



Sedentary Lifestyle Care

Rise and shine each day



Lab Tests



Consultation Benefits



Network Discounts

About Bajaj Finserv Health

Bajaj Finserv Health is a health management platform that aspires to be an enabler in the healthcare ecosystem by creating a network of service providers and using the latest technologies to improve the health of consumers.

We have integrated the health ecosystem from doctors to service providers like hospitals & labs and insurance to Health EMI financing.

Introduction to Sedentary Lifestyle Care Essential Plan

A person living a sedentary lifestyle is often sitting or lying down while engaged in an activity like socializing, watching television, playing video games, reading or using a mobile phone / computer for much of the day. A sedentary lifestyle can potentially contribute to ill health and many preventable causes of death. Sedentary Lifestyle Care Essential Plan is a benefit plan introduced by Bajaj Finserv Health which offers a wide range of benefits to break the sedentary lifestyle and promote energy and enthusiasm.

Common Problems Faced Due To Sedentary Lifestyle



Weight Gain



Obesity



Reduced Muscle Strength



Fatigue

Why should you buy Sedentary Lifestyle Essential Care Plan?

According to a study conducted over 15 years it has been found that sedentary lifestyle is associated with an increased risk of early death regardless of physical activity levels. This shows that it is essential to reduce the amount of time spent being sedentary in addition to doing more exercise. This plan is inclusive of benefits such as lab and radiology benefits, OPD (doctor consultation), teleconsultation and network discounts across 3500+ labs and hospitals.

Product benefit details:

BENEFITS	ESSENTIAL
<ul style="list-style-type: none">• Lab & Radiology Benefit	₹ 3,000
<ul style="list-style-type: none">• OPD (Doctor Consultation) Benefit <p>Specialist Type</p> <p>General Physician / Orthopaedic</p> <p>Physiotherapist</p>	₹ 700
<ul style="list-style-type: none">• Network Discounts <ul style="list-style-type: none">- 10% discount on doctor consultation, lab tests, preventive health check-up, dental procedures, spectacle and pharmacy- 5% discount on IPD room rent- Free ambulance service on IPD admission	₹ 1,000
<p>MRP (Incl. of GST)</p>	Yes

Benefit of ₹ 4,700+

Up to 50% OFF

₹ 2,399



Scan the QR code to download the Bajaj Finserv Health App



Click [here](#) to further read the terms & conditions of the Sedentary Lifestyle Care Essential Plan in detail. To check frequently asked questions, click [here](#).

For support call **020-48562555**
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