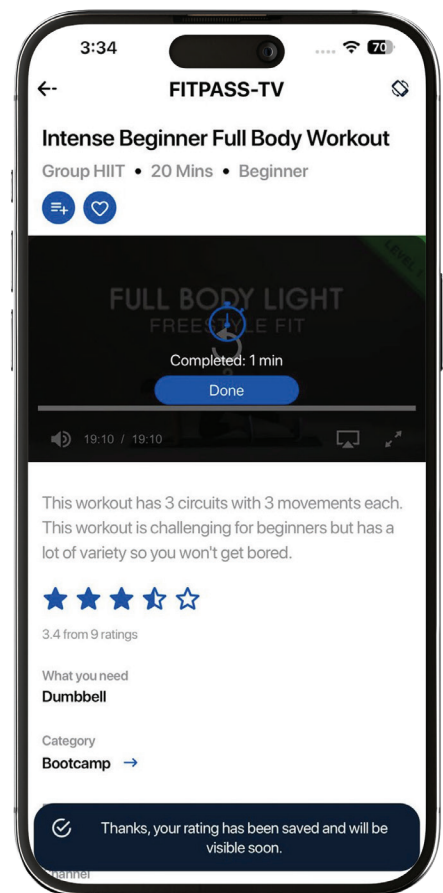
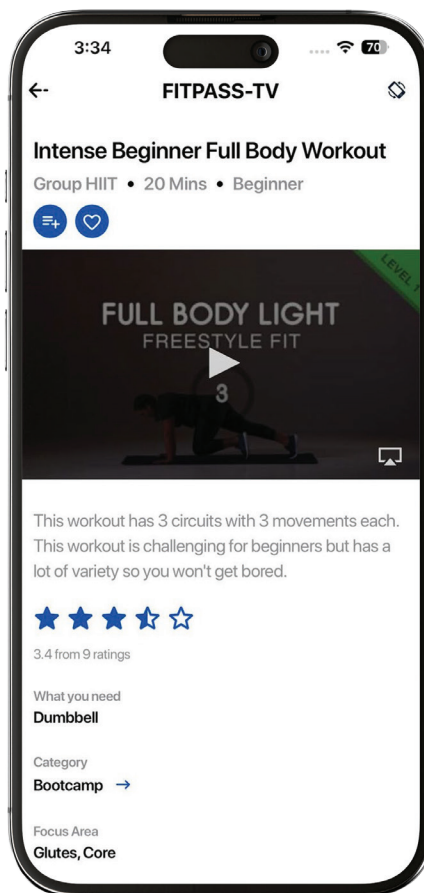
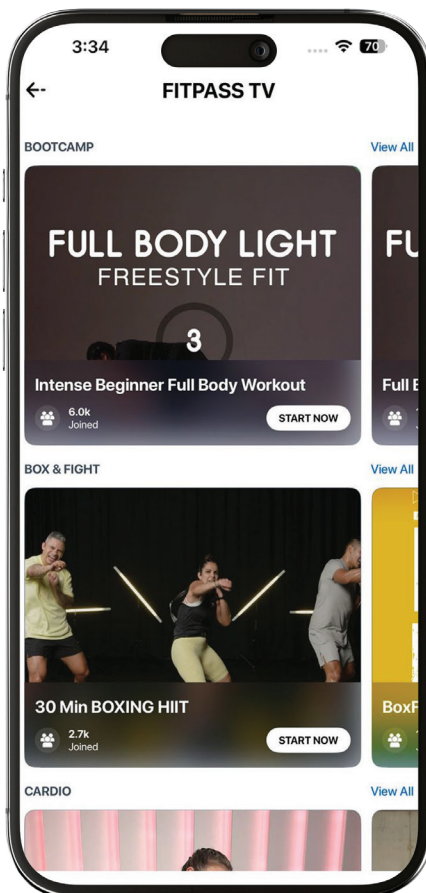
● Nutrition

