

Brochure

# MyHEALTH

Get the flexibility to cover  
what really matters for  
your family and yourself

Download our Easy Claim mobile app  
for quicker claims reimbursement!



Please print only if necessary





# We have our heart set on supporting and protecting people when it matters

## Our Commitment

### We believe you should only have to pay for what you need, and nothing else

- › We assist you to customise your plan and find a price which best suits your budget
- › Each family member can create their own cover combination under MyHEALTH
- › We work hand in hand with our clients and healthcare professionals to help guarantee sustainable prices

### We make it our mission to deliver a better healthcare experience

- › You can trust our advisors to work with you to design a cover around what matters most—your health
- › Our plans are straightforward and simple to understand so that you can make easier, better informed decisions
- › We use technology to transform our customer experience and deliver high-standard services

### We are always close to you

- › Receive 24/7 support from our Aisa customer service team
- › In case of emergency, we will assist you every step of the way, wherever you are in the world



# Who is APRIL?

APRIL International is part of the APRIL Group, a global insurance specialist operating worldwide through a network of 27,000 partner brokers. The Group achieved a **€860 million turnover** in 2024.

Drawing on the expertise and the financial strength of the Group, APRIL International has been established in Asia for over **25 years**.

## APRIL International in numbers

We are looking after

 **150,000+**  
members

Our team is composed of

 **350+**  
multilingual  
employees

We have members in

 **180**  
countries



## Our local insurance partner, Artarindo

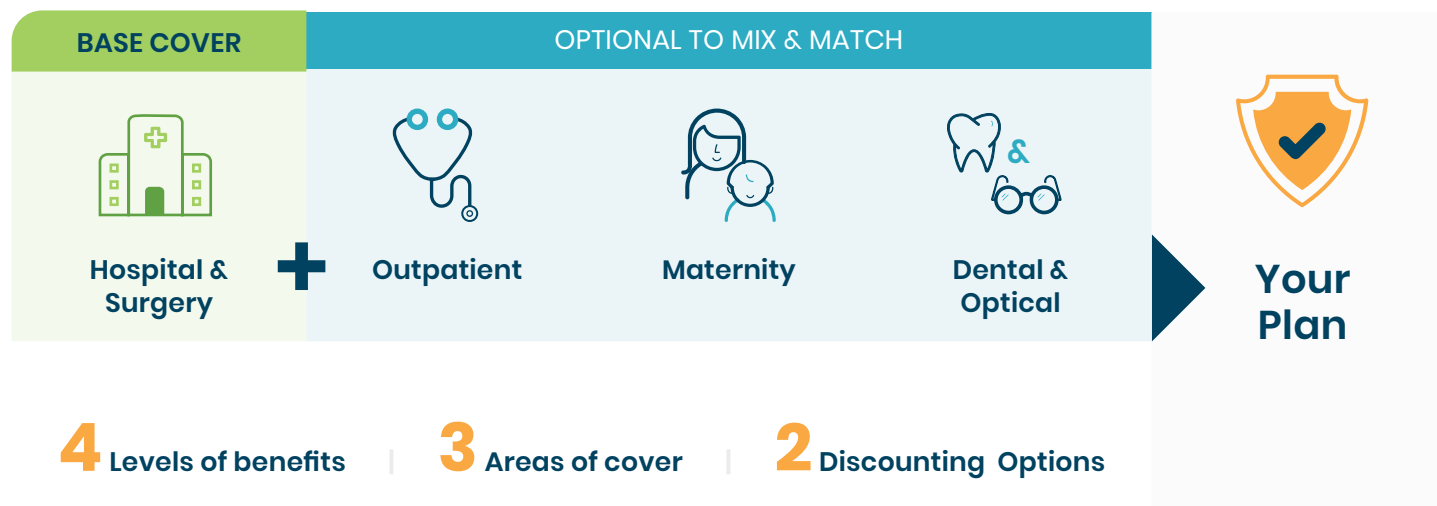
- **MyHEALTH** is an on-shore product insured by PT. Asuransi Artarindo
- Private General Insurance company registered with the Financial Services Authority (OJK)

 ASURANSI  
**ARTARINDO**



# Why choose MyHEALTH?

MyHEALTH is composed of different modules, levels of cover and customisation options to help you create the adapted cover for you and your family.



