

MANIPALCIGNA LIFETIME HEALTH

CUSTOMER INFORMATION SHEET/KNOW YOUR POLICY

This document provides key information about your policy. You are also advised to go through your policy document.

SI No.	Title	Description (Please refer the Policy	Clause Number in next column)	Policy Clause Number
1	Name of Insurance Product/Policy	ManipalCigna Lifetime	lanipalCigna Lifetime Health - India Plan	
2	Policy Number	xxxxxxx		
3	Type of Insurance Product/Policy	elements of both) Indemnity - Where ins Insured under the poli Benefit - Where the Ir	Both indemnity and Benefit (Where the policy has elements of both) Indemnity - Where insured losses are covered up to Sum Insured under the policy Benefit - Where the Insurance Policy pays a fixed amount under the policy on the occurrence of a covered event	
		a separate sum insure		
		Insured Name	Sum Insured (in Rs)	
	Sum Insured (Basis) (Along with amount)	<insured 1="" name=""></insured>	XXXXX	
		<insured 2="" name=""></insured>	xxxxx	
		<insured 3="" name=""></insured>	xxxxx	
4			- Where all members under the policy ured limit which may be utilized by any	
		Insured Name	Sum Insured (in Rs)	
		<insured 1="" name=""></insured>		
		<insured 2="" name=""></insured>	xxxxx	
		<insured 3="" name=""></insured>		



		 Hospitalization Expenses Hospital expenses, for admission longer than 24 hours, up to the full Sum Insured, where hospitalization is in India. For Sum Insured up to ₹200 Lacs - Covered up to any 	D.II.1
		room except suite or higher category For Sum Insured ₹300 Lacs - Covered up to any room including suite category.	
		 2. Day Care Treatment All Day Care Treatments, availed in India, covered up to the full Sum Insured. 3. Pre - hospitalization 	D.II.2
		Medical Expenses incurred in India, covered up to 60 days preceding the date of Hospitalization and up to the full Sum Insured.	D.II.3
		4. Post - hospitalization Medical Expenses incurred in India, covered up to 180 days immediately after discharge from the hospital and up to full Sum Insured.	D.II.4
		5. AYUSH TreatmentUp to full Sum Insured, for treatment availed in India.6. Road Ambulance Cover	D.II.5
		Expense incurred on availing Road Ambulance services in India, up to full Sum Insured.	D.II.6
		7. Donor Expenses Up to full Sum Insured, for expenses incurred in India.	D.II.7
_	Policy Coverages	8. Domiciliary Expenses Up to 10% of Sum Insured, for expenses incurred in India.	D.II.8
5	(What the policy covers?)	9. Adult Health Check-up Available once in a Policy Year to all Insured Persons who have completed 18 years of Age or more at the inception of the Policy Year. Health check-up will be conducted at our Network in India, as per the list specified under the Policy.	D.II.9
		10. Robotic and Cyber Knife Surgery Up to full Sum Insured, for treatment availed in India.	D.II.10
		11. Modern and Advanced Treatments Up to full Sum Insured, for treatment availed in India. For complete list of Modern and Advanced Treatments, please refer policy wordings.	D.II.11
		12. HIV/AIDS and STD Cover Expenses incurred in India up to full Sum Insured.	D.II.12
		13. Mental Care Cover Up to full Sum Insured, for treatment availed in India. 14. Restoration of Sum Insured	D.II.13
		Multiple Restoration is available in a Policy Year, for unrelated illnesses, in addition to the Sum Insured opted. The restored amount will be available for claim towards	D.II.14
		expenses covered in India only. 15. Premium Waiver Benefit Renewal Premium for one Policy Year will be paid by Us, if the Proposer is diagnosed with any of the listed Critical Illnesses or in case of Accidental Death, Permanent Total Disablement, Permanent Partial Disablement of the Proposer, provided the Proposer is also an Insured Person in the same Policy.	D.II.15