● Fit Coach



Fitpass TV

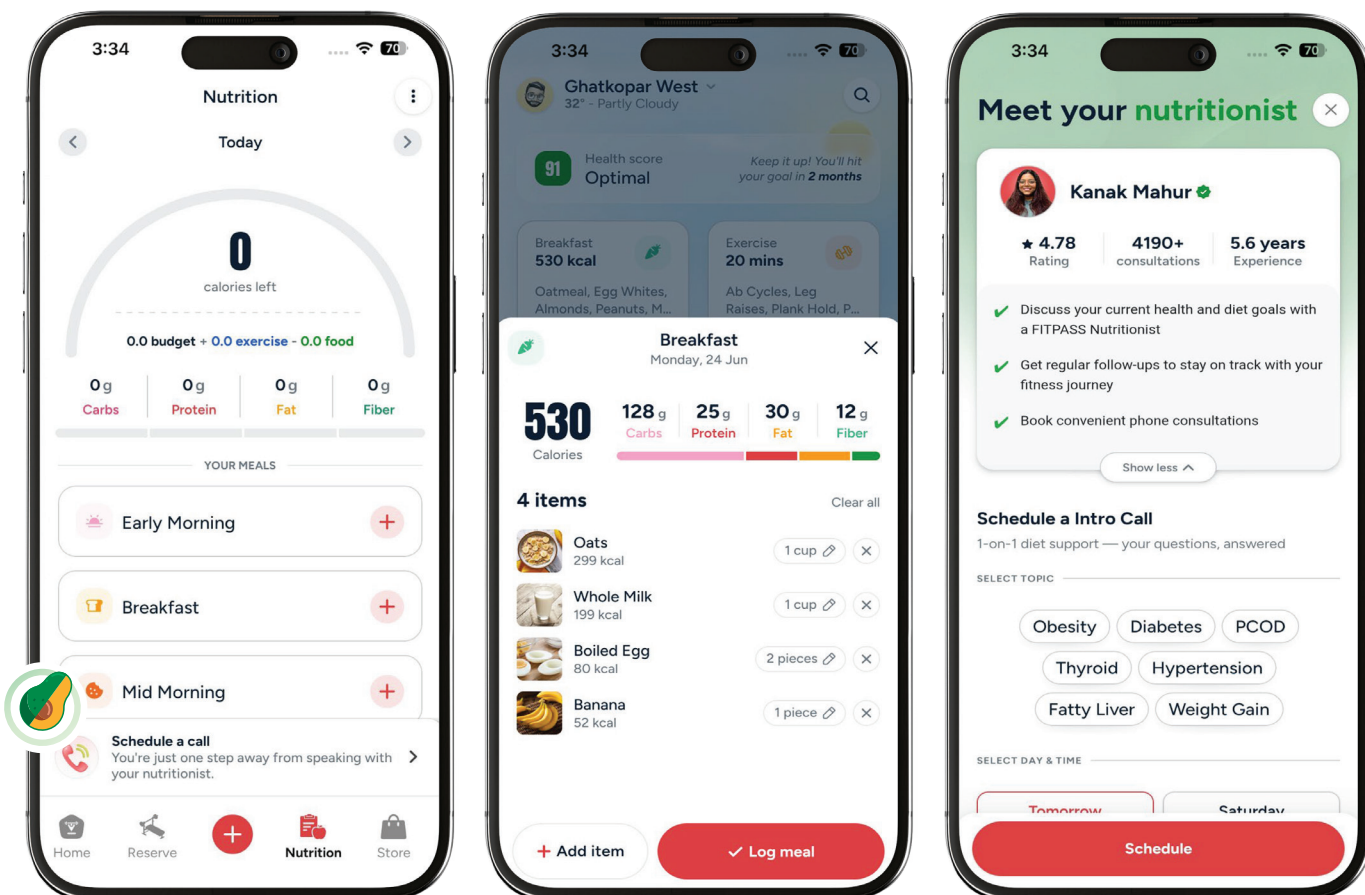
Book live online workout sessions with ease.





