

Volume 02 | Issue 10 | January 2026

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06

Fueling Fertility

Can what man eats affect his fertility?

Yes, diet and nutrition can impact a man's sperm health in a positive manner.

05

Birth Without Bias

Does the manner of delivery affect your baby's health and well-being?



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Editor's Note

What we often fail to recognise is that we approach these resolutions as purely individual battles, overlooking how complex the body truly is. Progress can stall not because of a lack of willpower, but because of underlying health factors—early vitamin deficiencies, insulin resistance, hormonal imbalances, old injuries, or chronic pain—that quietly work against us. These issues are not always obvious, and in the rush of daily life, they are easy to ignore or dismiss.

The hardest part is misinterpreting these invisible barriers as personal failure—mistaking biology for a lack of discipline, or health challenges for a lack of commitment.

So, before frustration sets in, pause. Instead of pushing harder, look deeper. Seek professional guidance. Check whether your body needs support, correction, or care before it can respond the way you expect it to. When health hurdles are identified and addressed early, progress becomes not only possible, but sustainable.

As you move forward this year, remember: True change doesn't come from forcing your body into submission. It comes from understanding it, supporting it, and working with it. When health becomes the foundation—not just the goal—every effort begins to feel lighter, kinder, and far more rewarding.

Here's to a year of informed choices, compassionate self-care, and progress that truly lasts. ♦

Dr. Kavitha Gautham

Managing Director, BloomLife Hospital Pvt. Ltd.

Dear Readers,

New year, new you!

How many times have you heard this phrase? Probably more times than you can count. As each year begins, we find ourselves making lists—goals we want to pursue with renewed energy and hope. Become more financially secure. Lose those stubborn five kilos. Earn that promotion. Spend more time with family and friends. Cave in to that long-delayed indulgence. Write the book. Travel. Make time for much-needed self-care.

Whatever finds its way onto your list, the intention is always the same: To do more, and to do better.

Unsurprisingly, weight loss often ranks high among these resolutions. It explains the annual surge in gym memberships every January. Yet, despite best intentions, consistent effort, and genuine motivation, many of us reach the middle—or even the end—of the year, feeling tired, discouraged, and disappointed. We wonder why the results haven't matched the effort. We question whether it was all worth it.

*We are starting a new initiative called the **Department of Lifestyle Management at BloomLife Hospital**—a weight-loss and wellness programme driven by medical knowledge and insights, with a full-fledged team ready to help each individual as per not just requirement but also individual physiological make-up. Look out for the launch and more details—in the interim, reach out to Ms. Kavitha Lakshmi at +91-97866 86889.*

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Contents

- 5 Paediatrics & Neonatology
Birth Without Bias
- 6 Reproductive Medicine & Fertility
Fueling Fertility
- 8 Art of Birthing
Less Is More
- 9 General Medicine
Not Just A Fever
- 10 Better Living
This New Year, Stop Chasing Weight Loss...
- 12 Obstetrics & Gynaecology
POCS Isn't Just About Periods
- 13 Orthopaedics & Traumatology
Neck Pain 101
- 14 Health Insurance
Short Stay, Full Coverage?



Birth without Bias

Does the Way a Baby Is Born Matter?

One of the first questions expectant parents ask is simple yet deeply personal: Will a vaginal delivery or a C-section be better for my baby? The answer to the question is far more balanced—and reassuring.



Dr. D. Balakumaran
Head of Paediatrics
BloomLife Hospital Pvt. Ltd.

Choosing how your baby enters the world—vaginally or via C-section—often sparks questions about long-term health impacts. So, it is quite natural for expectant parents to ask their doctors: Will a vaginal delivery or a caesarean section be better for my baby?

The answer, however, is more nuanced than a simple comparison.

While obstetricians guide the decision based on the mother's and baby's specific needs, understanding the benefits and trade-offs empowers parents, particularly in terms of being prepared for post-birth steps for the mother's and baby's wellness in the immediate and long run.

Maternal Recovery: Faster with Vaginal Birth

Vaginal deliveries typically allow mothers quicker recovery and hospital discharge, often within a day. Mothers mobilise early, resume eating sooner, and experience less pain overall. This rapid healing supports early breastfeeding, reducing risks of lactation failure and formula supplementation. When mom thrives, baby benefits too. Prompt feeding lowers jaundice rates and other newborn complications, fostering a strong start.

