

## **Checklist for Women Buying Health Insurance Policy**

Women are making their name in different fields. The life of a modern-day woman differs greatly from her previous generations. Many women contribute to their family's finances. Also, they take care of everyone in the family. And the person who receives the least amount of care is herself.

Buying a health insurance plan is one way to cover the expenses that may arise from hospitalisation. However, most women are covered under the family floater plan, employer's medical insurance, or as a dependent in their husband's health insurance policy.

Most women don't have a standalone health insurance policy. We can see this from the 2018 survey by the Ministry of Health and Family Welfare. The survey found out that only 20% of women aged 15-49 have health insurance.

Women face different health issues than men. Hence, the health insurance requirement for women will also differ from men.

Several regular health insurance plans don't cover women-specific diseases such as breast cancer, cervical cancer, bone diseases, PCOD and STDs. Hence, health insurance companies have introduced women health insurance plans that aim to cater to women's different needs.

Here, we will talk about some aspects that women should consider before buying a woman health insurance plan.

### **Buy a health insurance policy before 30**

Our body slows down as we grow older. As a result, we may suffer from various lifestyle-related diseases. And, it may be a challenge to get a health insurance plan with a pre-existing illness after you turn 30. Hence, it is best to buy a health insurance plan before 30 years.

### **Look for free medical check-ups**

On average, women may suffer from more diseases than men. Regular check-ups can help diagnose diseases at an early stage. Then, medical professionals can carry out the required medical treatments before the issue becomes serious.

So, check if the health insurance plan has free health check-ups.

### **Women-specific diseases**

Men and women face unique challenges while ageing. Diseases such as arthritis, diabetes, irregular blood pressure are more common among women above 40.

We also see that older women face bone-related issues more than men. Moreover, certain diseases such as breast cancer, vaginal cancer, ovarian cancer, cervical cancer are specific to women.

Most standard health insurance policies don't cover diseases that are specific to women. So, if you want to buy a health insurance plan, check if the policy covers these diseases

### **Maternity benefits**

Being a mother is a dream for many women. However, the costs associated with pregnancy and childbirth has made it an expensive affair. Health insurance can help to reduce the financial burden of childbirth.

If you plan to have a baby within a few years, selecting a plan with maternity coverage can be helpful. However, most insurance providers don't cover pregnancy under their health insurance plans as it is not a disease. In that case, you can take maternity benefit as an add-on. However, insurance companies can have a waiting period of up to 5 years before you could avail the maternity benefits.

Typically, maternity insurance covers delivery expenses and postnatal expenses. The plan may also cover the cost of vaccination of the baby.

### **Congenital disability**

A congenital disability may cause physical or intellectual disabilities. If the health insurance includes congenital disability, then the insurance company would cover some of the treatment costs of congenital disabilities such as Down Syndrome, cleft lip and palate.

### **Safety coverage**

Few women-specific plans also cover for snatch theft and expenses that took place because of kidnapping or abduction.

**Conclusion:** Health insurance is essential for everyone. However, health insurance needs are different for men and women policyholders. As most standard insurance policies don't cover women-specific diseases and complications, it is essential to check if your health insurance plans cover these aspects. If not, women-specific health insurance plans can help you cover these diseases.

You can talk to your financial planner to know more.