Nutrition

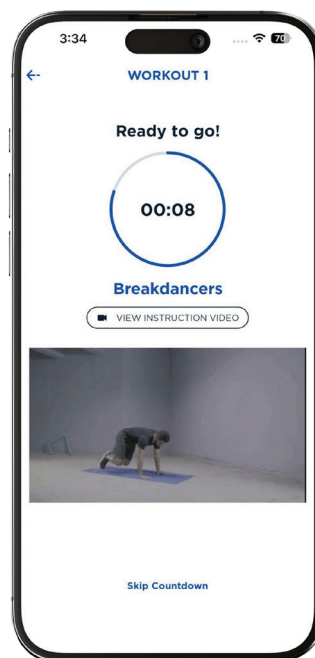
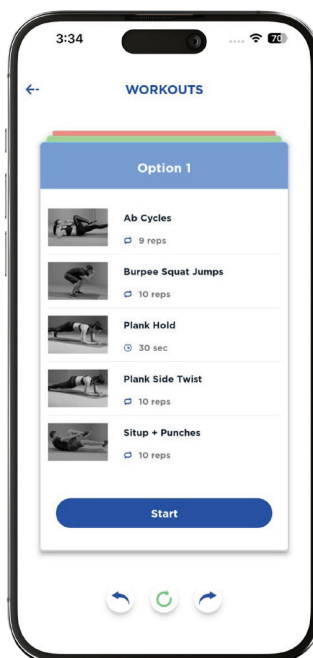
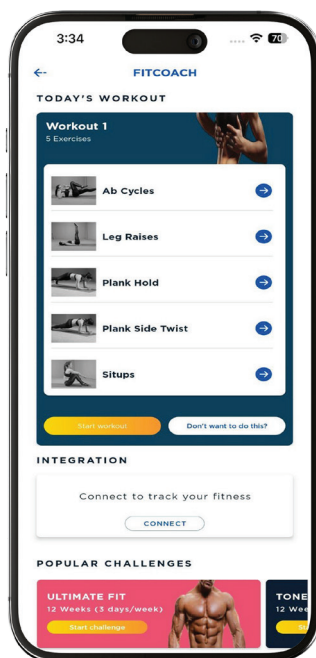
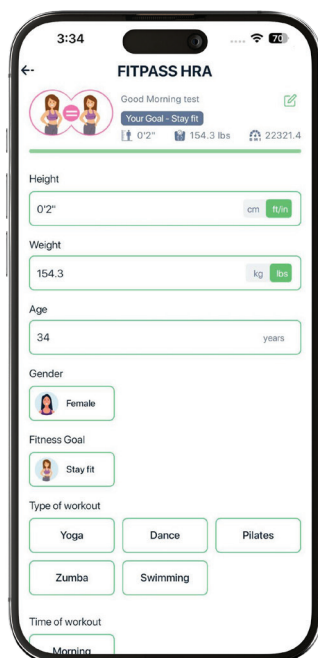
Connect with a certified nutritionist for personalised diet and lifestyle consultations.





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

This product is underwritten by Star Health and Allied Insurance Co. Ltd. (referred to as Star Health), registered with IRDAI under registration number 129. The services provided by FITPASS on this platform are intended for wellness purposes only. Star Health does not directly provide these services and is not responsible for their execution or effectiveness. We do not assume any liability for the accuracy, suitability, or outcomes of these services, and customers avail them at their own discretion. Star Health and FITPASS are committed to ensuring the privacy and protection of customer data, in compliance with applicable regulations. However, the availability, scope, and terms of these services may change due to operational requirements or regulatory guidelines. We reserve the right to modify or discontinue offerings as necessary. Users are strongly encouraged to review the service provider's terms and conditions before engaging with their services. Star Health does not guarantee specific results or service outcomes.