Newborn Breathing and Immediate Adaptation

One common concern with C-sections is transient tachypnea of the newborn (TTN), or "wet lung." Babies' lungs contain fluid at birth, which squeezes out during vaginal delivery's natural stress, aiding quick breathing adaptation. C-section babies may retain fluid longer, needing four to six hours of observation for fast breathing. However, issues like delayed crying or breathing difficulties aren't caused by C-sections themselves.

Long-Term Microbiota: A Vaginal Birth Advantage

Modern research highlights gut microbiota's role in the "first 1,000 days" of life, influencing immunity, behavior, brain health, and infection risks via the gut-brain axis. Vaginal births expose babies to

beneficial maternal bacteria, boosting long-term immunity, cutting infections, and hospitalisation rates.

C-section babies miss out on microbial transfer, potentially increasing early formula use and feeding challenges due to maternal pain and longer hospital stays (around three days). Studies link this to higher risks of allergies, obesity, and other issues—but breastfeeding plays a critical role in bridging this gap.

Making the Right Choice

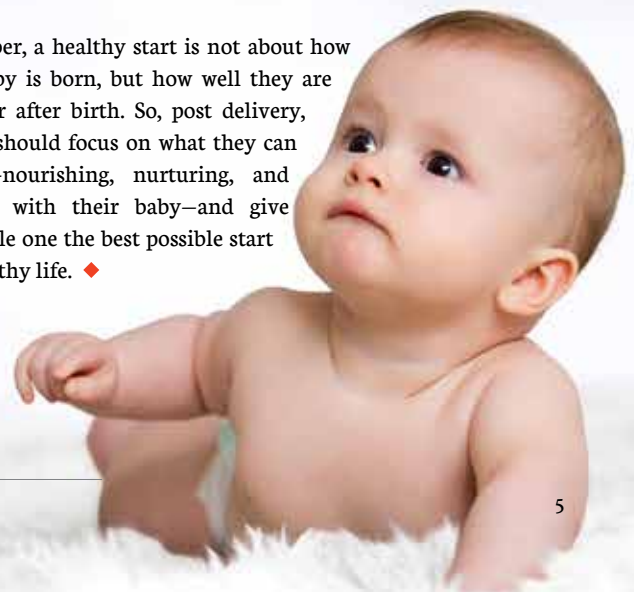
Ultimately, parents are encouraged to trust their obstetrician's judgement, and avoid unnecessary pressure regarding delivery choices. While the mode of delivery does have certain implications, it is not the defining factor of a child's long-term health.

What matters more is:

- A safe delivery,
- Early and sustained breastfeeding,
- Timely medical follow-up, and
- Attentive newborn care.

With informed choices, proper breastfeeding support, and consistent follow-up, babies born through either mode can grow into healthy, thriving individuals.

Remember, a healthy start is not about how your baby is born, but how well they are cared for after birth. So, post delivery, parents should focus on what they can control—nourishing, nurturing, and bonding with their baby—and give their little one the best possible start to a healthy life. ♦



Fueling Fertility

Nutritional and Male fertility

Male fertility is often discussed in terms of hormones, genetics, and medical tests—but one crucial factor frequently goes unnoticed. What if everyday food choices were quietly influencing sperm health, fertility potential, and even the chances of conception?



Dr. Kavitha Gautham
Senior Consultant – Reproductive Medicine & High Risk Obstetrics
BloomLife Hospital Pvt. Ltd.

In the previous article, I touched on the common causes of male infertility—ranging from genetics to lifestyle factors. While medical evaluation remains essential, growing research highlights a factor that often receives lesser importance when it comes to male reproductive health: Nutrition.

Nutrition as Part of Fertility Care

While genetics and other health factors play a critical role in influencing the health of a man's sperm—its count, motility, and DNA integrity—diet and nutrition can help play a protective and restorative role, helping reduce oxidative damage and supporting hormone balance. Incorporating fertility-supportive foods into daily meals can be a meaningful step toward improving reproductive potential.

While no single food can “cure” infertility, a nutrient-dense, antioxidant-rich diet can create a supportive environment for sperm production and function. Combined with regular exercise, adequate sleep, stress management, and avoidance of toxins such as tobacco and excessive alcohol, dietary changes can make a meaningful difference.

