

Other Wellness Offerings

Health Talk

Health Talks topics already presented by the specialist



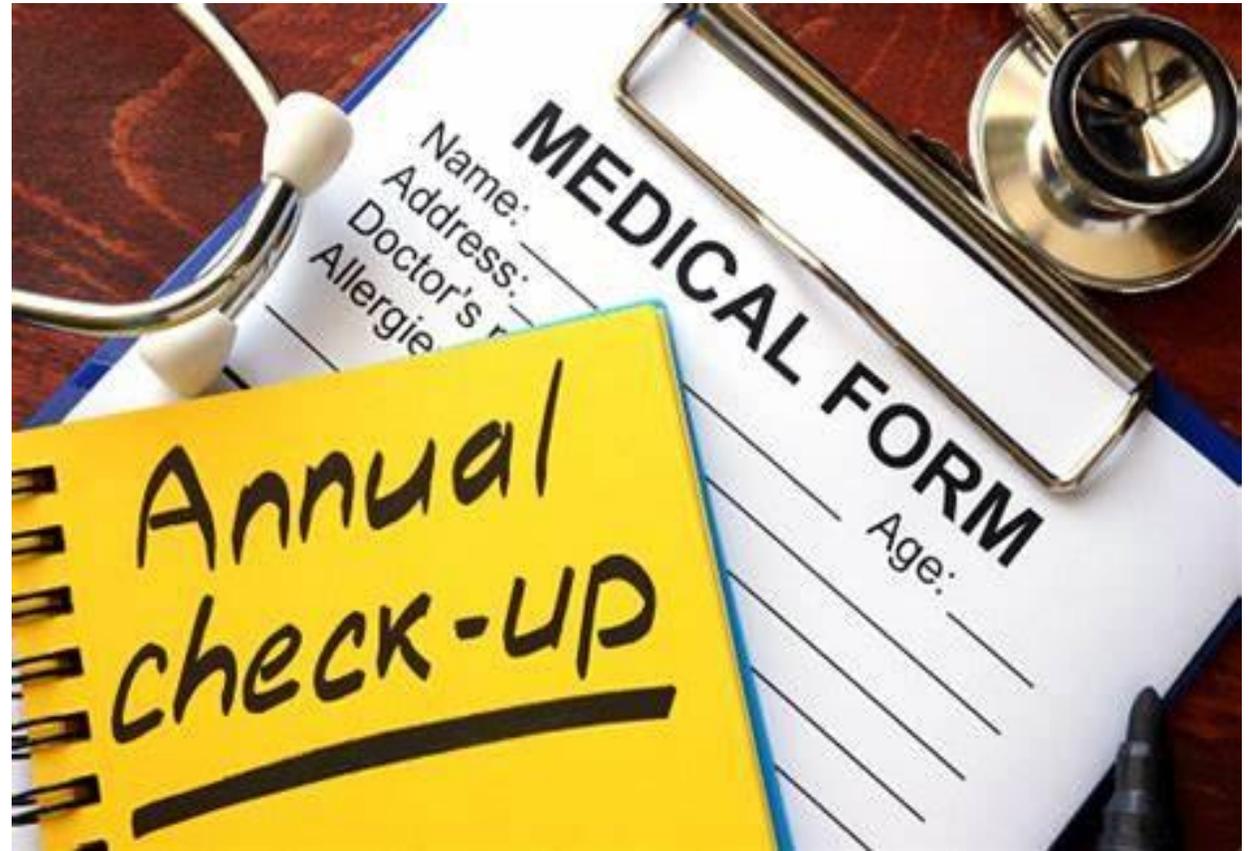
- Importance of adopting new normal and how to adopt change of working from home to working from office
- COVID Appropriate Behavior
- 5 minutes of Slow breathing
- Give your mind rest: Practice not thinking
- Types of anxiety and their disruptive impacts
- How do men and women get affected differently?
- Yogates
- Self-care for women
- Laughter therapy etc.

Annual Health Check-up

Health Check-up is arranged through our empanelled network providers on cashless basis.

Pre-defined list of tests

Health checkup reports shared within TAT T+1 Days on members registered email ids



Fitness and Diet



Zumba

Yoga

Nutrition

Fitness Awareness Program

Health Camp Onsite

Preventative care

Through Our empaneled network Providers

Vision Test

Dental Checkup

BMI

Doctor Consultation

Pulse

Random Sugar Test

Blood Pressure

Comprehensive Medical Examination

Test can be customized as per corporate requirement

pany Limited



Thanks

Future Generali Health,
Future Generali India Insurance Company Limited
Office No. 3, 3rd Floor, "A"-Building,
G-O-Square, Wakad, Pune - 411 057

Registered and Corporate Office:
Indiabulls Finance Centre, Tower 3, 6th Floor,
Senapati Bapat Marg, Elphinstone (W),
Mumbai – 400013

IRDA Registration No.: 132
CIN: U66030MH2006PLC165287

Contact No: 1800-103-8889
Fax: 1800-103-9998
Email: fgf@futuregeneralial.in.