 Up to  
**50** Combinations  
to create



## Flexibility

- › Can be customised to your needs and budget
- › Option to choose different plans for all family members
- › Family discounts up to 15%

## Simplicity

- › Direct billing arrangement for your hospital fees
- › Simplified access to your insurance services via our Easy Claim app
- › Complimentary 24/7 teleconsultation service

## Proximity

- › An Asia-based customer service team to assist you
- › A 24/7 multilingual assistance platform in case of emergency
- › We always support you in case of hospitalisation or major health issue



*Dealing with a medical situation is never easy.  
We offer you the best services in the market to  
support you every step of the way.*

Indonesia's healthcare system is  
highly efficient, yet complex to navigate:

- Treatments and procedures are evolving every day
- Trusted medical information can sometimes be hard to find
- Medical inflation is no longer sustainable

Get the best mix of human and digital to help you navigate the system



### Human-centric approach

We support you when it truly matters

#### 1. One app to access all your services

Easy Claim is the best-rated insurance app in the market

#### 3. TeleHEALTH

Get in touch with a doctor anytime, anywhere



### Best digital tools of the market

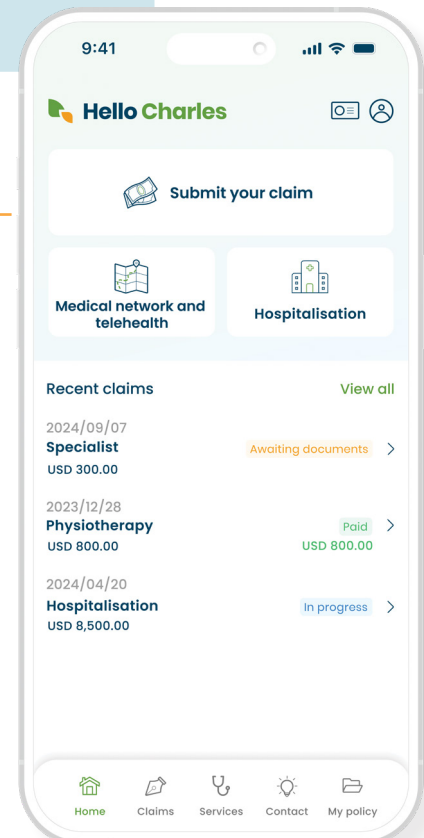
We use technology to serve our customers better

#### 2. Direct billing

Enjoy cashless access to 4,800 hospitals and clinics

#### 4. Second Medical Opinion

Make confident, better informed medical decisions



# How to create your cover in 4 easy steps

Personalise your cover by mixing and matching modules and levels of cover to get the protection you need depending on your situation.

As each family member is different, you may all have different combinations under MyHEALTH.

## Step 1: Select your base cover

Protect yourself in case of hospitalisation or major health condition.

We offer 4 levels of cover:



### Hospital & Surgery

This base cover also includes emergency assistance, repatriation and medical evacuation services.

Core

Essential

Extensive

Elite

## Step 2: Add optional modules

You may add optional benefits depending on your needs.



### Outpatient

If you need to visit a general practitioner, a specialist or buy some prescription medicine, this will be covered under our Outpatient module.

Core

Essential

Extensive

Elite



### Dental & Optical

This module may cover treatments such as dental checkups, orthodontics or prescriptions glasses or lenses.

Core

Essential

Extensive

Elite



### Maternity

If you are planning for a baby, Maternity coverage will be a must. This will cover your pre- and post-natal care, delivery and newborn care.

Essential

Extensive

Elite

Maternity is available to women between 19-45 years of age who have selected an Extensive or Elite Hospital and Surgery on a nil deductible basis, plus an optional outpatient module.

### Step 3: Choose your area of cover

Select your area of coverage depending on your situation.



#### Worldwide

You are covered anywhere in the world.



#### Worldwide excluding USA

You are covered everywhere except the USA.



#### ASEAN excluding Singapore

You are covered in Brunei, Cambodia, Indonesia, Laos, Malaysia, Myanmar, Philippines, Thailand and Vietnam.

#### In case of accident or emergency hospitalisation outside your area of cover:

You will be covered up to \$100,000 per period of insurance for sudden illnesses or injuries occurring during the first 30 travel days of any trip outside the area of cover.

Under Hospital & Surgery "Core", you will be covered for accidents only up to \$100,000 per period of insurance.