Before going further, please note: For men facing ongoing fertility concerns, nutritional strategies should complement—not replace—medical evaluation and treatment.



Dark Leafy Greens: Protecting Sperm DNA

Vegetables such as spinach, kale, and Swiss chard are rich in flavonoids—natural plant compounds with powerful antioxidant properties. Flavonoids help protect sperm from DNA fragmentation, a major contributor to poor fertilisation and early pregnancy loss.

Dark Chocolate: Boosting Sperm Motility

Good-quality dark chocolate contains L-arginine, an amino acid involved in the production of nitric oxide. Nitric oxide improves blood flow and plays a role in enhancing sperm motility, or the ability of sperm to swim efficiently toward the egg. In moderation, dark chocolate can be both a satisfying and fertility-friendly addition to the diet.

Berries and Citrus Fruits: Fighting Oxidative Stress

Blueberries, raspberries, gooseberries (amla), oranges, and other citrus fruits are excellent sources of Vitamin C, a potent antioxidant. Vitamin C helps neutralise free radicals that can damage sperm membranes and genetic material. Studies suggest that adequate Vitamin C intake may improve sperm count, motility, and morphology.

Pumpkin Seeds: Supporting Testosterone Levels

Pumpkin seeds are rich in zinc, a mineral essential for testosterone production and sperm development. Low zinc levels have been linked to reduced sperm count and poor motility. Including a small handful of pumpkin seeds in one's daily diet can help support hormonal balance and overall reproductive health.

Chia and Flax Seeds: Omega-3 Powerhouses

Chia seeds and flax seeds are excellent plant-based sources of omega-3 fatty acids, which play a crucial role in sperm membrane structure and flexibility. Healthy sperm membranes are essential for motility and the ability to fertilise an egg. Omega-3s also help reduce inflammation and oxidative stress.

Fatty Fish: Improving Count and Motility

Fatty fish such as salmon, mackerel, sardines, and tuna provide high levels of omega-3 fatty acids in their most bioavailable form. Regular consumption has been associated with improved sperm count, shape, and movement. For vegetarians or those who do not consume fish, omega-3 supplements may be considered after consulting a healthcare professional.

Almonds and Sunflower Seeds: Boost Reproductive Health

Almonds and sunflower seeds are rich sources of Vitamin E, another powerful antioxidant that protects sperm from oxidative damage. Vitamin E supports sperm membrane integrity and may improve motility when combined with other antioxidants such as vitamin C and selenium.

Let us remember, our health is deeply influenced by daily lifestyle choices, particularly nutrition. By consciously incorporating fertility-supportive foods, men can take an active role in improving their reproductive health and overall well-being.

Ultimately, it seems, *you are what you eat*—so choose well! ♦



Less is More



Dr. Swarna Ganesan

Consultant – Holistic Birthing
BloomLife Hospital Pvt. Ltd.

Preparing for Birth in the Final Weeks

As the due date approaches, many expectant mothers feel an unspoken urgency—to walk more, do more, try harder, and somehow “help” labour begin. Yet, birth does not respond to effort the way we expect. It responds to safety, calm, and trust, and in allowing the body to lead the way.

The last four weeks of pregnancy are often filled with anticipation, excitement, and a growing eagerness to meet the baby. For many expectant mothers, this phase also brings a quiet urgency—to stay active, try natural methods to “start labour,” or keep busy in the hope of speeding things along. However, the anxiety may lead to overexertion—excessive walking, strenuous household tasks, or experimenting with unproven home remedies.

While these actions are usually driven by excitement and concern, they can unintentionally place the body under stress.

The Hormonal Connection to Labour

Labour is deeply influenced by hormones, particularly oxytocin, the hormone responsible for uterine contractions. Oxytocin is released most effectively when a woman feels safe, calm, and relaxed. In contrast, stress and fear trigger the release of adrenaline, a hormone that can delay labour, intensify pain, or make contractions irregular. Constant clock-watching, worrying about due dates, or feeling pressured to “get labour started” may work against the body’s natural rhythm. Trusting the body’s timing is one of the most powerful ways to support a smoother birth experience.

