

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.

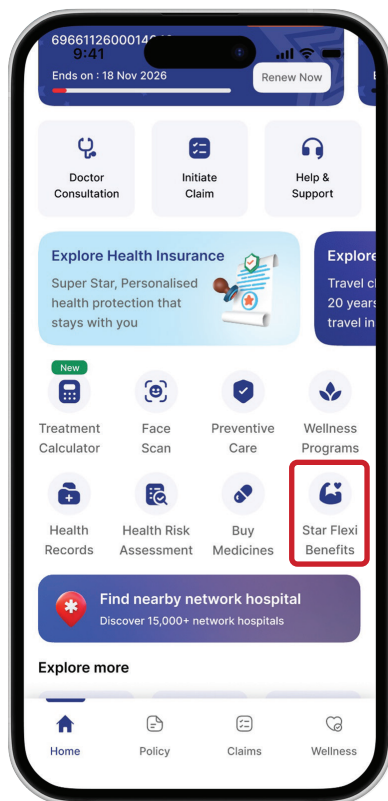




How to Get Started

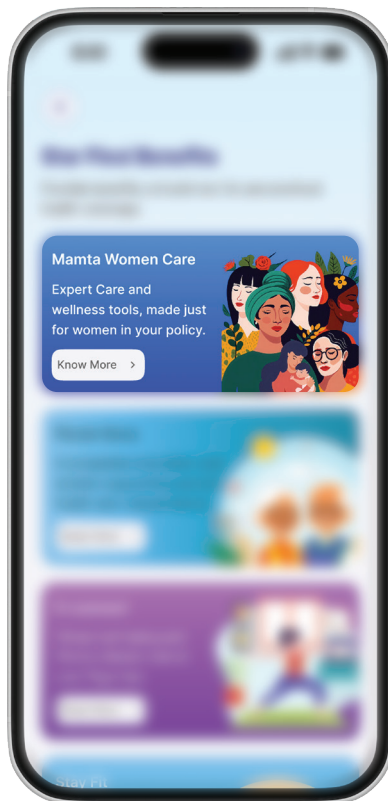
STEP 01

Click on
Star Flexi Benefits



