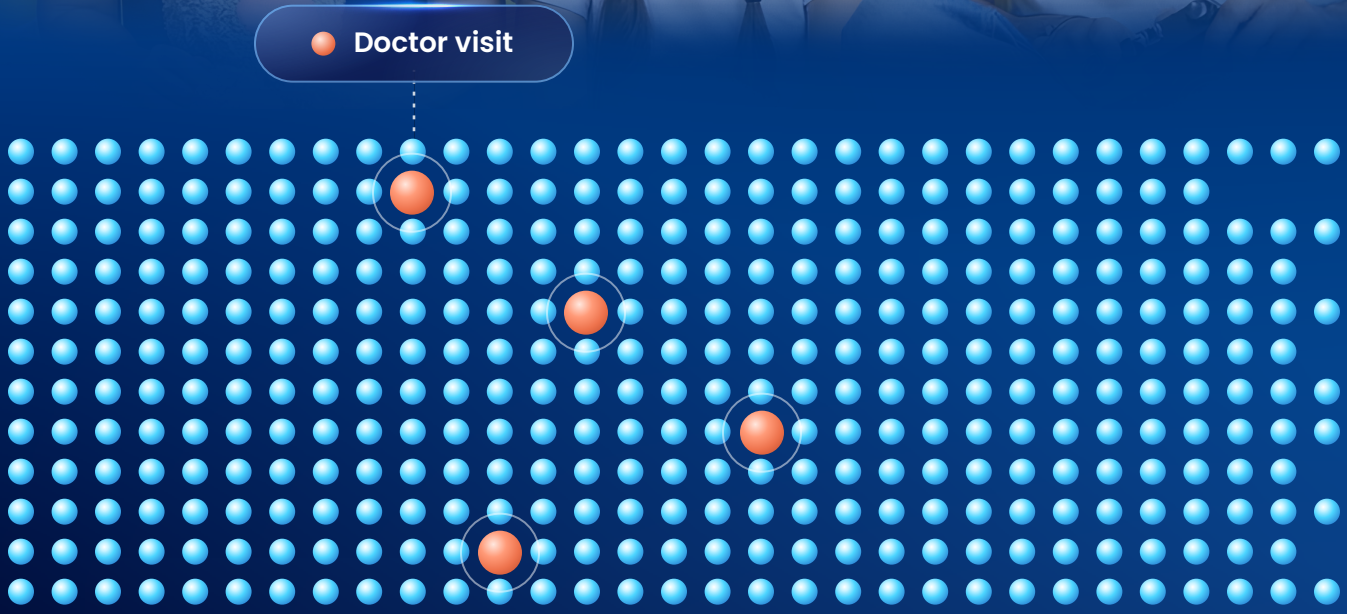
STAR Health Insurance

STAR flexi
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Proactive Care

With You, All 365 Days.
Everyday health support, between doctor visits.





WHY IT WORKS



Many Problems. One Root Cause: Metabolic Health.

Support it, and they can improve together.



What You Can Expect

- A **Personal Health Map**, built from your **Daily Habits**
- A **Health Score** that shows, in one number, how you are doing
- **Daily Guidance** on **Food, Movement, Sleep and Stress**
- A **Dedicated Health Coach** for your whole programme
- **Online Consultations** with a **Doctor, Specialist and Psychologist**
- **Progress Reviews** written in plain, simple language



YOUR JOURNEY

Your First Week, Step By Step.

What happens after you enrol, and when.

1 day
from policy purchase

Enrolment
You opt in through STAR Health.

3 days
from details shared

Welcome call
Your care team calls. You download the app.

3 days
from activation

Coach assigned
A senior nutritionist is matched with you.

3 days
from activation

Blood test at home
For **Gold** plans and **Silver** 12M.

Day 3 to 6
or after your reports

First doctor consult
Online, inside the app.

Blood results reach the app within 2 days.

What Happens Next

Your programme builds in stages.

DAYS 1 TO 7

Metabolic discovery
Scans and check-ins set your baseline.

WEEK 1

Your Health Map
Your first Health Score.

WEEKS 2 TO 4

Your personal plan
Food, activity, sleep and stress.