Creating Space to Unwind

The final weeks of pregnancy are an invitation

to slow down and nurture emotional ease. Simple, gentle practices can help shift the nervous system into a state of relaxation and readiness. These include:

- Leisurely walks
- Warm showers or baths
- Light stretching or prenatal yoga
- Resting whenever the body asks for it

Mind-body practices such as slow breathing, meditation, listening to calming music, journaling, or even moments of quiet stillness allow both the mind and body to settle. These small acts of unwinding prepare the body far more effectively than constant activity.

Letting Go of Comparisons and Expectations

Every pregnancy unfolds at its own pace, and no two births follow the same timeline. Comparing due dates, labour stories, or timelines can create unnecessary pressure. Instead of trying to control when labour begins, mothers benefit more from focusing on comfort, nourishment, sleep, and emotional reassurance. Open conversations with a trusted partner, doula, or healthcare provider can help release fears, clarify doubts, and provide much-needed emotional support during this sensitive phase.

Calmness as Active Preparation

In the final weeks of pregnancy, calmness is not a passive state—it is active preparation. When a woman feels supported, unhurried, and emotionally secure, her body is more likely to enter labour naturally and work efficiently. Slowing down, releasing the need for control, and trusting the body’s wisdom often create the conditions for a more positive and empowering birth experience. Sometimes, the most effective way to prepare for birth is not to do more, but to be still, feel safe, and allow nature to lead the way. ♦





What Every Expecting Mom Should Know

Not Just a Fever

Fever during pregnancy can be frightening—but with the right approach, it is often manageable. Not every fever is dangerous, but every fever deserves attention. Early consultation, accurate diagnosis, and timely treatment ensure that the mother remains comfortable and the baby remains protected.



Dr. Aiswarya M. Nair

Consultant – General Medicine
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Fever is the body's natural response to infection. However, during pregnancy—particularly in the first trimester, when the baby's organs are forming—high body temperature can be concerning, as it may increase the risk of complications. This is why timely diagnosis and treatment play a crucial role in managing fever during pregnancy, as identifying the cause early allows appropriate care to begin without delay and significantly reduces the risk of complications. Prompt intervention not only helps relieve maternal discomfort but also prevents dehydration, lowers the chances of infection-related issues, and safeguards fetal development during this sensitive period.

Why Fever Matters More in Pregnancy

In the first trimester, as the baby rapidly forms organs, elevated body heat from fever or unguided medications risks developmental issues. An expecting mother who develops a fever should always consult her gynaecologist first, as they are best positioned to assess the mother's vital signs, the severity of symptoms, and whether further evaluation is required. If the fever is low-grade, with no chills, vomiting, or other alarming symptoms—and if the mother is eating well, hydrated, and has stable blood pressure and pulse—the obstetrician may manage the condition with close observation and supportive care.

Safe vs. Serious Fevers

Low-grade fevers without chills, vomiting, dehydration, or appetite loss often resolve with rest and hydration—with no antibiotics needed for common viral bugs. However, certain symptoms indicate that fever needs urgent medical evaluation. These include:

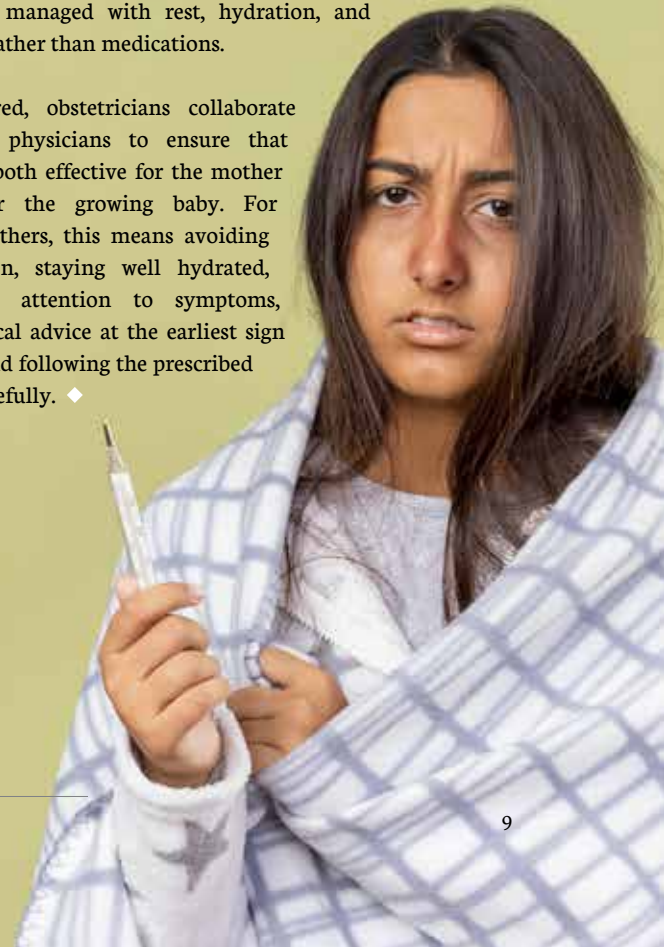
- High-grade fever that does not respond to initial treatment
- Persistent vomiting
- Signs of dehydration