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Optional Packages				
This section lists the optional packages, available under the				
product and limits for each of these options.				
Please note: Any cover under a package Health+ or Women+ cannot be opted on a standalone basis, however, can only be				
opted as a package. Selection of this package is allowed at				
Policy level only.				
I. Health+ (Applicable only if opted)				
- Each benefit is available on Individual Basis.				
- Sum Insured/ limits specified under Health+ is over and				
above that of Base Plan (India Plan/ Global Plan, as opted).				
1. Air Ambulance Cover				
Expenses incurred on availing Air Ambulance services in				
India, in case of an Emergency. Cover is available up to	D.III.1.i			
₹10 Lacs and maximum one event per Policy Year.				
2. Medical Devices and Non-Medical Items				
Expenses towards medical devices and non - medical				
items (listed under the policy) incurred in India. The cover	D.III.1.ii			
is available up to ₹2 Lacs and once in 3 Policy Years. One				
or more claims of Medically Prescribed medical device/s				
will be payable if that is related to one Hospitalization.				
3. Domestic Second Opinion				
Medical second opinion available in India, for Major	D.III.1.iii			
Illnesses (listed under the Policy).	D.III. 1.III			
Opinion can be sought once during a Policy Year for one				
illness and multiple times for different Major Illness/es.				
4. Bariatric Surgery Cover Expenses incurred in India towards Bariatric Surgery is				
covered up to ₹5 Lacs under below conditions.	D.III.1.iv			
i. BMI of at least 32.5 with co-morbidities or				
ii. BMI equivalent to 37 and above without any co-morbidity				
A waiting period of 2 years, since inception of the benefit				
under the Policy, shall be applicable.				
5. Convalescence Benefit				
On consecutive Hospitalization for 10 days or more in	D.III.1.v			
India, an amount of ₹50,000 will be paid as a lumpsum.				
6. Major Illness Hospi Cash				
A daily cash benefit of ₹2,500 is paid on every completed	5 4 .			
24 hours of Hospitalization of an Insured Person, provided	D.III.1.vi			
the Hospitalization is towards treatment of a Major Illness				
(as specified in the Policy) in India.				
The benefit is payable maximum up to 10 days per				
Hospitalization.				
7. Chemotherapy and Radiotherapy Cash	D.III.1.vii			
The benefit is payable maximum up to 12 sittings per	D.111.1.VII			
Policy Year. 8. Accidental Hospi Cash				
A daily cash benefit of ₹2,500 is paid on every completed				
24 hours of Hospitalization of an Insured Person in India,	D.III.1.viii			
provided the Hospitalization is towards treatment of an	וווי.ו.טוו.ט.			
Injury due to an Accident.				
The benefit is payable maximum up to 10 days per				
Hospitalization.				



Health Insura	ance
 9. Domestic Concierge Services For Hospitalization in India, assistance services shall be offered to the Insured Person, subject to event being covered under the Policy. The benefit is available once in a Policy Year. 10. Tele-Consultations 	D.III.1.ix
Medical consultations will be available at Our Network in India through tele/chat mode.	D.III.1.x
II. Women+ (Applicable only if opted)	
- Available to female of age 12 years and above.	
- Each benefit is available on Individual Basis.	
- Sum Insured/ limits specified under the Women+ is over and	
above that of Base Plan (India Plan/ Global Plan, as opted).	
1. Breast Cancer Screening	
Mammogram test, once in Policy Year for each Insured	D.III.2.i
Person covered under this benefit, at Our Network in India.	
2. Cervical Cancer Screening	
PAP Smear test, once in a Policy Year for each Insured	D.III.2.ii
Person covered under this benefit, at Our Network in India.	
3. Cervical Cancer Vaccination	
Cervical cancer vaccination availed in India with a per dose	D.III.2.iii
limit of ₹2,500, for each Insured Person covered under this	
benefit.	
4. Ovarian Cancer Screening Ultrasound and CA-125 test, once in a Policy Year for each	D III 2 5.7
Insured Person covered under this benefit, at Our Network	D.III.2.iv
in India.	
5. Osteoporosis Screening	
DEXA Scan, once in a Policy Year for each Insured Person	D.III.2.v
covered under this benefit, at Our Network in India.	D.III.2.V
6. Gynaecological Consultations	
15 outpatient gynecological related consultations in a Policy	D.III.2.vi
Year for each Insured Person covered under this benefit, at	
Our Network in India.	
7. Psychiatric and Psychological Consultations	
5 psychiatric consultations and psychotherapy sessions in a	D.III.2.vii
Policy Year for each Insured Person covered under this	
benefit, at Our Network in India.	
Add an array (Diday) (Applicable and if are d)	
Add on cover (Rider) (Applicable only if opted) 1. Critical Illness Add on (UIN: MCIHLIP21128V022021):	
Lump sum payment of Sum Insured, upon diagnosis of a	
Critical Illness listed under Add on policy wordings.	Add on
2. ManipalCigna Health 360 Add-on (UIN:	policy
MCIHLIA23023V012223):	wordings
1. ManipalCigna Health 360-Shield	
Coverage for listed Non-medical items up to base policy	
Sum Insured and Durable Medical Equipment up to	
maximum of ₹1 Lac	

