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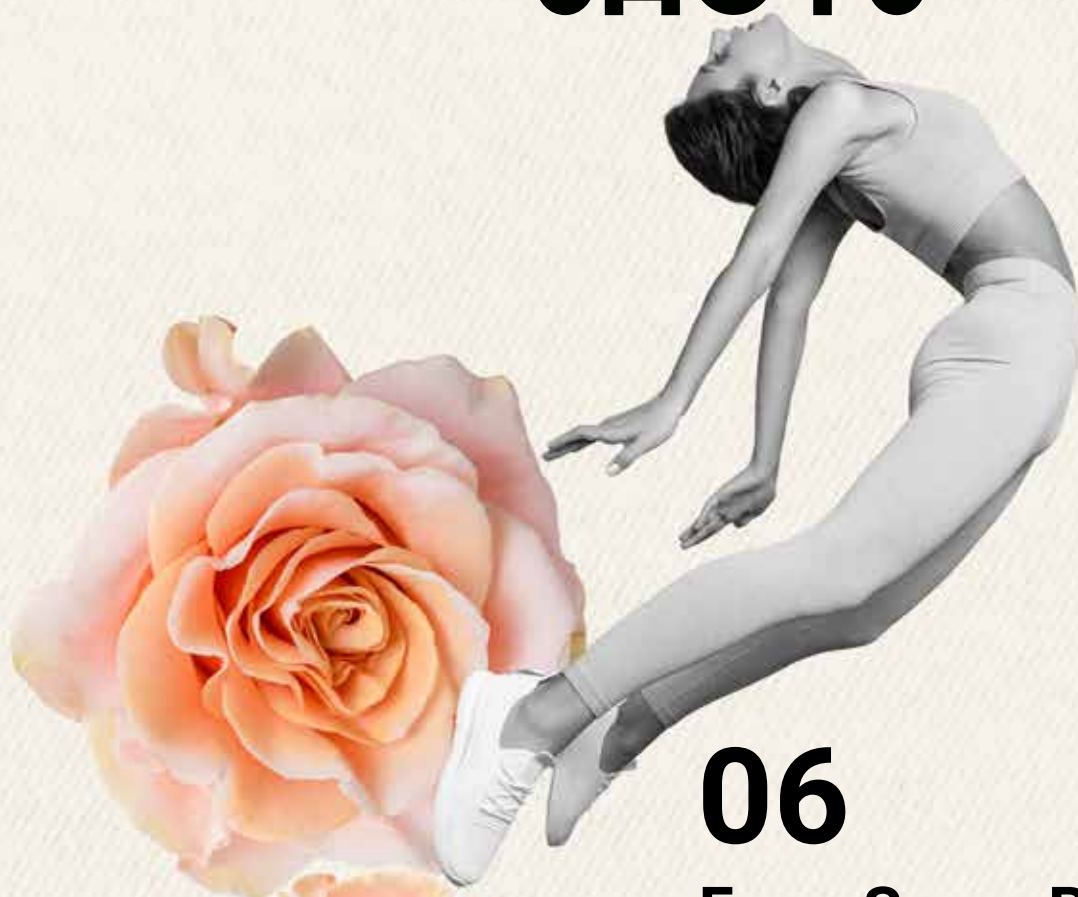
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You don't have to lose all the good stuff in life - so long as you make sure you have it all in the right balance. We break it down for you!





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Editor's Note



Dear Readers,

We are half-way through the year - and it feels like we have come this far rather quickly! Time just whizzes by, and before we know it, we will be standing at the start of yet another year.

Aging is a regular, normal part of our lives - and no matter how much you work your way around it, it will catch up with you eventually. I am not talking about our appearance but about our overall health. As we cross each decade, health risks increase as our bodily functions move away from their prime optimal levels of functioning.

Does this sound scary?

Please don't be scared. Rather than looking at it as a gloom and doom scenario, why not see it as an opportunity to start putting in place the right measures to keep up your health in the best manner possible? Whether you are in your 30s, 40s, 50s or beyond, start looking at some essential everyday habits that can help you lay the foundation for your body to function well in later years.