- Chills or rigours
- Weakness, dizziness, or reduced urine output

Common Causes of Fever in Pregnancy

Pregnant women, like anyone else, are susceptible to infections—but pregnancy can make the body more vulnerable due to changes in immunity. Hence, expecting mothers face heightened risks from urinary tract infections, seasonal flu, dengue, or typhoid. Early physician evaluation is needed to identify the cause accurately, as not all fevers require antibiotics. For example, viral fevers are typically managed with rest, hydration, and monitoring, rather than medications.

When required, obstetricians collaborate closely with physicians to ensure that treatment is both effective for the mother and safe for the growing baby. For expectant mothers, this means avoiding self-medication, staying well hydrated, paying close attention to symptoms, seeking medical advice at the earliest sign of concern, and following the prescribed treatment carefully. ♦



This New Year, Stop Chasing Weight Loss...

...Start chasing good health—because the truth is, you can lose weight and still be unhealthy. As the New Year ushers in fresh resolutions and stricter diets, it may be time to ask a deeper question—are we truly getting healthier, or just getting thinner?

Shweta R.
Clinical Dietitian
BloomLife Hospital Pvt. Ltd.

“NEW YEAR, NEW ME.”

It’s a familiar phrase—one that fills gyms, diet plans, and social media feeds every January. And almost always, it comes with a single goal: Lose weight.

But here’s a truth that rarely makes headlines: You can lose weight and still be unhealthy. You can look “fit” on the outside and yet be struggling silently within—exhausted, foggy, anxious, and unwell. As we step into a new year, it’s time to rethink what health truly means.

When the Body Speaks Through the Mind

“I think I’m depressed, ma’am,” she said quietly. “I cry for no reason. I forget things. I feel like I’m disappearing.”

She had already done everything she was told to do. She had consulted two psychiatrists. She was on medication. She practiced meditation. She was trying—hard. Yet each morning felt like she was dragging herself out of bed with a weight she could not name. The world still had colour, but no warmth.

Something about her story didn’t quite add up. So we looked deeper—beyond the usual surface-level checks. We ran the tests that are often overlooked. The results told a different story:

- Vitamin B12: 134 pg/mL (critically low)
- Vitamin D3: 7 ng/mL (severe deficiency)
- Magnesium: Almost absent

Her attitude and approach weren’t broken. Her biochemistry was.

We began with small, practical changes—early morning sunlight, egg yolks, salmon, spinach, and targeted supplementation. Three months later, she returned looking brighter and calmer. “It feels like the fog is finally lifting,” she said.

That moment was a powerful reminder: Many women are labelled emotional, lazy, or depressed when in reality, their bodies are simply running on empty.

Weight Loss Is Not the Same as Health

As the new year begins, many resolve to “lose 10 kilos.” But that number means very little if:

- Blood sugar levels are rising,
- Your thyroid is struggling,
- Vitamin levels are dangerously low, or
- Your mind feels constantly heavy and tired.

It’s not uncommon to meet people who proudly say, “I lost eight kilos,” yet their HbA1c levels are higher than before. Their face looks slimmer, but their energy has vanished. Their body appears fit, but their hormones are under severe stress.

That isn’t health. It’s imbalance—disguised as progress.

Health Goes Beyond the Mirror

True fitness is not defined by a weighing scale or clothing size.

It means living without constant fatigue, digestive discomfort, or hormonal chaos. It means waking up refreshed, thinking clearly, and feeling emotionally steady. It means that blood work, sleep, energy levels, and mental well-being are aligned—not just body weight.