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- Health Insurance

2. ManipalCigna Health 360 - Advance

Coverage for 'Any room' category and unlimited restoration of Sum Insured within the base policy Sum Insured. It also provides Air Ambulance cover up to Sum Insured opted under the base policy subject to a maximum of ₹10 Lacs, over and above the base policy Sum Insured.

- 3. ManipalCigna Health 360 OPD
 - Package 1: Get cover for doctor consultations on cashless basis within the OPD Sum Insured

Package 2: Get coverage for doctor consultations and prescribed diagnostics on cashless basis within the OPD Sum Insured

Package 3: Get coverage for doctor consultations, prescribed diagnostics and pharmacy on cashless basis within the OPD Sum Insured. Pharmacy limit is 20% of the OPD Sum Insured.

- 3. ManipalCigna Lifetime Plus Add-on (UIN: MCIHLIA24148V012324):
- 1. ManipalCigna Lifetime Plus Maternity Expenses
 Coverage up to ₹1 Lac towards expenses for delivery,
 treatment of the new born baby and first year vaccinations
 to new born. Available up to 2 deliveries in the lifetime and
 even medically necessary termination of pregnancy is
 covered. In addition coverage for expenses of the eligible
 Insured Person if hospitalized on the advice of the Medical
 Practitioner for Infertility Treatments up to maximum of
 ₹2.5 lacs which is over and above the maternity Sum
 Insured if selected as an optional cover.
- 2. ManipalCigna Lifetime Plus Surrogacy Cover
 Coverage towards the medical expenses up to ₹1 Lac
 for a Surrogate Mother, in case of a medically necessary
 hospitalization for complication arising out of pregnancy &
 post-partum delivery.
- 3. ManipalCigna Lifetime Plus Oocyte Donor Cover
 Coverage towards the medical expenses up to ₹1 Lac
 for an Oocyte Donor, in case of a medically necessary
 hospitalization for any complication arising due to Oocyte
 retrieval of donor.
- 4. ManipalCigna Lifetime Plus Cumulative Bonus
 Guaranteed Cumulative Bonus of 15% of Sum Insured¹,
 which is applicable for coverages within India, at the end
 of the Policy Year if the Policy is renewed with us without
 any break. There is no maximum limit on accumulation.
- 5. ManipalCigna Lifetime Plus Worldwide Medical Emergency Hospitalization

Coverage for medical expenses worldwide (within selected area of cover) in case of medical emergency leading to inpatient hospitalization or day care. Coverage also includes, Global Post Hospitalization, Global Road & Air Ambulance



