



How to earn points

You can earn points by doing following activities in a year

Health Risk Assessment (HRA)

Fill your HRA using Wellness Cuppa app

Completion of health risk assessment for 1st time	100 points	x1 time
Completion of health risk assessment for 2nd time after 60 days	200 points	x1 time

Health checks / Lab reports

Take a health check or upload reports. Points will be awarded after verification of reports

Comprehensive health report, Routine Urine Analysis (RUA), Lipid profile, Complete Blood Count (CBC), Kidney Function Test (KFT), Liver Function Test (LFT), Hepatitis B Surface Antigen Test (HBsAg)	1,000 points	x1 time
2D echocardiogram	300 points	x1 time
Magnetic Resonance Imaging (MRI Scan)	300 points	x1 time
Glycosylated Hemoglobin (HbA1c Report)	200 points	x1 time
Bone densitometry test	1,000 points	x1 time
Bone scan	1,000 points	x1 time
Mammography	1,000 points	x1 time
Prostate specific antigen	200 points	x1 time

Certificates

Upload certificates for the competitions you took participation in

Participation in Walkathon, Marathon, Fitness leagues, Cycling, Swimming competitions	1,000 points	x4 time
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Invoices

Upload 1 year membership invoice for any of the activity

Gyms, Fitness club, Yoga

3,000 points

x2 time

Enrollment

Register yourself to the Wellness Cuppa platform

Enrolled to Wellness Cuppa platform within 30 days

1,000 points

x1 time

*All the activities can be completed any number of time, but there is a limit for every activity to be eligible for reward points in a year.

Insured can accumulate rewards by opting for an array of wellness programs listed above, that will help assess his/her health status and aid in improving the overall well-being.

There will be no limitation to the number of programs one can enroll however maximum rewards that all the insured person(s) in a single policy period can earn, will be limited to 5% in a year and of the policy premium for the opted tenure on renewal.

In the case of Multi-year policies, the insured needs to perform all or any of the activities at least once during the tenure of the insurance.

Rewards Points earned by an insured cannot be transferred to anyone or rewards points earned under multiple such programs cannot be clubbed together for redemption in any single policy.