Health is how you feel in your everyday life, not just how you look in photographs.

A Different Kind of New Year Resolution

This year, what if the resolution sounded different?

What if it became:

- “I’ll check my Vitamin D, B12, and thyroid levels.”
- “I’ll eat to support my hormones, not just count calories.”
- “I’ll prioritise sleep instead of scrolling past midnight.”
- “I’ll hydrate and nourish, not punish my body.”
- “I’ll care for my mental health as intentionally as my physical health.”

Because real fitness looks like this:

- Waking up with energy,
- Feeling calm rather than anxious,
- Sleeping deeply and thinking clearly,
- Smiling easily,
- And living with a strong body and a balanced mind.

Choosing Health, Not the Smallest Version of Yourself

This year, don’t chase the smallest version of yourself. Chase the healthiest, happiest, and most balanced version of you.

Weight loss may change how you look. Well-being changes how you live.

So let 2025 be the year you stop saying, “I want to lose weight,” and start saying, “I want to gain health—without illness, with energy and peace.” No more being fit on the outside and unwell within. This year, let your health glow from the inside out.





Dr. Nalini T.

Senior Consultant –
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BloomLife Hospital Pvt. Ltd.

PCOS Isn't Just About Periods...

...It can show up as other symptoms including excess facial hair growth in young girls.

However, this is NOT a cosmetic concern alone—it is a visible sign of a deeper hormonal imbalance. With the right support, treatment, and patience, it can be managed successfully.

For many girls, the first sign that something may be off hormonally is not irregular periods or weight changes, but the appearance of coarse, unwanted hair on the face. Hair along the chin, upper lip, jawline, or neck can be emotionally distressing, especially during adolescence—a time when body image and confidence are already fragile. One of the most common reasons behind this change is Polycystic Ovarian Syndrome (PCOS).

Understanding PCOS and Hormonal Imbalance

PCOS is a condition rooted in hormonal imbalance, and it can affect girls and women at different stages of life. While it may appear in adulthood, it is increasingly being diagnosed during adolescence. Modern lifestyle patterns—irregular sleep, altered food habits, academic stress, and reduced physical activity—can intensify hormonal fluctuations, making symptoms more visible at a younger age.

To understand why PCOS leads to excess facial hair, it helps to look at how hormones normally function in the female body. Every woman naturally produces both female and male hormones. In a healthy hormonal balance, estrogen—the primary female hormone—dominates, while androgens, often referred to as male hormones, are present in smaller amounts. This balance supports regular menstrual cycles, feminine physical features, and typical patterns of hair growth.

In PCOS, this balance shifts. Estrogen levels tend to be relatively lower, while androgen levels rise above what is normal for a female body. When androgens become dominant, they stimulate hair follicles in areas that are more sensitive to male hormones. This results in a pattern of hair growth that resembles male distribution, such as facial hair, hair on the neck, or a noticeable moustache. This condition, known medically as hirsutism, is one of the most visible and emotionally challenging symptoms of PCOS.

The Good News

The reassuring part is that hormonal imbalance can be corrected. With proper medical guidance, lifestyle changes, and treatment, androgen levels can be brought closer to normal. When this happens, further progression of excess hair growth can be slowed or prevented. However, it is important to understand that hair which has already grown does not disappear on its own once hormones are balanced. This is where dermatological care plays an important role. While gynaecological treatment helps regulate hormones from within, dermatological treatments address existing hair growth. Procedures such as laser hair reduction or medically prescribed topical treatments can help manage unwanted hair effectively when done under professional supervision.

For a girl experiencing these changes, early intervention makes a meaningful difference. Consulting a gynaecologist to evaluate hormonal health, making gentle but consistent lifestyle adjustments, and seeking dermatological advice when needed can prevent symptoms from worsening over time.

Just as importantly, emotional reassurance and understanding are essential—PCOS is a medical condition, not a personal failing. It does not define a girl's worth or limit her future. When addressed early and thoughtfully, it allows girls and women to regain control over their health, confidence, and well-being. ♦



Neck Pain 101

Relief, Red Flags, and Recovery



Dr. K. Chittaranjan

Senior Consultant - Orthopaedics
BloomLife Hospital Pvt. Ltd.