1. Investigation & Evaluation - Code - Ex	xcl 04
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- 2. Rest Cure, rehabilitation and respite care Code Excl 05
- 3. Obesity/ Weight Control: Code Excl 06
- 4. Change-of-Gender treatments: Code Excl 07
- 5. Cosmetic or plastic Surgery: Code Excl 08
- 6. Hazardous or Adventure sports: Code Excl 09
- 7. Breach of law: Code Excl 10
- 8. Excluded Providers: Code Excl 11
- 9. Treatment for, Alcoholism, drug or substance abuse or any addictive condition and consequences thereof. Code - Excl 12
- 10. Treatments received in heath hydros, nature cure clinics, spas or similar establishments Code - Excl13
- 11. Dietary supplements and substances that can be purchased without prescription, including but not limited to Vitamins, minerals and organic substances. Code - Excl 14
- 12. Refractive Error: Code Excl 15
- 13. Unproven Treatments: Code Excl 16
- 14. Sterility and Infertility: Code Excl 17
- 15. Maternity: Code Excl 18
- 16. External Congenital Anomaly or defects or any complications or conditions arising therefrom
- 17. Circumcision unless necessary for Treatment of an Illness or Injury not excluded hereunder or due to an Accident.
- 18. Prostheses, corrective devices and/or Medical Appliances, which are not required intra-operatively for the Illness/ Injury for which the Insured Person was Hospitalised, unless opted.
- 19. Treatment received outside India.
- 20. All expenses caused by ionizing radiation or contamination by radioactivity from any nuclear fuel (explosive or hazardous form) or from any nuclear waste from the combustion of nuclear fuel, nuclear, chemical or biological attack or in any other sequence to the loss.
- 21. All expenses caused by or arising from war or war-like situation or attributable to foreign invasion, act of foreign enemies, hostilities, warlike operations (whether war be declared or not or while performing duties in the armed forces of any country), participation in any naval, military or air-force operation, civil war, public defense, rebellion, revolution, insurrection, military or usurped power, active participation in riots, confiscation or nationalization or requisition of or destruction of or damage to property by or under the order of any government or local authority.
- 22. Annexure III, list I of "Non-Payable Items".
- 23. Any form of Non-Allopathic Treatment, except AYUSH Treatment.
- 24. Pre-existing condition disclosed by the Insured Person will be reviewed according to the company's underwriting
- 25. Any stay in Hospital without undertaking any treatment.

E.I.4 to E.I.18 And E.II.2 to E.II.11

Exclusions (What the 6

policy does not cover)

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th India Plan
a Lifetime Heal
ipalCign:

Initial Waiting Period: 30 days for all illnesses (not applicable in case of continuous renewal or accidents).

- b. Specific Waiting Period (Not Applicable on claim arising due to accidents):
- o 24 Months for following diseases:
- Cataract.
- ii. Hysterectomy for Menorrhagia or Fibromyoma or prolapse of Uterus unless necessitated by malignancy myomectomy for fibroids,
- iii. Knee Replacement Surgery (other than caused by an Accident), Non-infectious Arthritis, Gout, Rheumatism, Oestoarthritis and Osteoposrosis, Joint Replacement Surgery (other than caused by Accident), Prolapse of Intervertibral discs (other than caused by Accident), all Vertibrae Disorders, including but not limited to Spondylitis, Spondylosis, Spondylolisthesis, Congenital Internal,
- iv. Varicose Veins and Varicose Ulcers,
- Stones in the urinary uro-genital and biliary systems including calculus diseases,
- vi. Benign Prostate Hypertrophy, all types of Hydrocele,
- vii. Fissure, Fistula in anus, Piles, all types of Hernia, Pilonidal sinus, Hemorrhoids and any abscess related to the anal region.

viii. Chronic Suppurative Otitis Media (CSOM), Deviated Nasal Septum, Sinusitis and related disorders, Surgery on tonsils/ Adenoids, Tympanoplasty and any other benign ear, nose and throat disorder or surgery.

- ix. gastric and duodenal ulcer, any type of Cysts/Nodules/ Polyps/internal tumors/skin tumors, and any type of Breast lumps(unless malignant), Polycystic Ovarian Diseases,
- x. Any surgery of the genito-urinary system unless necessitated by malignancy.
- c. Pre-existing Disease: Covered after 24 Months
- d. Personal Waiting Period: A special Waiting Period not exceeding 36 months, may be applied to individual Insured Persons for the list of acceptable Medical Ailments listed under the Underwriting manual of the product depending upon declarations on the proposal form and existing health conditions. Such waiting periods shall be specifically stated in the Schedule and will be applied only after receiving Your specific consent.
- Bariatric Surgery Cover: Covered after 24 months

- **Waiting Period**
- Time period during which specified disease/ treatment are not covered.

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It is counted from the beginning of the policy coverage.