### Step 4 (optional): Add discount options

Save money on your annual premium by adding discounting options.



#### Add a deductible on your Hospital & Surgery module



#### Add a co-insurance on your Outpatient module

Please refer to page 8 for details >



#### Need further guidance?

Don't hesitate to get in touch with our team – we will be happy to help you create the best cover for you.





## Add discount options



### 01 Add a deductible to your Hospital & Surgery module

If you have a local insurance plan but need a top up, you might want to consider taking an annual deductible.

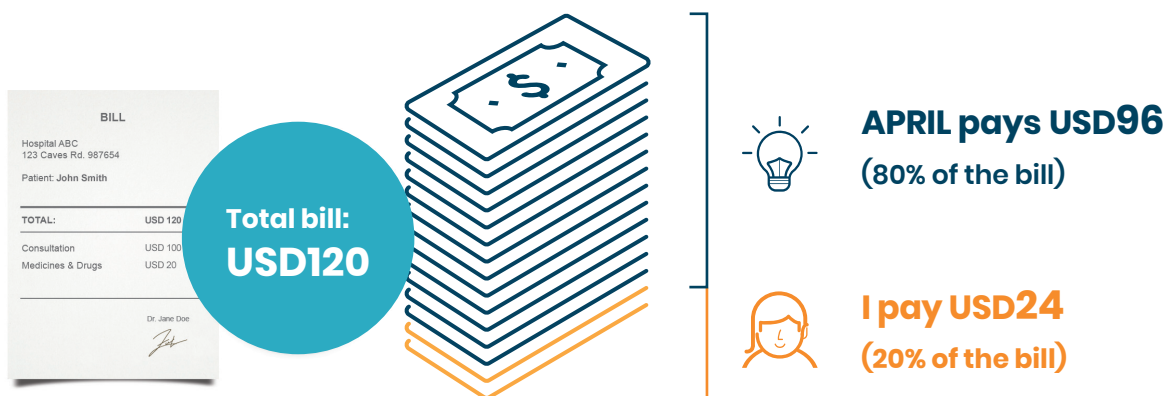
A deductible is the amount you are responsible for before the insurance plan starts to pay for medical expenses. For instance, if your deductible is \$1,000, you must pay that amount out of your own pocket before we begin paying your medical expenses. The annual deductible is per person per year and only applies to your hospital and surgery plan.

#### CHOOSE FROM 6 LEVELS OF DEDUCTIBLES



### 02 Add a co-insurance on your Outpatient module

You can also choose to apply a 20% co-insurance to your Outpatient module to reduce your annual premium. Here is how it is calculated:



- › Only applies to Outpatient benefits
- › **Waived in our Panel Network\***: composed of a wide selection of clinics from the APRIL network in HongKong, Singapore, Vietnam and Thailand.

\*To be fully covered and enjoy direct billing services, make sure you show your APRIL member card at the reception of the clinic.

# Family Discounts

We make insurance more affordable for your family

Whether you are a couple, a family with kids or an extended family, you can benefit from our discounts starting two insured persons.

- › Family is defined as policyholder's spouse, partner, parent, brother, sister, child or grandchild.
- › The discount is based on the number of persons insured at the start of the policy.
- › Family members can have different plans, but they must all have the same policy start and end date.

2 PERSONS



5% DISCOUNT

3 PERSONS



7.5% DISCOUNT

4 PERSONS



10% DISCOUNT

5 PERSONS  
OR MORE



15% DISCOUNT

## How to calculate your premium

Your base premiums are determined by the following factors:

- The modules you select, your area of cover and your discounting options, if any
- Your actual age when the policy begins

YOUR PREMIUM =



# Who is MyHEALTH for?

MyHEALTH is a modular health insurance cover. Our plans are 100% tailor-made to meet all of our customers' needs and budget. Here are a few examples of customers who we created MyHEALTH for:

## Expatriate family established in Indonesia

You are looking for a family-friendly plan that follows the needs of your children as they grow up and offers a comprehensive cover for yourself and your spouse. You want to be able to choose different levels of coverage depending on your family members' needs.