Neck pain is common, but it should never be ignored when warning signs are present. With timely evaluation, correct posture, appropriate exercise, and early treatment, most individuals can recover fully and prevent recurrence.

Neck pain is one of the most common musculoskeletal complaints today, affecting people across all age groups. Long hours at desks, frequent screen use, poor posture, and sudden physical strain have made neck discomfort an almost everyday problem. While many episodes are minor and self-limiting, some forms of neck pain may signal a more serious underlying issue. Understanding the causes, warning signs, and correct management is key to preventing long-term complications.

Common Causes of Neck Pain

Most cases of neck pain arise from everyday mechanical problems rather than serious disease. The most common causes include:

Muscle Strain and Fatigue: Prolonged poor posture, long hours on computers or mobile phones, and inadequate neck support during sleep can strain the neck muscles, leading to stiffness and pain.

Disc-Related Problems: Degenerative changes or bulging discs in the cervical spine can irritate nearby nerves, causing pain and restricted movement.

Cervical Spondylosis: Age-related wear and tear of the cervical spine can result in chronic neck pain, stiffness, and reduced flexibility, particularly in middle-aged and older adults.

Warning Signs That Need Attention

While mild neck pain often settles with rest, certain symptoms should never be ignored. These include:

- Severe pain radiating to the shoulder, arm, or hand
- Numbness or tingling in the limbs
- Weakness in the arms or legs

Pain in the neck—especially on the left side—should always be evaluated carefully to rule out cardiac causes, particularly in individuals with risk factors such as diabetes, hypertension, or heart disease.

When Should You Seek Medical Help?

You should consult a healthcare professional if:

- Neck pain occurs without a known injury or strain
- The pain begins suddenly
- Symptoms persist for three days or more
- Pain interferes with daily activities or sleep

Short-Term Care: What to Avoid

During an episode of neck pain, certain activities can worsen symptoms and delay recovery. So, the person should avoid sudden or heavy lifting, stay away from bumpy rides if pain is present, and avoid thick, heavy, or excessively high pillows that strain the neck.

Long-Term Prevention: Healthy Neck Habits

Maintain Proper Ergonomics: At home and work, ensure that computer screens are at eye level to avoid prolonged neck bending. Chairs should support the spine, and frequent posture breaks are essential.

Exercise Regularly: Engage in regular cardiovascular exercise along with targeted neck and shoulder strengthening exercises. Strong supporting muscles reduce strain on the cervical spine and improve posture.

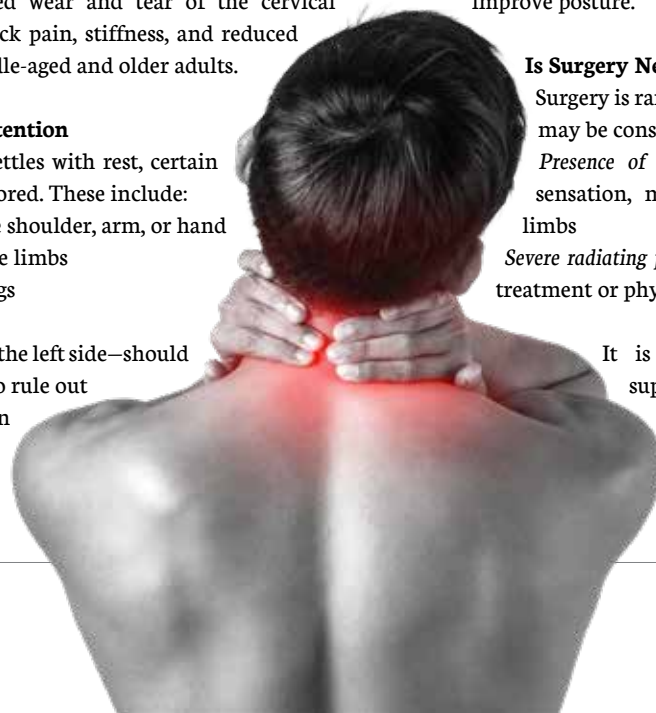
Is Surgery Needed?

Surgery is rarely required for neck pain. However, it may be considered in two specific situations:

Presence of neurological deficits, such as reduced sensation, muscle weakness, or paralysis in the limbs

Severe radiating pain that does not respond to medical treatment or physiotherapy

It is important to note that decisions supporting surgery are made only after careful evaluation and imaging. ♦



Short Stay, Full Coverage?