E.I.1 to D.III.1.iv

E.I.3,

E.II.1

and

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Financial limits of coverage

- Sub-limit (it is pre-defined limit and the insurance company will not pay any amount in excess of this limit
- Co-payment (it is a specified amount percentage of admissible claim amount to be paid by policyholder/ insured).
- Deductible (It is specified amount:

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- up to which and insurance company will not pay any claim, and
- which will be deducted from total claim amount (if claim amount is more than specified amount)
 Any other limit (as applicable)

- 1. The policy will pay only up to the limits specified hereunder for the following diseases/procedures: Not Applicable
- 2. In case of claim, this policy requires you to share the following sub limits: Expense exceeding Sub-limits

For India Cover only

- Room/ICU Charges beyond
 - o For Sum Insured up to ₹200 Lacs Covered up to any room except suite or higher category.
 - o For Sum Insured ₹300 Lacs Covered up to any room including suite category.
- For the following specified disease o No sublimit on any disease.
- 3. Co-Payment Not Applicable
- Deductible -Deductible of Rs. Xxx per policy year on aggregate basis.

D.II.1



Claims/Claims procedure	Details of procedure to be followed for cashless services as well as for reimbursement of claim including pre and post hospitalization: To know the process for our cashless and reimbursement claims visit - https://www.manipalcigna.com/claims Turn Around Time (TAT) for claim settlement i. TAT for pre-authorization of cashless facility - within 1 hours from the last complete document. ii. TAT for cashless final bill settlement - within 3 hours from the last complete document. Web links for the followings: i. Network hospital details - https://www.manipalcigna.com/locate-us ii. Helpline Number - https://www.manipalcigna.com/claims iii. Hospital which are blacklisted or from where no claims will be accepted by insurer - https://www.manipalcigna.com/locate-us iv. Link for downloading claim form - https://www.manipalcigna.com/downloads/claims	G.I.4
Policy Servicing	For hassle free policy servicing customer can manage their policy by clicking on-https://eservicing.manipalcigna.com/login or Download myManipalCigna App from Playstore or appstore	F.I.15
Grievances/ Complaints	LEVEL 1 Health Relationship Managers Call our toll-free number 1800-102-4462 between 9:00 AM to 9:00 PM. Email us at: headcustomercare@manipalcigna.com For Senior Citizen Assistance: Seniorcitizensupport@ ManipalCigna.com LEVEL 2 Grievance Redressal Officer Call us on 022-71781389 between 10 am to 6 Pm (Monday to Friday) Email us at: complaints@manipalcigna.com LEVEL 3 Chief Grievance Redressal Call us on 022-71781300 between 10 am to 6 Pm (Monday to Friday) Email us at: Complaince@manipalcigna.com For Senior Citizen Assistance: Seniorcitizensupport@ ManipalCigna.com LEVEL 4 Approach Ombudsman The office Name and address details applicable for your state	F.I.15
	Policy Servicing Grievances/	well as for reimbursement of claim including pre and post hospitalization: To know the process for our cashless and reimbursement claims visit - https://www.manipalcigna.com/claims Turn Around Time (TAT) for claim settlement i. TAT for pre-authorization of cashless facility - within 1 hours from the last complete document. ii. TAT for cashless final bill settlement - within 3 hours from the last complete document. Web links for the followings: i. Network hospital details - https://www.manipalcigna.com/locate-us ii. Helpline Number - https://www.manipalcigna.com/claims iii. Hospital which are blacklisted or from where no claims will be accepted by insurer - https://www.manipalcigna.com/locate-us iv. Link for downloading claim form - https://www.manipalcigna.com/locate-us iv. Link for downloading form - https://www.manipalcigna.com/locate-us iv. Link for downloading form - https