### WE RECOMMEND



Hospital &  
Surgery



Outpatient



**EXTENSIVE**

### WE OFFER YOU

- › Medical checkups and vaccinations benefits to cover your children's routine visits and treatments
- › Coverage for serious children conditions such as congenital and hereditary conditions or neonatal disabilities
- › A wide range of wellbeing and preventive benefits for adults
- › Family discounts up to 15%
- › Complete freedom to choose your own medical providers
- › A digital app to access your family's coverage details and insurance services in one click
- › The same level of cover in Indonesia, back home or wherever you travel





## Young professional and digital nomad

You are looking for a budget-friendly, yet comprehensive cover to protect you in case of emergency or serious illness. You are globally mobile and want your insurance to follow you wherever you go.

### WE OFFER YOU

- › Full coverage in case of hospitalisation
- › Cover for major treatments such as cancer treatment, organ transplant or kidney dialysis
- › Emergency assistance, evacuation and repatriation wherever you are in the world
- › Coverage for motorbike accidents
- › A complimentary 24/7 teleconsultation service to help you reach a doctor anytime, anywhere
- › Dental checkups and treatments at an affordable cost

### WE RECOMMEND



**Hospital & Surgery**



**Optional Dental**

**ESSENTIAL**

**EXTENSIVE**

## Young couple planning for a baby

You are looking for a flexible and comprehensive health coverage that is easy to understand. You are planning for the future and want to cover your growing family.

### WE RECOMMEND



**Hospital & Surgery**



**Outpatient**

**CORE**

**CORE**



















### WE OFFER YOU

- › Comprehensive coverage for hospitalisation
- › Cover for major treatments such as cancer treatment, organ transplant or kidney dialysis
- › Full coverage for complications of pregnancy
- › The possibility to add your newborn to your policy from day 1, without underwriting\*

\*The parent must be covered for at least a year



# Key benefits at a glance

SUMMARY OF KEY BENEFITS		CORE	ESSENTIAL	EXTENSIVE	ELITE
ALL MONETARY SUMS ARE IN USD					
 <b>Hospital &amp; Surgery</b>	Annual Limit per person	\$400,000	\$2,000,000	\$3,000,000	\$4,000,000
	Hospitalisation (inpatient and day patient costs) 	●	●	●	●
	Pre-hospitalisation benefits	15 days	30 days	30 days	60 days
	Post-hospitalisation benefits	15 days	30 days	60 days	90 days
	Parental accommodation	●	●	●	●
	Outpatient surgery 	●	●	●	●
	Cancer Treatment	●	●	●	●
	Kidney Dialysis	\$50,000	●	●	●
	Organ Transplant	●	●	●	●
	Congenital and hereditary Conditions 	●	●	\$100,000	\$200,000
	Neonatal Disabilities  	●	●	\$100,000	\$200,000
	Adding newborns from birth without underwriting	●	●	As long as the mother is insured for 1 year and renews. Underwriting will apply for adoptions, birth following assisted conception & surrogacy	
	Complications of Pregnancy	●	●	●	●
	HIV/AIDs  	●	\$5,000	\$20,000	\$30,000
 <b>Assistance Included in every hospital plan</b>	Emergency medical evacuation and repatriation	Up to \$1,000,000			
	Repatriation of remains	●			
	Cash Advance	●			
	Legal expenses and assistance	Up to \$500			
	Compassionate travel	One-way transport ticket by air in standard economy or by train in 1st class for 1 member			
 <b>Outpatient</b>	Annual Limit for Outpatient Benefits (Pre & post hospitalisation expenses are covered under the hospital module you select.)	\$2,500	\$5,000	●	●
	Outpatient Co-insurance	Nil or 20%			
		Co-insurance waived at Panel Network Providers			
	GPs and Specialists	●	●	●	●
	Medicines, scans and tests	●	●	●	●
	Physiotherapy with referral	●	●	●	●
	Outpatient Mental and Nervous Conditions 	●	\$2,000	\$3,500	\$5,000
	Complementary Medicine and Traditional Chinese Medicine	\$250	\$500	\$1,500	\$3,000
	Medical appliances & mobility aids	\$250	\$500	\$2,000	\$3,500
	Medical check-up	●	●	\$400	\$800
	Vaccinations	●	●	\$100	\$500
 <b>Optional Maternity</b>	Pre- and post-natal care, delivery and newborn care 		\$5,000 per pregnancy	\$8,000 per pregnancy	\$15,000 per pregnancy
 <b>Optional Dental &amp; Optical</b>	Minor dental treatment (e.g. cleaning, simple extractions)	\$300	\$1,000		
	Major dental treatment  (e.g. implants, root canal, orthodontics)	●	●	\$2,500	
	Eye exams, prescription contact lenses and lenses	●	●	●	\$300
 Lifetime Limit  Pre-authorization Required  Waiting Period Applies             ● Full Cover             ● No Cover					





