



**Your trusted companion for
a better, healthier you**

Presenting

PRUHealth

Your All-In-One Health Solution

- Cashless Claims
- Flexible Health Insurance Solution
- Free Telemedicine Consultations
- Free Fitness and Nutrition Consultations

What is PRUHealth?

Introducing PRUHealth, a first-of-its-kind, all-in-one health solution which offers “**Prevent and Protect**” benefits to support a better, healthier you. PRUHealth is flexible, the claims process is fast and straightforward, and when you use one of our partner hospitals or clinics, there is no need for you to pay for your medical costs upfront. PRUHealth also gives you access to free telemedicine, fitness, nutrition and wellness consultations with experts from our healthcare and wellness partners.

Presenting PRUHealth, Your All-In-One Health Solution.



Cashless Claims

During a medical emergency, your focus should be on your recovery instead of worrying about your medical bills. PRUHealth gives you the confidence of being able to fully or partially pay the cost of medical treatment for illness or injury. PRUHealth also offers peace of mind as your family will be financially protected if you pass away. The cashless claims process is fast and straightforward and when you use one of our partner clinics, there is no need for you to pay the medical costs upfront.



Flexible Health Insurance Solution

PRUHealth offers you the flexibility to choose from four coverage plans with different premium options. This ensures you have the right coverage to protect yourself and your family from health and financial risks.



Lowest Premium¹ @296 MMK Per Day

With premiums starting at just MMK 9,015 per month, PRUHealth is making quality health coverage against illness or injury accessible and affordable.



Death Payout 3,000,000 MMK (Minimum)

Life is filled with uncertainty and risks, PRUHealth's “Death Payout” gives you the confidence that your family will be financially protected should you pass away. It's money when your family needs it the most.



Daily Hospital Stay Payout²

In the event of a stay at one of our partner hospitals or clinics, PRUHealth provides you with a daily payout to cover any loss of income resulting from not being able to work. This allows you to focus on your recovery instead of worrying about lost earnings.



Tax Saving

PRUHealth customers may be eligible for tax savings on premium payments. This is dependent on applicable tax laws at the time of policy purchase. Customers may seek independent consultation to determine eligibility for tax savings.



Free Telemedicine Consultations

PRUHealth gives you access to telemedicine consultations with certified healthcare experts from our partner Pun Hlaing Hospitals.



Free Fitness Consultations

PRUHealth gives you access to fitness consultations with certified fitness experts from our partners.



Free Nutrition Consultations





PRUHealth gives you access to nutrition consultations with certified nutrition experts from our partners.

Limited Period Only!

Exclusive perks for your healthier life at no additional cost.

PRUHealth offers four coverage plans, all of which provides comprehensive protection to help you enjoy a better and healthier life. In addition, the following FREE Benefits in the table are available for one year from the date of purchase if you avail of this product TODAY until 30 September.

Preventive Benefits³

 Silver	 Gold	 Ruby	 Diamond
<ul style="list-style-type: none">● Health risk assessment● Symptom checker● Emergency care packages	<ul style="list-style-type: none">● Health risk assessment● Symptom checker● Emergency care packages● Access to exclusive health and fitness webinars⁴	<ul style="list-style-type: none">● Health risk assessment● Symptom checker● Emergency care packages● Access to exclusive health and fitness webinars⁴● 4 Telemedicine consultations with Pun Hlaing Hospitals in a year	<ul style="list-style-type: none">● Health risk assessment● Symptom checker● Emergency care packages● Access to exclusive health and fitness webinars⁴● 12 Telemedicine consultations with Pun Hlaing Hospitals in a year● 1-1 online Fitness and Nutrition consultations⁴.
Powered by pulse	Powered by pulse	Powered by pulse	Powered by pulse

Now is the best time to get PRUHealth to protect yourself and enjoy the additional benefits of a healthier life. Pulse by Prudential is a healthcare, wellness and fitness app that enables you to understand better and control your health.

Package Rates

Age Band (Year)	Annual Premium (Individual)			
	 Silver (In Kyats)	 Gold (In Kyats)	 Ruby (In Kyats)	 Diamond (In Kyats)
6 ~ 30	108,900	181,500	290,400	363,000
31 ~ 40	118,800	198,000	316,800	396,000
41 ~ 50	128,700	214,500	343,200	429,000
51 ~ 60	161,700	269,500	431,200	539,000
61 ~ 75	260,700	434,500	695,200	869,000

The amounts shown in the table reflect the annual premium payable at the beginning of the policy. The annual premium includes death payout, daily hospital stay payout, surgical payout, miscarriage payout and day patient payout.

Disclaimer: ¹PRUHealth may be purchased in Annual mode only. Applicable for age 30 and above with silver package (3 units). ²Maximum 60 days per year. ³The above offer is only valid along with new PRUHealth policies issued on 24 June until 30 September, and benefits will be valid over the respective policy term. The additional 'preventive' benefits are only valid for fully loaded packages i.e. mandatory purchase of optional coverage 1 and 2 equal to the base units (e.g. Diamond package will mean 10 units of base along with 10 units of Optional 1 and Optional 2 benefits). ⁴Nutrition and Fitness session will be provided by top experts selected by Prudential Myanmar. ⁵Please note that Pulse by Prudential, a mobile app is free for anyone to download and use, while PRUHealth is a paid product. PRUHealth is an insurance plan under this Bundle. It is a one-year term policy and non-guaranteed renewable with specified exclusions on benefits. The additional value-added services are free for a limited period and do not alter or affect the policy contract under the PRUHealth plan. For more details, please call us at 09 770 110 010 or email us at customer.myan@prudential.com.mm. You should satisfy yourself that this policy is will best serve your needs and that the payment payable under this plan is an amount you can afford. Prudential Myanmar reserve the right to change any terms and conditions of this free benefit without issuing further notices. In the event of any dispute, we shall have the absolute discretion to make the final decision. Furthermore, Prudential Myanmar is not responsible or legally liable for any advice, suggestion, or service provided by our strategic partners such as Pun Hlaing Hospitals or Top Experts you have chosen for consultations, private or group sessions under this Campaign.

Corporate Office: 15th Floor, Sule Square Office Building, 221 Sule Pagoda Road, Sule Square, Kyauktada Township, Yangon, Myanmar. Visit us at www.prudential.com.mm. Hotline no. (+95)977 011 0010. Ref. No: PMLI/2021/Col/0004.