I am not going to share some unknown secret here. The essentials that I am referring to include a balanced, nutritious diet; sufficient

physical exercise; regular, good sleep routines; work-life balance; stress management; avoiding smoking and excessive alcohol intake; and keeping intake of processed foods to a minimum.

At this point, some of you might look up and say, "I am already in my late 40s / 50s, what is the point of doing anything now? I already let go of so many years in my prime when I could have been much more active or mindful of my diet and lifestyle."

Every day is a new point to start from. Rather than looking at the days gone by, look to a better tomorrow. Start with a health check-up and have an open conversation with your doctor. They will help you chart out a plan on how to move towards better health - and stay on the path in the long run.

Start now. We don't need a new year to start a new resolution - today can be that 'first day' of your commitment to better health. ♦

Dr. Kavitha Gautham

Managing Director, BloomLife Hospital Pvt. Ltd.

We want to hear from you! Please keep sending your feedback, suggestions and questions to info@bloomhealthcare.in.

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When Will My Child Sleep Fully Through The Night?

Your child's sleep patterns are not just the basis for your own good sleep, but also the foundation for their healthy lifestyle in future. However, most parents concur that getting their toddlers to sleep on time and through the night is a huge challenge! We look into how you can tackle it well.

Dr. D. Balakumaran

Head of Paediatrics
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This is a question most parents ask me, especially when the baby is around 6 months of age and they are struggling to get a full night's sleep. Typically, this is the time when the baby starts to sleep for a longer stretch during the night but their sleep is still punctuated by feeding and waking up cycles. Around the age of two years, he/she should start to sleep the longest at night. However, as with most (if not all) developmental aspects, inculcating good sleep habits requires structure and guidance on part of the parents. Here are some practices you can look into, to help your child (and you!) get sufficient, quality shut-eye.

Minimise day-time naps: Limit your child's naps during the day to a couple of hours - preferably in the afternoon, so that he/she is not sleeping too close to bedtime. Don't be forceful about setting the limits; let your child adjust to their new timings in their own comfortable way. When your child is around two or three years of age, gradually move away from afternoon naps, especially if the child is not sleepy or wanting a nap.

Encourage play and physical activity: During the day, encourage your child to remain physically active. In the evenings, take them out for a stroll so that they get fresh air and are stimulated by new sights and sounds. Activity helps them to use up their energy and makes them more amiable when settling down for sleep.

Minimise use of screens and sound: Keep away laptops, iPads, phones and TVs for at least one hour before bedtime. The bright light emanating from these screens tends to suppress the secretion of melatonin, the sleep hormone, and disturbs the body's circadian rhythm. You can play some soft music or lullaby (at a lower volume) while settling your child down to sleep to calm him/her down.

Attend to your child but don't engage them: It is common for children to wake up at night and want to play for a little while. Rather than pushing them to go back to sleep, allow them to play by themselves but don't engage them in active play. Also, not all waking up are for feeding, especially if the child was fed adequately in the evening. Soothe your child gently, and assess whether they are hungry before starting to feed.

Follow a regular schedule: For a child, there is no difference between weekdays, weekends and holidays. So, they don't understand why they are being given the freedom to stay up late one night but encouraged to go to sleep earlier the next day! Hence, following a set routine is important to help the child get accustomed to a sleep pattern. ♦



From Sugar Rush to Sweet Balance

Your Guide to Healthier Indulgence



Life without dessert? No thanks! You don't have to eliminate all the sweets you love in order to be healthy. Just make smarter, more mindful choices, and enjoy those indulgences without the guilt. We tell you how.

Shweta R.
Clinical Dietitian
BloomLife Hospital Pvt. Ltd.

When it comes to sugar, not all types are created equal. Some sugars are naturally occurring in foods like fruits, dairy, and vegetables, while others are added during food processing. But how do you know which sugars are truly beneficial, and which ones could be sabotaging your health? Here's a breakdown of the different types of sugar and how you can make smarter, more mindful choices.

Natural Sugars: Your Body's Best Friend

Natural sugars are those found in whole, unprocessed foods like fruits, dairy, and starchy vegetables. These sugars come with more than just sweetness – they offer fiber, vitamins, and minerals that contribute to your overall health. The best part? Your body knows exactly how to handle these sugars. When you eat an apple, for instance, you get a healthy dose of natural sugar along with a punch of antioxidants and fibre that help regulate your blood sugar levels.