**Asia Insurance Industry Awards 2024**  
**Service Provider of the Year**



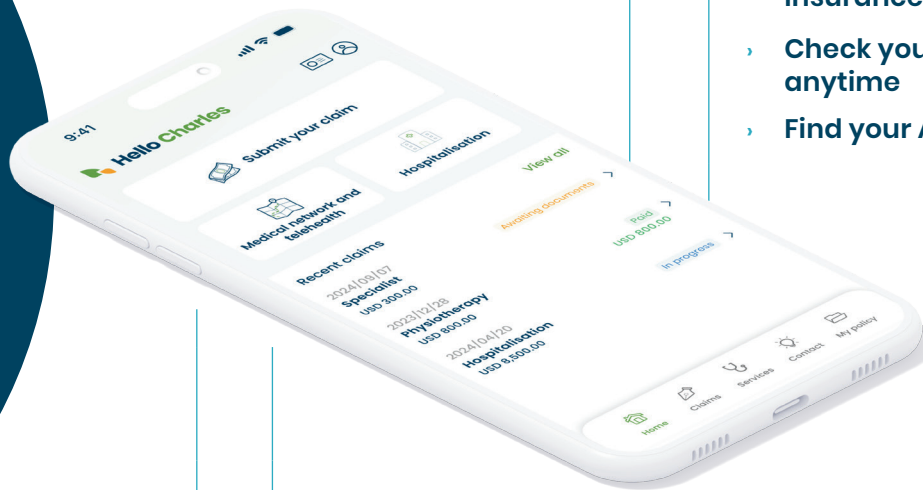


# Our award-winning Easy Claim app

Access all your insurances services anytime, anywhere



**Global Business  
Review Awards 2022**  
Most Innovative Health  
Insurance App Asia



Find medical providers around you

- › Access your electronic insurance card
- › Check your coverage anytime
- › Find your APRIL contacts

Track your claims status

- › Submit your claims
- › Submit your hospitalisation requests



## 1. Get in touch with a doctor

Get a consultation with a licensed medical practitioner without even leaving your house. Simply send a request on Easy Claim and a doctor will call you back within 3 hours.



Included in your policy with unlimited usage



Available 24/7 in English or in Bahasa, French and many more languages (8 AM to 8 PM, Monday to Friday)

## 2. Second medical opinion

Receive a free Second Medical Opinion from the best medical experts in your pathology. Through our partner Teladoc Health, we offer you access to a network of 50,000 experts worldwide. Get an external, unbiased medical opinion to confirm a diagnosis, explore alternative treatments or simply understand your condition better.



Our TeleHEALTH services are provided by

**Teladoc**  
HEALTH

- › Global leader in virtual care
- › 43 million members worldwide
- › Covering more than 175 countries
- › 90% members satisfaction

TeleHEALTH is not an emergency service. In case of emergency, please contact our 24/7 assistance platform.

## Direct settlement of your inpatient costs

For non-emergency hospitalisation or treatment, send a pre-authorisation request to us at least 5 working days in advance. Our in-house team of medical experts will study your request and make sure:



### **The recommended treatment is the best option for you**

In some cases, we might provide a second medical opinion



### **Your treating doctor is the most qualified**



### **The costs of treatment are reasonable and customary**

Controlling costs on major medical treatments by negotiating rates with hospitals helps us offer sustainable premiums year after year.

Once your request has been accepted, we will issue a Letter of Guarantee (LOG) to the chosen medical facility and settle the cost of treatment directly. Today, we are able to place LOGs in a great majority of hospital worldwide.