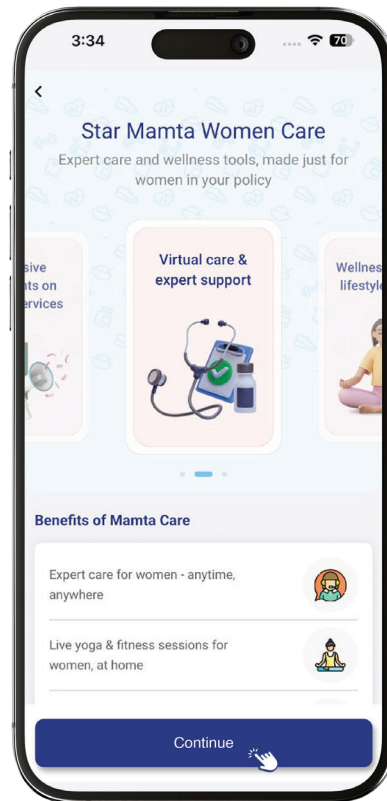
STEP 02

Click on
Mamta woman care



STEP 03

Click on
Continue



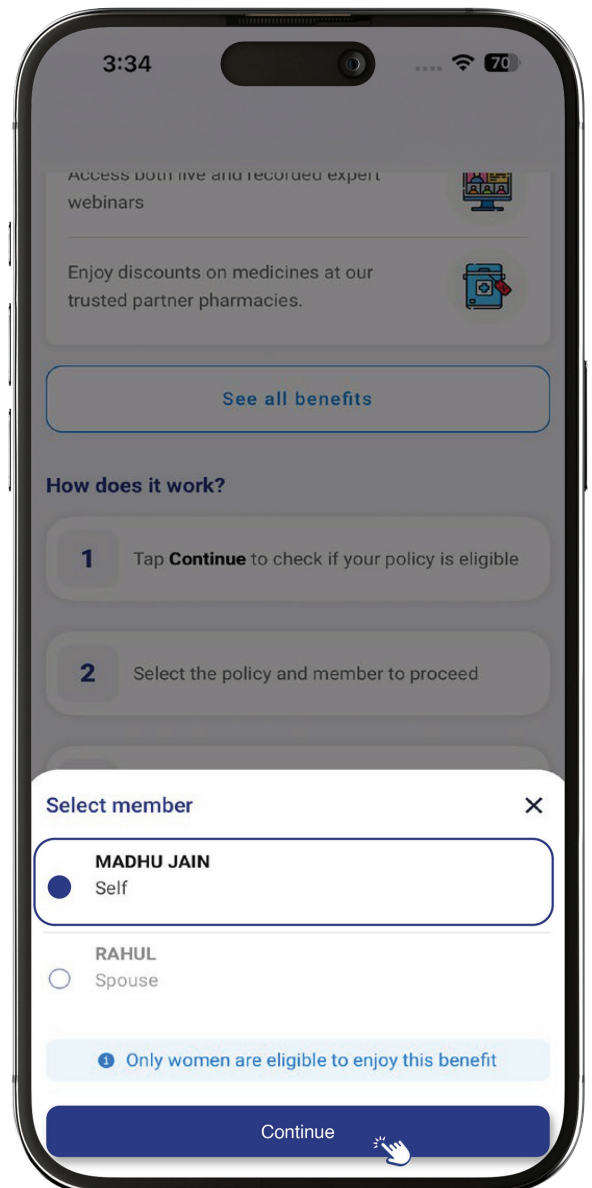
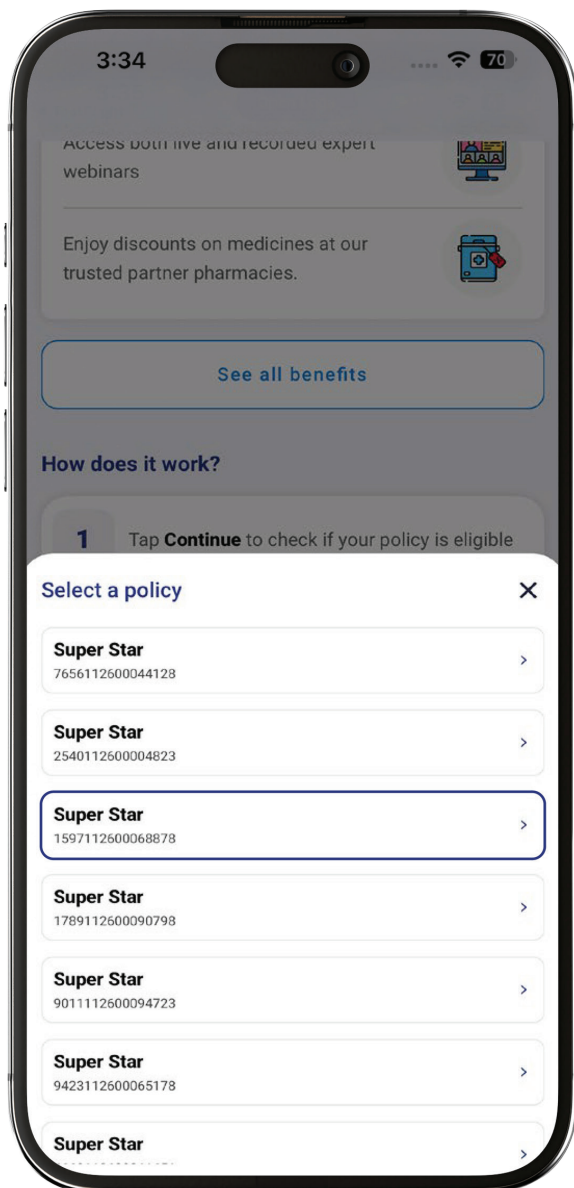