Added Sugars: The Hidden Culprit

In contrast, added sugars are those that food manufacturers introduce during processing. These sugars show up in many common foods

and drinks, including sodas and sweetened coffees, packaged snacks and cereals, energy drinks, juices, and desserts, ketchup, dressings, and sauces. While added sugars provide a quick burst of energy, they lack any nutritional value. Too much of these can lead to a range of health issues such as:

- Weight gain
- Fatigue and sluggishness
- Type 2 diabetes
- Heart disease
- Tooth decay

So, while an occasional soda may not be a problem, regularly consuming foods and drinks high in added sugars can have a negative impact on your long-term health.

"Healthier" Sweeteners: Are They Really Any Better?

In an attempt to reduce sugar intake, many people turn to alternative sweeteners such as nattu sakkarai (the Tamil term for a form of unrefined sugar), brown sugar, maple syrup, honey, or coconut sugar. But here's the truth – these options are still sugar. Although they may offer a slightly different flavor or come with

some additional nutrients, they still contain similar calorie counts and can spike your blood sugar in much the same way as white sugar. For example, I've noticed that some of my patients switch to nattu sakkarai believing it's healthier. However, they often end up consuming more than they would if they were using white sugar –sometimes up to 3 to 4 spoons instead of just one – because it doesn't taste as sweet. This can unintentionally lead to a higher calorie intake.

The key takeaway here: Portion control is important no matter what type of sugar you're using.

Artificial Sweeteners: A Double-Edged Sword?

Artificial sweeteners like aspartame, sucralose, stevia, and saccharin are often marketed as sugar substitutes that offer sweetness without the calories. They can be found in products labeled 'diet', sugar-free candies, and diabetic foods. But are they really a good alternative?

Here's what we know about artificial sweeteners:

- They don't cause a spike in blood sugar, making them a popular option for people with diabetes.
- The research on their long-term safety is mixed, and more studies are needed to fully understand the potential risks.
- Some artificial sweeteners may confuse the brain's hunger signals, leading to cravings for more sugary or calorie-dense foods.
- In large amounts, certain sugar substitutes—like sugar alcohols—can cause bloating or diarrhea.

While these sweeteners may be helpful for reducing overall calorie intake, it's important not to overdo them.

10 Practical Tips to Cut Sugar Without Feeling Deprived

Now, we come to the practical part – the science of making it all work well for you. Remember, making the transition to a lower-sugar diet doesn't mean you have to sacrifice all your favorite treats. Here are 10 simple, realistic tips to help you reduce sugar while still enjoying life:

1. **Cut Back Gradually:** Start by reducing the sugar in your recipes by just 25%. Over time, your taste buds will adjust.
2. **Fruit Power:** Use mashed bananas, dates, or applesauce to add sweetness in baking, cutting out the need for added sugar.
3. **Spice it Up:** Experiment with cinnamon, nutmeg, or vanilla to enhance flavor without sugar.
4. **Hydrate First:** Sometimes, thirst masquerades as sugar cravings. Drink a glass of water before reaching for a snack.
5. **Rethink Your Drinks:** Switch out sugary sodas for infused water or unsweetened herbal teas.
6. **DIY Dairy:** Instead of store-bought flavored yogurt, add your own fruit or a drizzle of honey for sweetness.
7. **Smart Desserts:** Choose fruit-based desserts like baked apples or a berry salad instead of sugary cakes or cookies.

8. **Watch out for the Condiments:** Make your own salad dressings and sauces to avoid hidden sugars in pre-packaged versions.
9. **Read the Labels:** Always check the ingredient list for sugar. If it's near the top, consider finding a healthier option.
10. **Give it Time:** As you reduce sugar, your taste buds will adapt, and you'll start to appreciate the natural sweetness of foods.

In Short (and Sweet)...

We're not here to demonise sugar. In fact, natural sugars found in whole foods are a vital part of a healthy diet. They provide essential nutrients, energy, and, let's face it, a little bit of pleasure.