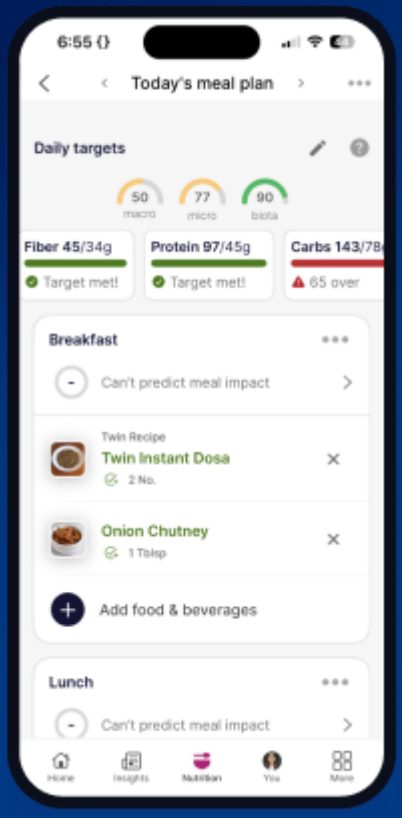
MONTHS 2 TO 3

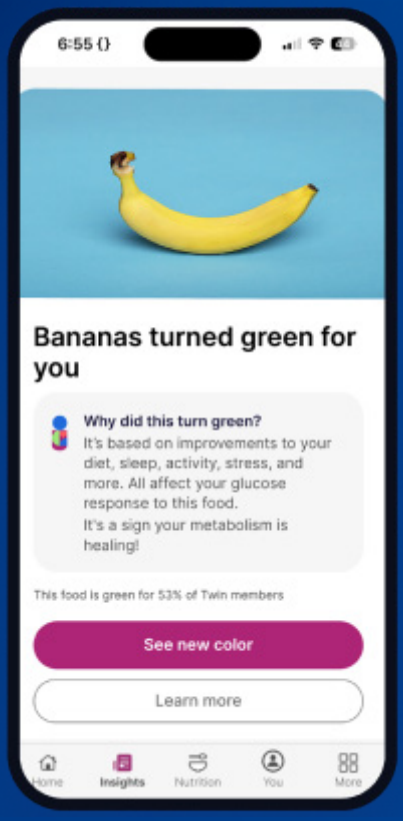
Habits that last
Guidance becomes routine.

YOUR APP, EVERY DAY

Eat Well.
See It Work.

Real Indian food, 87 nutrients tracked regularly, guided by your body.





- Inclusive of all Indian food
- Macro, micro and biota targets
- Your meal plan, every day
- Health Score updates
- Foods that now work for you
- Every change explained

Your Personal Food Colours

No strict diets. As your health improves, red foods move to orange, then green.

Green
Works well for your body

Orange
Enjoy with awareness

Red
Best enjoyed less often

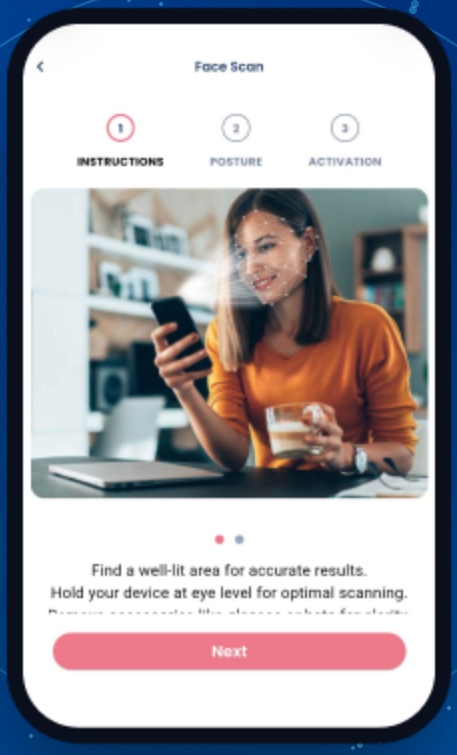
VITAL SCAN



Your Vitals, Read In Minutes.

A quick **Facial Scan** with your phone camera. We explain every result.

Facial Scan, under a minute



- Heart rate
- Breathing rate
- Oxygen level
- Stress level
- Blood pressure*
- Skin age

***Facial Scan** readings are indicative, for general wellness only. Not a diagnosis or a substitute for medical devices or your doctor's advice. Results can vary with lighting and movement. Your face image is not stored.

Blood Diagnostics At Home

37 parameters, one home visit

Your sample is collected at home and tested at NABL-accredited labs. Results reach your app within 2 days.

- Diabetic profile
- Kidney
- Liver
- Lipid profile
- Cardiac risk
- Complete hemogram

Available on select plans. Blood diagnostics are subject to your plan variant.

FOUR PLANS

Choose The Plan That Fits You.

Stay well for the people who count on you.



	SILVER 3 months	GOLD 3 months	SILVER 12 months	GOLD 12 months
Nutritionist (health coach)	✓	✓	✓	✓
Online doctor consultations	2	3	6	12
Online specialist consultations	1	2	4	6
Online psychologist sessions	1	2	4	6
Vital Scans	Monthly	Fortnightly	Monthly	Fortnightly
Diagnostic health check-ups (home-collection based)	–	1	1	2
Mental wellness assessments	1	2	4	6
Awareness Webinars	Monthly	Monthly	Monthly	Monthly
Health Dashboard	Available	Available	Available	Available
Wellness Score	Available	Available	Available	Available

Questions? We Are Here To Help.

Visit www.starhealth.in to know which plan comes with your policy.

DISCLAIMER

Proactive Care is a lifestyle, nutritional, behavioural and educational support programme available with eligible STAR Health policies. It is not a medical treatment, does not replace medical advice and does not guarantee any specific health outcome. Please continue to follow your treating doctor's advice. Facial Scan readings are indicative estimates for general wellness only, are not a diagnosis and should not be used to make treatment decisions. Proactive Care is not an emergency service; in an emergency, contact your nearest hospital. Participation does not change your policy terms, sum insured, premium, no-claim bonus, sub-limits, exclusions or waiting periods. Services are provided by empanelled providers; online consultations follow the Telemedicine Practice Guidelines, 2020. Entitlements apply per programme term; anything unused lapses at the end of the term and is not refunded or carried forward. Eligibility: named insured persons aged 18 and above on eligible policies.

Star Health and Allied Insurance Co. Ltd. | Registered Office: No. 1, New Tank Street, Valluvarkottam High Road, Nungambakkam, Chennai 600034 | IRDAI Regn. No. 129 | CIN: L66010TN2005PLC056649 | www.starhealth.in | Insurance is the subject matter of solicitation. For more details on risk factors, terms and conditions, please read the sales brochure carefully before concluding a sale. T&C apply. Insurance is the subject matter of solicitation | BRO / STAR PAC / V.1 / 2026

STAR Health Insurance