STEP 04

Select
Eligible Policy

STEP 05

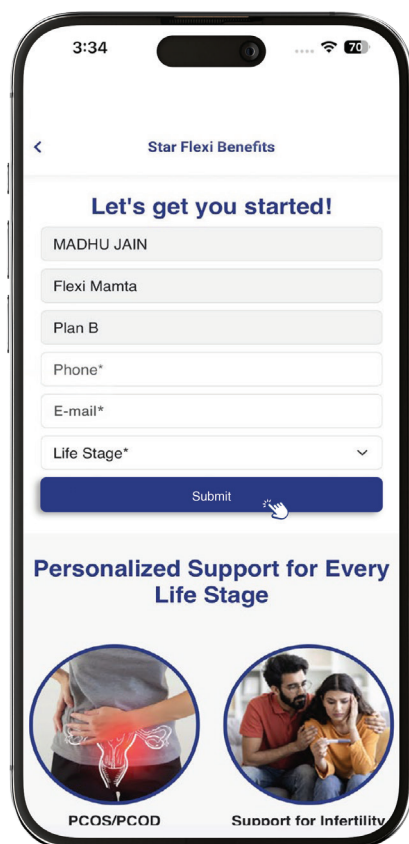
Select
Member





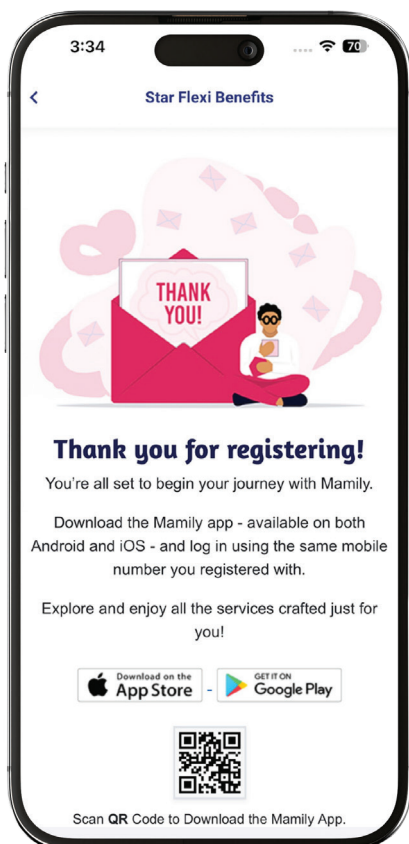
STEP 06

Click on
Submit



STEP 07

Download
Mamily App



STEP 08

Validate Your
Mobile No. Via OTP



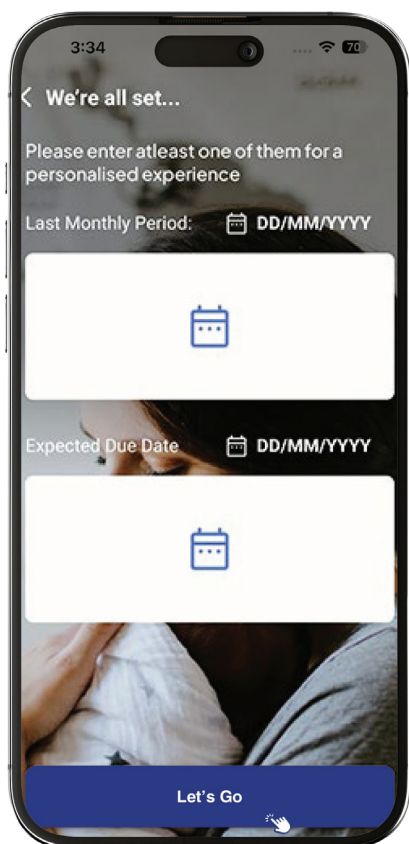



Mamta Woman Care services

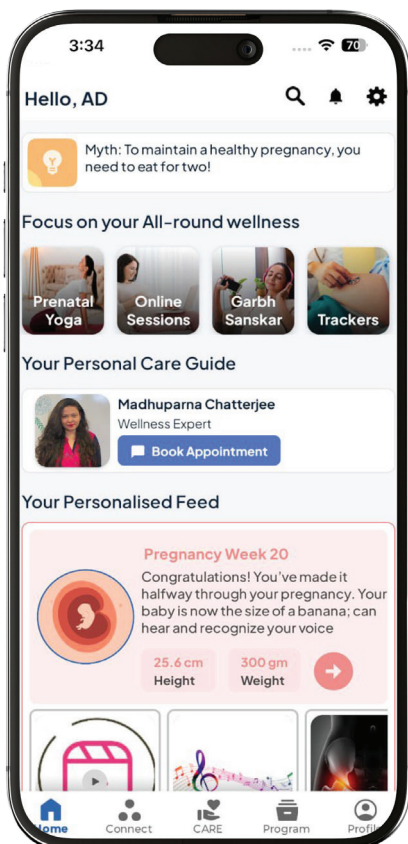