Rather than cutting sugar out completely, focus on:

- Choosing whole foods as much as possible
- Reading labels carefully
- Enjoying sweets in moderation and with mindfulness

It's not about perfection; it's about being aware of your choices and making small, sustainable changes that work for you.

The bottom Line?

- Too much added sugar? Not ideal.
- Natural sugars in whole foods? Totally fine.
- Artificial sweeteners? Generally safe, but don't go overboard. ♦

Sneaky Sugar Names:

Watch Out for These Traps

Manufacturers are clever when it comes to hiding sugar in ingredient lists. Sugar might not always appear as 'sugar'. It could be disguised under names like:

- Dextrose
- Maltose
- Evaporated cane juice
- Corn syrup
- Invert sugar
- Caramel
- Syrup of any kind



Pro Tip

If you see ingredients ending in '-ose' (like glucose or fructose) or the word 'syrup', it's probably sugar. Think twice before picking it up

Laddus, Lentils & Love

Indian Superfoods for Postnatal Healing

Indian food traditions, when adapted mindfully, can offer both comfort and powerful nutrition for new mothers. With the right foods, a mother's body can recover beautifully while providing strength and sustenance for the journey of motherhood.



Dr. Swarna Ganesan

Consultant – Holistic Birthing
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The postnatal period, also known as the 'fourth trimester', is a crucial phase as it involves physical recovery, hormonal rebalancing, emotional shifts, and adapting to the demands of newborn care. Nutrition during this stage plays a vital role in healing the mother's body, promoting lactation, and restoring energy. Indian cuisine, rooted in Ayurvedic principles, offers a variety of wholesome and healing foods that are especially beneficial for postnatal recovery. While we have shared some common guidelines below, it is important to remember that each woman's needs may vary, so it's advisable to consult a healthcare provider or dietitian for personalised guidance.

Warm, Easily Digestible Meals

Post-delivery digestion can be sluggish, so it's important to begin with soft, warm, and easy-to-digest foods. Traditional Indian wisdom recommends avoiding cold, raw, or deep-fried foods in the initial weeks postpartum as they can disturb digestion and cause bloating. So, stick to warm, freshly cooked meals. Dishes like moong dal khichdi, vegetable upma, and suji halwa are gentle on the stomach and provide a balance of carbohydrates and proteins.



Adding a teaspoon of ghee helps lubricate the digestive tract and boosts nutrient absorption.

Use Galactagogues to Support Lactation

Fenugreek (methi), cumin seeds (jeera), fennel (saunf), garlic, ajwain, and dill leaves are common galactagogues that can aid lactation. You can add them to dishes like methi paratha, jeera rice, or saunf tea. A common traditional preparation is methi laddus or gond ke laddus, which are rich in iron, fibre, and healthy fats.

Protein-Rich Foods for Tissue Repair

Protein helps in the repair of tissues and muscles that undergo stress during childbirth. Include moong dal, toor dal, channa, paneer, milk, and curd in your daily meals. For non-vegetarian mothers, soft-cooked chicken, fish, and egg preparations are good choices.

Iron and Calcium for Strength

Blood loss during childbirth can cause iron deficiency. Include foods like jaggery, dates, dry fruits, green leafy vegetables (like spinach and methi), and sesame seeds to replenish iron stores. Calcium is equally essential, especially during breastfeeding. Ragi (finger millet), milk, curd, paneer, and almonds are rich sources of calcium.

Healing Spices and Herbs

Indian herbs and spices like turmeric (anti-inflammatory), ginger (digestive aid), ajwain (relieves gas), and asafoetida are beneficial during postpartum. Ajwain water or jeera water is a traditional remedy to relieve bloating and support digestion.

Hydration with Nutrient-Rich Liquids

Fluids are vital to support milk production and prevent dehydration. Apart from water, include warm herbal teas, milk with turmeric, and light lentil soups. Rasam with pepper and garlic not only aids digestion but also boosts immunity. ♦



IVF and 'Side Effects'

Dispelling Myths, Embracing Facts

The term 'side-effects' seems to bring about fear and anxiety in most people. This is because we associate the term with issues or difficulties that will affect us for a long time. We look at the actual meaning of the phrase 'side-effects', common and uncommon side-effects in IVF, and our approach to the same.