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		Courier: Any of Our Branch office or corporate office during	
		business hours. Insured Person may also approach the grievance cell at any	
		of company's branches with the details of the grievance. If	
		Insured Person is not satisfied with the redressal of grievance	
		through one of the above methods, insured person may	
		contact the grievance officer at,	
		'The Grievance Cell,	
		ManipalCigna Health Insurance Company Limited,	
		Techweb center 2nd Floor New Link Rd,	
		Anand Nagar, Jogeshwari West, Mumbai, Maharashtra	
		400102, India or	
		Email: headcustomercare@manipalcigna.com . For updated details of grievance officer, kindly refer link -	
		https://www.manipalcigna.com/grievance-redressal If Insured	
		person is not satisfied with the redressal of grievance through	
		above methods, the Insured Person may also approach the	
		office of Insurance Ombudsman of the respective area/region	
		for redressal of grievance as per Insurance Ombudsman Rules	
		2017. The contact details of Ombudsman offices attached as	
		Annexure I to this Policy document. Grievance may also be	
		lodged at IRDAI complaints management system - https://bimabharosa.irdai.gov.in/	
		bimabharosa.iidai.gov.iii/	
		You may also approach the Insurance Ombudsman if your	
		complaint is open for more than 30 days from the date of filing the complaint	
		Free Look Cancellations: The Free Look period shall be applicable on new individual health insurance policies and not on renewals or Ported/Migrated policies. The insured person shall be allowed a free look period of 30 days from date of receipt of the policy document to review the terms and conditions of the policy and to return the same if not acceptable. Free look is applicable only, if the insured has not made any claim or opted for any benefit during the Free Look Period.	F.I.7
12	Things to	r enou.	
12	remember	To avail: - Customer can request for cancellation writing to - <u>customercare@manipalcigna.com</u> from the registered email id with us. OR - Customer can also visit any MCHI Branch and give a written	
		request	
		Policy Renewal: The policy shall ordinarily be renewable except on grounds of established fraud, misrepresentation, non-disclosure of material facts by the insured person.	F.I.11

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Migration: The Insured Person will have the option to migrate the Policy to other health insurance products/plans offered by the company by applying for migration of the policy at least 30 days before the policy renewal date as per IRDAI guidelines on Migration. If such person is presently covered and has been continuously covered without any lapses under any health insurance product/plan offered by the company, the insured person will get the accrued continuity benefits in waiting periods as per IRDAI guidelines on migration.

F.I.9

F.I.13

To avail:

- Customer can share for migration of the policy 30 days prior to the renewal date by writing to -<u>customercare@manipalcigna.com</u> from an email registered with us OR
- Visit nearest ManipalCigna Branch and submit a written request OR
- Contact the intermediary/agent assigned to the customer for assistance

Portability: The Insured Person will have the option to port the Policy to other insurers by applying to such insurer to port the entire policy along with all the members of the family, if any, at least 30 days before, but not earlier than 60 days from the policy renewal date as per IRDAI guidelines related to portability. If such person is presently covered and has been continuously covered without any lapses under any health insurance policy with an Indian General/Health insurer, the proposed Insured Person will get all the accrued continuity benefits in waiting periods as per IRDAI guidelines on portability.

. To avail:

- Customer can share for portability of the policy 30 days prior to the renewal date by writing to -<u>customercare@manipalcigna.com</u> from an email registered with us OR
- Visit nearest ManipalCigna Branch and submit a written request OR
- Contact the intermediary/agent assigned to the customer for assistance

Change in Sum Insured: It will be allowed at the time of Renewal of the Policy. You can submit a request for the changes by filling the proposal form before the expiry of the Policy. We reserve Our right to carry out underwriting in relation to acceptance of request for change of Sum Insured

F.II.11.f



		Moratorium Period: After completion of 60 continuous months of coverage (including Portability and Migration) in health insurance policy, no Policy and claim shall be contestable by the Insurer on grounds of non-disclosure, misrepresentation, except on grounds of established fraud. This period of 60 continuous months is called as moratorium period. The moratorium would be applicable for the Sums Insured of the first Policy and subsequently completion of 60 continuous months would be applicable from date of enhancement of Sums Insured only on the enhanced limits. The policies would however be subject to all limits, sub limits, co-payments, deductibles as per the policy contract.	F.I.4
13	Your Obligations	 Disclosure of Information a. The Policy shall be null and void, and all premium paid thereon shall be forfeited to the Company in the event of any misrepresentation or mis-description of any material fact by the policyholder. b. The Policy shall be null and void, and all premium paid thereon shall be forfeited to the Company in the event of non-disclosure of any material fact by the policyholder. ("Material facts" for the purpose of this Policy shall mean all relevant information sought by the Company in the Proposal Form and other connected documents to enable it to take informed decision in the context of underwriting the risk) 	F.I.1

Declaration by the Policy Holder:

have read the above and confirm having noted the details.	
Place:	
Date:	(Signature of Policyholder)

Note:

- i. Insured/policyholder can get the product related document at https://eservicing.manipalcigna.com/document-vault
- ii. In case of any conflict, the terms conditions mentioned in the policy document shall prevail.

(Benefits and exclusion are applicable as per the plan chosen, please refer the policy schedule for the applicable benefits).