In case of pregnancy journey, enter your LMP to avail the benefits of Mamta App

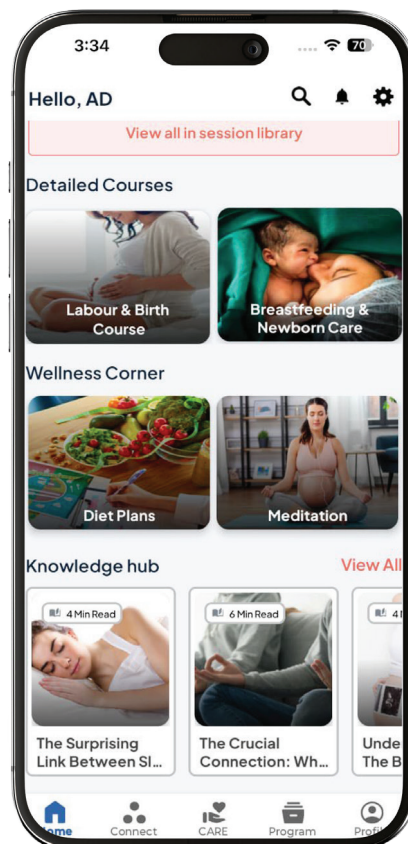
Enter Details



Pregnancy Homescreen 1



Pregnancy Homescreen 2

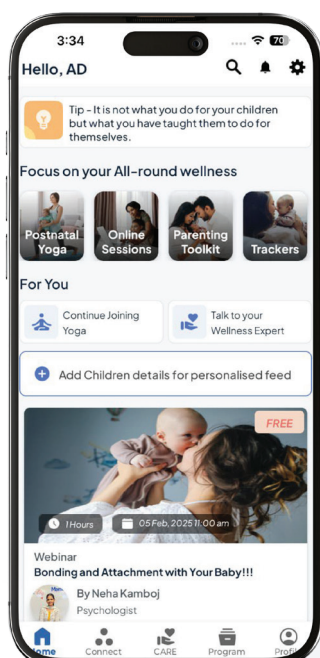




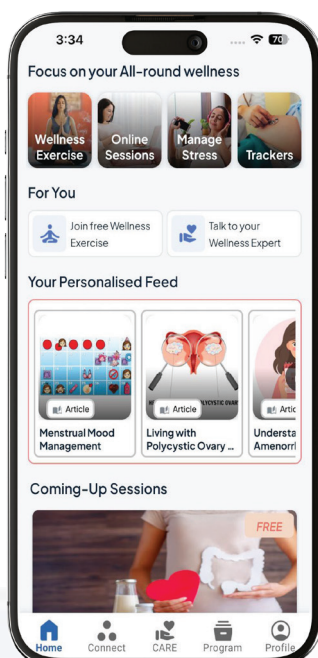
Mamta Woman Care Services



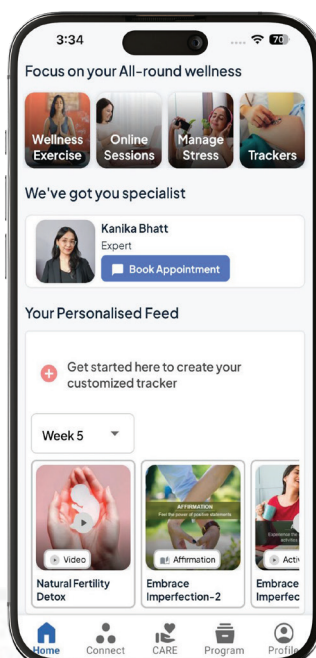
Parenting Home Screen