Dr. Kavitha Gautham

Senior Consultant – Reproductive Medicine
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BloomLife Hospital Pvt. Ltd.

A side-effect is basically an unintended reaction – to either a procedure or a medicine. While it can be beneficial or adverse, we are more used to hearing the term in a negative context – hence, the associated anxiety. Side-effects are a useful tool in determining if and how we should proceed with a procedure or medicine, and can help us figure out the best way to achieve the intended outcome with minimal discomfort to the patient. More importantly, we need to understand that side-effects are more a rarity than a common occurrence. So, it would be wise to approach this information with an objective mindset.

Common Side-effects in IVF

When a couple starts IVF, the woman is given some medicines to stimulate the ovaries and produce more eggs – which we will then harvest for the IVF process. Most short-term side-effects may be a result of the medicines being used, and may include headaches, dizziness, nausea, breast heaviness and mood swings. These side-effects are self-limiting and tend to die down on their own. In cases where the symptoms are severe or prolonged beyond comfortable levels, the patient should consult the doctor for guidance on how to manage the symptoms.

Uncommon Side-effects in IVF

A rare side-effect we know of is Ovarian Hyper Stimulation Syndrome (OHSS). This is a condition wherein the ovaries respond and multiple eggs grow, but cause the ovaries become bulky and painful. This condition usually manifests between the third and

eighth day after the retrieval process. The symptoms range from mild and moderate to severe. Symptoms include dizziness, bloating, vomiting and reduced urine output. Mild to moderate symptoms require a regular consultation. If the symptoms are severe and unbearable, it is best to seek medical advice immediately.

Apart from these, commonly associated long-term side-effects are multiple pregnancies (i.e. pregnancy with more than one child) and cancer – but fear not, both of them are not issues you have to get worried about.

Multiple pregnancies are the result of the decision to transfer of more than one embryo during an IVF cycle – and not the process per se. This decision usually stems from the desire to give the couple at least one successful pregnancy, especially if the woman is over 35 years of age. However, with medical advancements and improved culture conditions at the lab, we can do what is known as 'elective single embryo transfer', wherein we choose one single embryo and transfer it into the uterus and still ensure similar rates of success. In some cases, the couple's case history prompts the decision to transfer more than one embryo – but this is a decision that the doctor should discuss in detail with the couple before starting the IVF cycle.

Some people fear that IVF may increase the risk of cancer, maybe because of the notion that multiple IVF cycles can damage the ovaries. However, studies have found no link between IVF and breast, ovarian and cervical cancer, so we can let go of that fear. ♦



Dr. Nalini T.

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Understanding Menstruation

Understanding your period is an important step toward taking control of your reproductive and overall health. Every woman's body is different, but recognizing what's normal for you – and when it's not – can make all the difference.

Menstruation is a normal and essential part of a woman's reproductive cycle, and marks the body's preparation for potential pregnancy. It typically begins during adolescence. It is not an illness or a condition – it is a sign of a functioning reproductive system. However, even today, the process of menstruation is often surrounded by confusion, myths, and misinformation. Many women and young girls are unsure about what is considered 'normal' during a menstrual cycle, how to manage heavy periods, and when there is a need to consult a doctor. In this article, we break down the basics of menstrual health, and provide clear guidance on how to identify and manage irregularities.

What is 'Normal' in a Menstrual Cycle?

Every woman's cycle is different, but for most, a menstrual cycle occurs once every 23 to 33 days. Some women have a consistent 28-day cycle, while others may experience it every 23 or 25 days. This variation is entirely normal, and a few days' fluctuation (1-2 days early or late) is generally nothing to worry about. During the menstrual cycle, a typical period lasts between 3 to 7 days. The number of days can vary slightly from month to month, and from person to person.

Pre-menstrual symptoms and menstrual cycle symptoms also vary among girls and women. Some may go through the cycle without any symptoms or pain, while others may experience severe pain associated with vomiting and fainting attacks to the extent of needing hospitalisation.

How much bleeding is normal?

Typically, menstrual blood loss ranges from 30 to 80 ml per cycle. This translates to one fully soaked medium-sized sanitary pad (which holds around 20-25 ml). Changing about 3 pads per day is considered a normal flow. Some women experience lighter periods, while others have heavier flows. Both can be normal – but only to an extent.