**Hospitalisations, outpatient surgery and rehabilitation treatment must be pre-authorised in advance, otherwise a 20% co-payment may apply.**

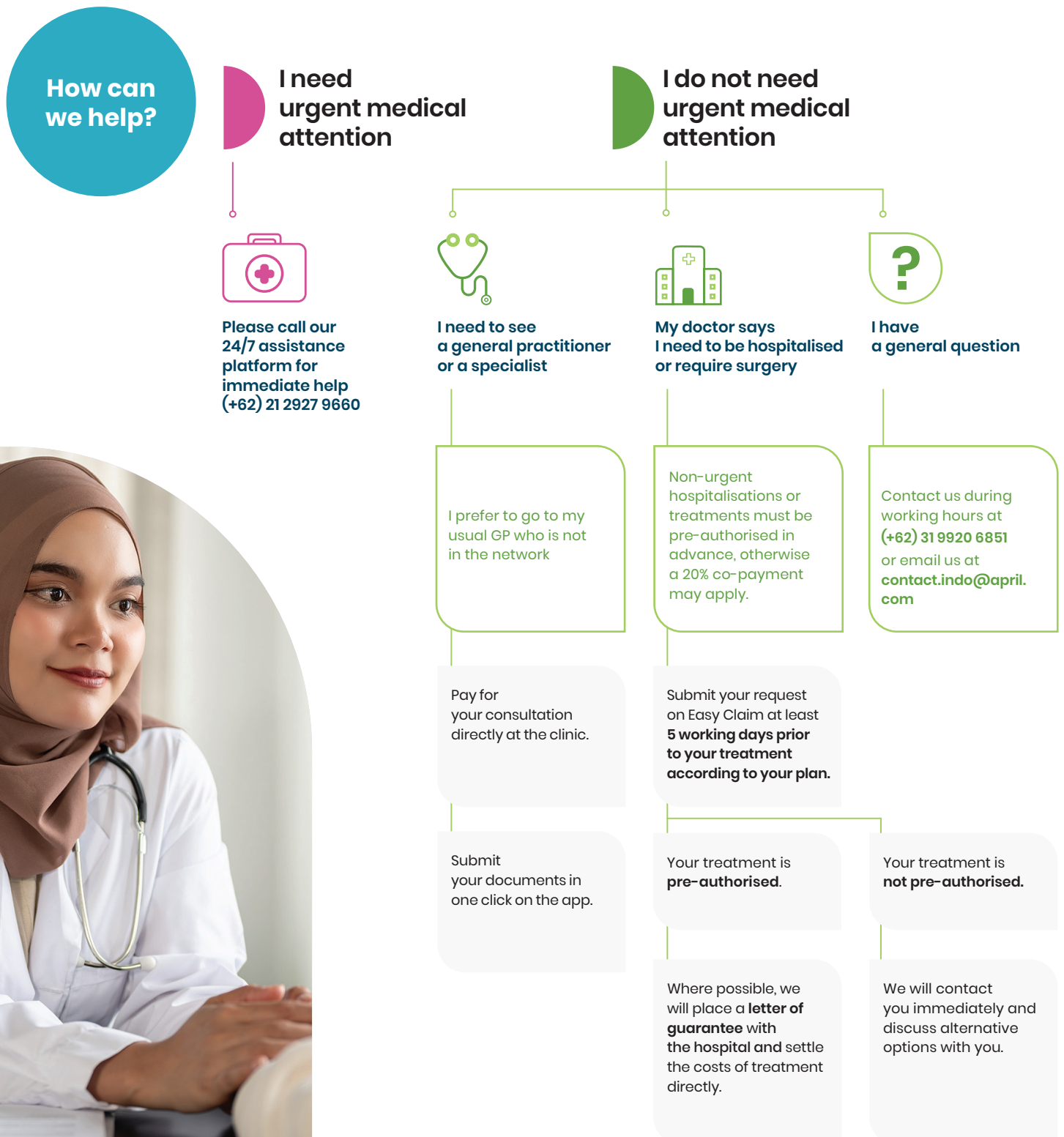




## 24/7 Medical Assistance

In case of medical emergency, call our 24/7 assistance platform. Wherever you are in the world, our team will assist in transferring you to the most appropriate medical facility to receive the treatment you need and/or transport you back home after receiving your medical treatment.

**Need support? All your services are just one click away on your Easy Claim app**





# Underwriting Process

Underwriting is the process of assessing risk in order to offer insurance and set the premium you pay. Medical insurance underwriting considers your medical history and whether pre-existing conditions will be covered or excluded.

- Health insurance is all about covering the unexpected costs of healthcare. If you have been sick or treated in the past this changes your risk profile and we have two ways of underwriting to address this.