Understanding Daycare Insurance Claims

For years, patients believed that health insurance worked only if they spent at least 24 hours in a hospital bed. But medicine has changed—and so has insurance. Today, many procedures are completed within hours, with patients walking out the same day. The big question is: Does insurance still cover these treatments?

Dr. Rija Prathab

Manager – Billing & Insurance, BloomLife Hospital Pvt. Ltd.

A common perception about health insurance is that a minimum 24-hour hospital stay is required to make a claim. While this used to be true in the past, advances in medical technology have significantly changed how treatments are delivered—and insurance policies have evolved accordingly. Today, many medical procedures can be covered as daycare treatments, without the need for overnight hospitalisation, provided they meet the policy's terms and conditions.

What Are Daycare Procedures?

Daycare procedures are treatments or surgeries that require medical supervision, specialised equipment, or anaesthesia but can be completed within a few hours, allowing the patient to be discharged the same day. Due to advancements in medical care, several procedures that once required hospital admission are now safely performed on a daycare basis. Common examples include Cataract surgery, Dialysis, certain ENT procedures, Minor surgical interventions and selected diagnostic and therapeutic procedures.

Are Daycare Procedures Covered by Health Insurance?

Yes—daycare procedures are covered if they are included in the policy's terms and conditions. Most corporate health insurance policies provide coverage for a wide range of daycare procedures. Individual health insurance policies may also offer daycare coverage, though it can be more limited and vary by insurer. It is important to note that coverage is policy-specific. If a daycare procedure is listed in the policy document, it is eligible for a claim—regardless of the duration of hospitalisation.

Cashless or Reimbursement

Daycare procedures can be claimed either as:

- Cashless treatment, when performed at a network hospital, or
- Reimbursement, when treatment is taken at a non-network facility.

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

For reimbursement claims, proper documentation is essential. This includes:

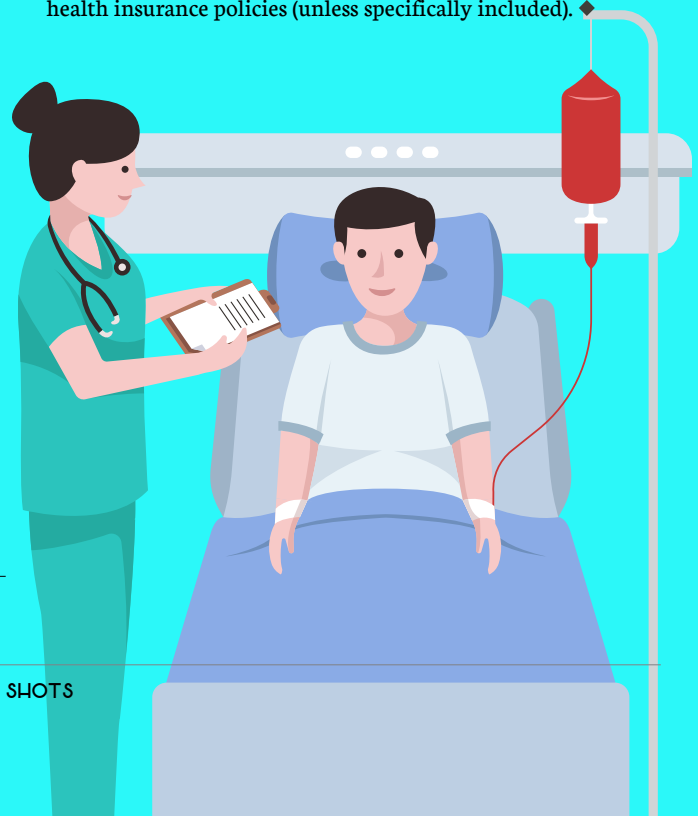
- Daycare admission note
- Daycare discharge or summary report
- Itemised hospital bills
- Relevant investigation reports

These documents must clearly state that the treatment was conducted as a daycare procedure.

Daycare Procedures vs OPD Treatments

It is important to distinguish between daycare procedures and OPD treatments.

- *Daycare procedures* involve medical intervention requiring hospital facilities and formal documentation.
- *OPD treatments*, including routine consultations, and basic diagnostic tests are generally not covered under standard health insurance policies (unless specifically included).



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