Signs of Heavy Menstrual Bleeding

You may be experiencing heavy menstrual bleeding (known as menorrhagia) if:

- You have to change pads frequently, and have to use more than 3 medium-size pads in one day
- You need to change pads during the night
- You pass large blood clots frequently
- Your period lasts longer than seven days
- You feel tired, dizzy, or excessively weak during or after your period

In such cases, it's crucial to seek medical advice. Ignoring prolonged or heavy bleeding can lead to anemia, fatigue, and in severe cases, may require blood transfusion or intensive treatment.

Young girls and working women may experience irregular periods or heavier flow due to stress. Emotional strain, academic or work pressure, and lifestyle changes can all affect hormonal balance and

menstrual regularity. In such cases, it is essential to seek help at the right time for your physical and mental health.

Managing Heavy Flow: Menstrual Cups and Medical Help

For those with heavy flow, menstrual cups can be a useful alternative to pads and tampons. When used correctly – with the right size, as advised by a doctor – they can offer comfort and convenience, especially for working women. However, if heavy flow persists or worsens, don't self-medicate or delay seeking help. There are safe and effective medications that can help manage excessive bleeding and prevent complications like severe anaemia.

When You Should See a Doctor

You should consult a gynecologist if:

- Your flow is consistently too heavy or too light
- Your period is missing altogether
- You feel unwell or unable to perform routine activities during your period
- You suspect issues like thyroid imbalance or low haemoglobin

Basic blood tests can provide critical insights into your health and help your doctor recommend the right treatment or management plan. If you ever feel unsure, don't hesitate to reach out to a healthcare professional. Menstrual health is not just about hygiene – it's a vital part of your well-being. ♦



Break The Myth

“It’s Just Internal Dirt”

In many communities, excessive menstruation is misunderstood as the body 'getting rid of internal dirt'. This is a myth. Excessive bleeding is not cleansing, it can actually weaken your body and deplete essential nutrients like iron. So, don't ignore any warning signs – seek medical help without delay.



You Spoke, We Listened

The Journey of Your Hospital Review.

*No, the review that you left did not vanish
into a void. Every review received,
be it positive or negative, goes into the process
of making us a better hospital.
We share the 'how' of it all here.*

Anita Krishnaswamy

CEO, BloomLife Hospital Pvt. Ltd.

What actually happens to feedback shared by patients and attenders?

Oftentimes, people wonder what happens to the feedback they share. Is it read? Is it read and then discarded? Does anyone make an effort to do anything based on the feedback received? In short, while almost all of us share feedback, we are often not entirely convinced that it is taken up seriously.

As a person who is in the business of healthcare, I love feedback - which is why I love this question! In my view, feedback from

customers of any business (not just healthcare) is critical. In fact, rather than 'feedback', I would say it is a 'testimonial' as to how a business is faring.

Coming to the question we are looking at, which I am guessing relates directly to BloomLife Hospital, the first point is about how we get or collate feedback. In general, we ask all our patients and attenders to share their opinions and, as well, suggestions for improvement. In most cases (around 70 percent), the respondents are very forthcoming. They take the time and effort to pen down their thoughts (mostly on our Google reviews page, or as an email), or they make it a point to seek out our Guest Relations Officer (GRO) to share their experience in person.

A large portion of the feedback we receive are about the consultants, treatment received and cost. A recurrent point relates to the discharge process in terms of the time taken to complete a discharge, documentation involved, confirmation of reviews at the time of discharge, and so on. Following that, people talk about the facility, including the pharmacy and lab, our service (such as the communication protocol followed by GROs, the courtesy that was extended to them, promptness of service, appointment processes, reminder calls and so on).

The feedback we receive reflects a multitude of experiences - from the positive to the disappointing. It ranges from a full five, which means service was excellent and exceeded expectations, to a one, wherein the service was sub-par.

As an organisation, we are very particular about giving the same level of importance to all feedback received - regardless of the score. The attention and seriousness we give to every comment, complaint or suggestion received is equal.