01

## Full Medical Underwriting



We ask you detailed questions about your medical history when you apply

- › Complete the Full Medical Underwriting Application Form.
- › You must be 65 years or below to apply.
- › **For applicants aged 55 and above, please submit a medical checkup report conducted within the past 6 months.**

You will receive an offer from us or we may request additional information. Please provide the additional information quickly as this can delay your cover. Coverage can start as soon as you accept our offer.

02

## CPME (Continuous Personal Medical Exclusions)



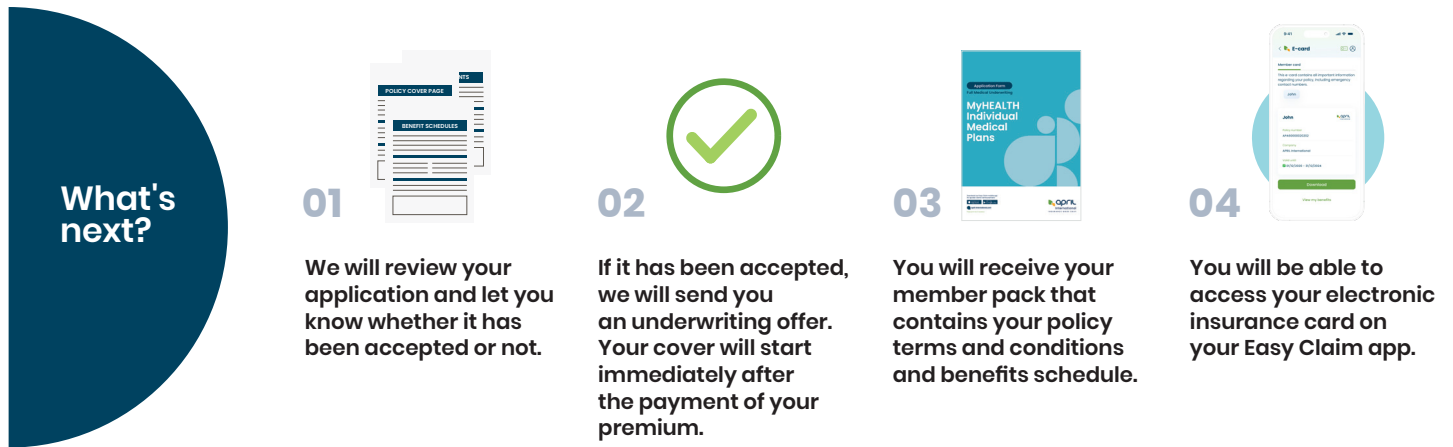
Continue your cover under the same terms as your previous insurer.

- › Complete the CPME Application Form.
- › Send us your original terms and existing Benefits Schedule.
- › You must be 65 years or below to apply.

We will review your application and let you know whether it has been accepted or not.

# Application Process








I just sent my application:




Remember, you have a Free Look Period of 30 days from the date you receive the policy.

## Payment Options

We offer the following payment options:

	<b>Annual Payment</b> in USD	 <b>BANK TRANSFER</b>	 <b>CREDIT CARD</b>
	<b>Semi-annual Instalment</b> (4% Surcharge)	 <b>BANK TRANSFER</b>	 <b>CREDIT CARD</b>
	<b>Quarterly Instalment</b> (5% Surcharge)	 <b>BANK TRANSFER</b>	 <b>CREDIT CARD</b>





*All our members are different and our plans have been designed to offer adapted solutions for each of them. And you can always trust our advisors to work with you to design a cover around what matters most – your health.*





# Frequently asked questions

## Who can apply for insurance?

Anyone residing in a country acceptable to us at the time of application and not older than 65 years for fully underwritten and CPME policies.

## Is there a maximum renewable age?

No.

## Can you tell me more about the application method?

We offer Full Medical Underwriting and CPME Underwriting. Full Medical Underwriting requires you to complete a medical questionnaire for each person to be insured. Full disclosure of your medical history must be provided. The answers you give will form the basis of any insurance policy issued. Declared conditions may be accepted as standard, excluded and/or covered with a premium loading. An offer will be made based on the declarations provided in the form. In some cases, we may have to decline the application.

Any pre-existing conditions not declared during the underwriting process can jeopardise your coverage. Subsequent to the policy being issued, if a non-disclosure is discovered, the insurer may impose an exclusion or in more serious cases, void policy in its entirety from the start. If you are uncertain about whether any particular fact needs to be disclosed, you should disclose it.