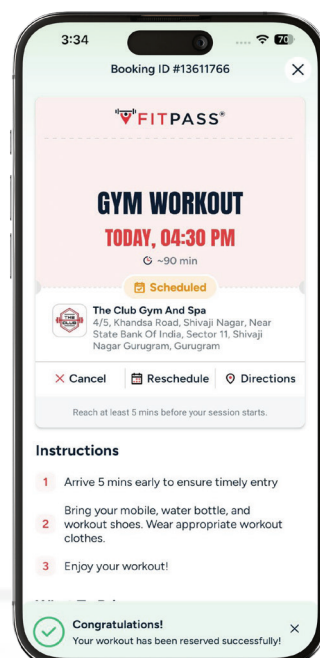
Irregular Periods/PCOS Home Screen



Fertility Home Screen



Menopause Home Screen



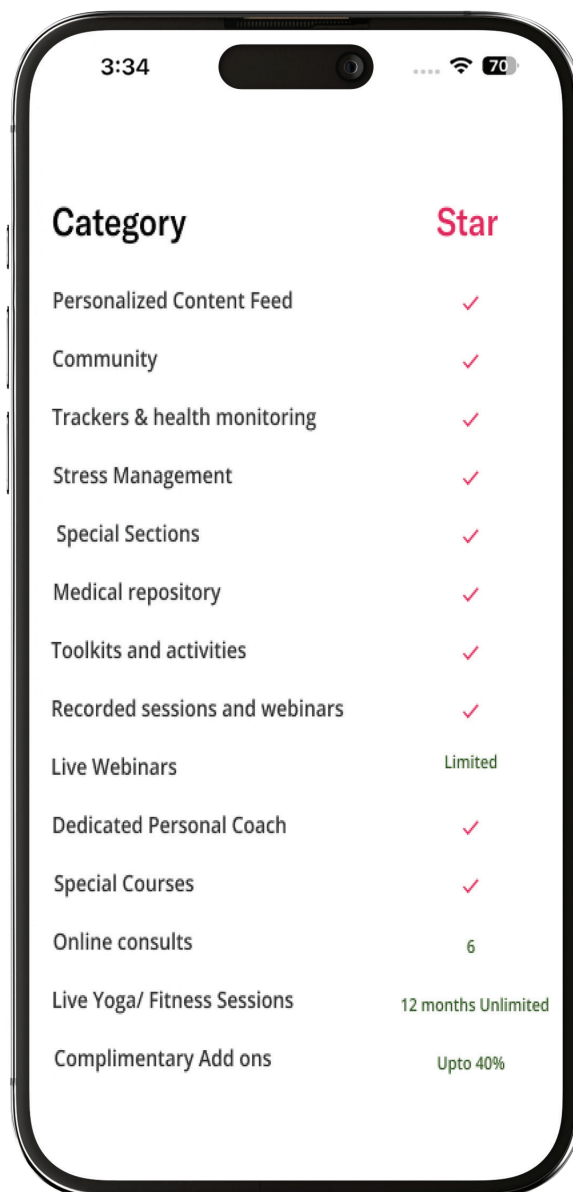
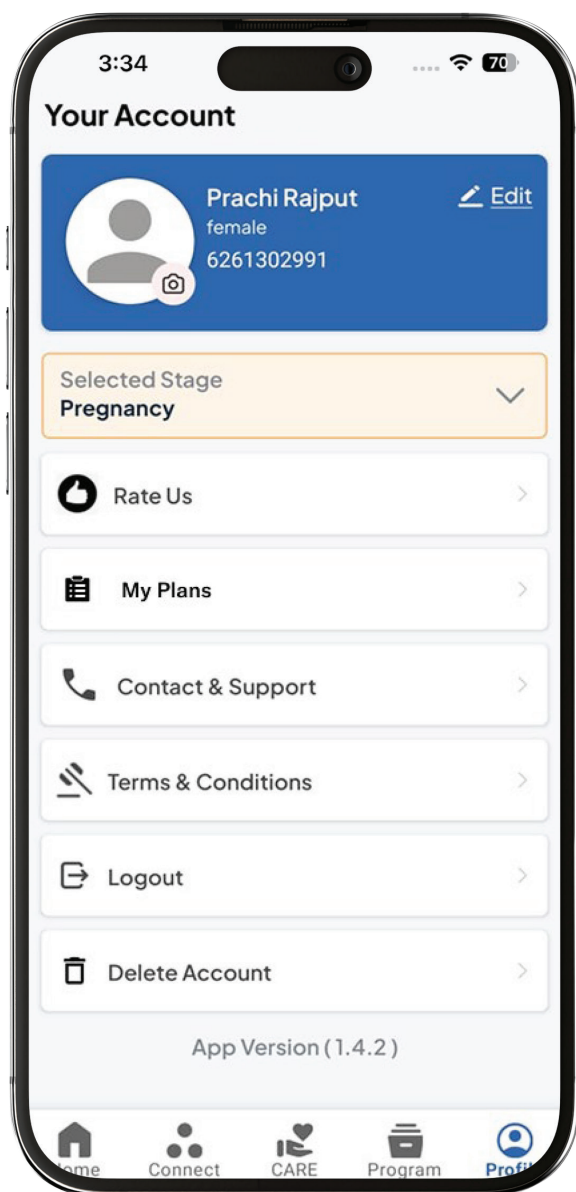


Mamta Woman Care Services



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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