When we receive positive feedback, we make it a point to check if the person has specifically mentioned a medical or non-medical staff member so that we can pass



on the compliments or positive message to them. It is also a source of motivation as it means we have achieved our aim of ensuring that the patient was treated well from all angles. If there is something we can take as a lesson as to what worked well, we reiterate it to our staff. The person who sent us the note will promptly receive a response from us, sharing our gratitude.

When it comes to the negative feedback, we give each comment detailed attention. Such feedback is typically centred on service aspects, such as delays during an appointment, a rude remark or tone of voice, or lack of sufficient support with documentation, and so on.

An important practice we have inculcated in our hospital is to look at a complaint from the perspective of the person who has shared it. Upon receiving the complaint, we immediately launch an enquiry to find out why there was a less than satisfactory experience. While the investigation is ongoing, we write to the person to keep them updated of the same.

The investigation takes on the form of what we call a root cause analysis, where we figure out how, why and where the mistake occurred. If the complaint specifically mentions any one person or team and their

behaviour, we make it a point to share that feedback with the relevant person(s) and solicit their side of the story as well. Based on the information that we gather from the investigation, and put processes in place so that the same mistakes do not recur. This is done promptly and at the earliest. We also make it a point to write to the concerned person to share a heartfelt apology and specifically mention that we have put in place corrective measures.

As I am writing this, I want to share proudly, on behalf of the full team at our hospital, that 100% of the reviews we receive - on Google reviews or email, feedback forms or phone calls - are genuine. This in itself is very fulfilling, as it reflects the trust patients and attenders have in us when it comes to being listened to.

So, to reiterate, every review is read, appreciated - and then turned into a step to help us become even better. So, keep your reviews coming! ♦

A hidden question that emerged while writing this piece was, "So, why do some patients receive excellent service one day and not-so-fantastic service the next time round? How do you deal with that?" In the upcoming issue, I will address that aspect.

Small Clause, Big Cost



Dr. Riya Prathab

Manager – Billing & Insurance
BloomLife Hospital Pvt. Ltd.

When it comes to health insurance, there is a lesser-known clause that can drastically affect your reimbursement: the room rent limit. This seemingly minor detail can turn into a major financial shock during hospitalization, reducing not just your room coverage but your entire claim. We look into how this clause works – and how to avoid its pitfalls.

When it comes to buying health insurance, most people focus on the headline numbers – the sum insured, the premium amount, and the overall claim limit. However, buried within the fine print of your policy document lies a seemingly minor clause that can have a major impact on your hospital bill: The *room rent limit*.

What Is a Room Rent Limit?

A room rent limit is a cap set by insurance companies on how much they will cover per day for your hospital room. On the surface, it might seem like a small detail. After all, how much difference can a room make?

Quite a lot, actually.

Here's the catch: if your policy allows, say, ₹4,000 per day for room rent but you choose a room that costs ₹6,000, the insurer may not just reduce the room charges – they could proportionately reduce your entire claim. That's right. Your total hospital bill, including doctor's fees, surgery costs, and diagnostic tests, might be slashed by 30% to 50%. The result? A hefty out-of-pocket expense, even though you're insured.

Why This Happens

Hospitals often charge differently based on the type of room you choose. A patient in a more expensive room may incur higher

charges across the board – from consultation fees to medical procedures. Since your insurance policy is based on the room rent limit, exceeding that limit triggers proportional deductions across the entire bill.

How to Avoid a Nasty Surprise

1. **Read the Fine Print:** Before signing on the dotted line, check your policy's room rent clause. It's usually tucked away in the terms and conditions.
2. **Choose Rooms Wisely:** During hospitalisation, opt for a room within your policy's allowed rent limit to avoid triggering proportional deductions.
3. **Consider Policies Without Limits:** Some health insurance plans offer the option of no room rent cap – giving you the freedom to choose your room without penalties.
4. **Seek Clarity:** When in doubt, ask the insurance company or the hospital's help desk for a clear explanation of what your policy covers.

In the world of insurance, small clauses can have big consequences. The room rent limit may seem insignificant on paper, but at a moment when you need your policy payout, it could make a world of a difference. Always read your policy carefully – being informed today can save you a financial headache tomorrow. ♦

If you have any specific queries related to medical insurance aspects, write to us at info@bloomhealthcare.in



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