Finally, the CPME application process allows you to continue your cover under the same terms as your previous insurer without further medical underwriting. You must complete the CPME application form and provide us your original terms and existing Benefits Schedule. We will review your application and assess whether you are eligible for a transfer to MyHEALTH. To be eligible, your previous insurer must be part of our approved list.

## What is a pre-existing condition?

A pre-existing condition is an illness or a health condition that is known at the time you submit your application. It can be related to a hospitalisation that occurred in the past or an illness that is congenital (i.e. what you are born with). Furthermore, it can be linked to a major condition that you have suffered in the past or currently suffering. This includes conditions such as asthma, high blood pressure, heart diseases, mental illness.

## Can family members have different plans under the same policy?

Certainly!

## My spouse and I have insurance coverage through work but it does not extend to our children. Can I apply for a plan for just my children?

Yes, but we will name you, the parent, as the policyholder.

## When can coverage begin?

Coverage can begin as soon as you accept our underwriting offer.

## If I move or return to my home country, can I take my plan with me?

Provided there are no regulatory restrictions in the country that you move to, we will continue to offer renewals. The premiums however may change depending on the country you move to.

## Am I allowed to make changes to my plan?

Yes, you can make changes to your plan at renewal. Just let us know in writing as soon as you receive your renewal offer. Changes to your coverage will likely result in a change in premium and any upgrades in coverage will be subject to underwriting.

## Can I choose my own medical provider/doctor?

Yes, you have the freedom to choose your own provider

## Will I be penalised if I make a big claim?

Never! Our plans are community rated which means no matter how large your claims may be during any policy year, you will always have the opportunity to renew your policy at prevailing rates. You will not be rated individually.

## How are my premiums determined at renewal?

On an annual basis, we may adjust premiums to ensure the plan keeps up with medical costs. Your renewal premium is affected by the annual adjustments that we make and we will inform you at renewal what was the base increase applied.

In addition to the annual adjustment that we make, the following factors contribute to the overall determination of your renewal premiums.

- The published rates in effect at the time of your renewal for your plan selection and your age on the first day of your renewed policy;
- Any underwriting premium loadings that you accepted at the start of the policy;
- Family discounts based on the headcount at renewal (if applicable);
- Any changes that you make to your plan at renewal; and
- Any increase in age band



## ● How do I renew my policy?

A few weeks prior to your policy expiring, you will receive a renewal notice. If you decide to renew, we must receive your premium and renewal confirmation on or before the start date of your renewed policy. Otherwise, it will be deemed that you have not decided to renew your policy with us.

## ● There are certain circumstances that the policy will not cover, which are stated as exclusions. Here is an extract of some of the exclusions but you are advised to read the full list in the policy terms and conditions.

- Services which are not medically necessary;
- Services which are not reasonable and customary;
- Experimental or unproven treatment;
- Non-prescription drugs, vitamins, nutritional supplements;
- Services by a psychologist or counsellor;
- House calls or any service rendered at a person's home, office, hotel room, or similar place;
- Treatment which is covered by other insurance;
- Emergency dental treatment related directly or indirectly to biting, chewing or teeth grinding;
- Complications of pregnancy following assisted conception;
- Elective caesarian section prior to the 38th week of term;
- Treatment related to assisted conception, contraception, sterilisation, fertility or infertility, testosterone deficiency and sexual dysfunction;
- Sexually transmitted diseases
- Cosmetic treatment or gender reassignment surgery or therapy;
- Sleep disorders or behavioural or developmental disorders.

## ● What does reasonable and customary mean?

In relation to a charge, "reasonable and customary" shall mean an amount comparable to that charged by others of similar professional standing in the same locality, for the same class of hospital room, for a person of similar sex and age, for a similar disability, without regard to ability to pay or the availability or adequacy of insurance. Where an insured person stays in a hospital room above the hospital room and board level shown on the benefits schedule, reasonable and customary charges will be limited to comparable charges for the highest class of room for which the insured person is covered.

We may adjust any and all benefits payable in relation to any charges which is not a usual, reasonable and customary.

For more information, contact your insurance consultant :

Underwritten by:

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Arranged and administered by:

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MHINDO 2025/05



PT Asuransi Artarindo berizin dan diawasi  
oleh Otoritas Jasa Keuangan (OJK)

