

Article Date	Headline / Summary	Publication
3 Dec 2024	Don't Worry, Be Happy: Leverage govt schemes for medical insurance, pensions, & more	Moneycontrol

### [Don't Worry, Be Happy: Leverage govt schemes for medical insurance, pensions, & more](#)



Enrolling in these programmes will help individuals access valuable benefits that provide financial security and protection against unforeseen events.

The people of a country are its most valuable asset. And a financially healthy society forms the foundation of a robust economy. Hence, to support its citizens, governments are introducing insurance schemes to build economic resilience. However, it is essential that the citizens for whom these schemes are designed are aware of them. Enrolling in these and utilising their benefits is critical. This guide aims to help you understand the government insurance and pension programmes available for you.

**Ayushman Bharat - Pradhan Mantri Jan Arogya Yojana (AB-PMJAY)** This scheme provides a family floater medical cover of Rs 5 lakh per year, which multiple family members can avail of. Individuals can get free medical treatment by showing the Ayushman card at empanelled private or public hospitals. Senior citizens aged 70 and above, irrespective of their socioeconomic status, are now eligible to get covered under this scheme. Further, senior citizens; from economically weaker sections of society can get an additional cover of Rs 5 lakh (Rs 10 lakh in total). A separate Ayushman card will be issued to them to help avail of the benefits of the scheme. Under AB-PMJAY, one's eligibility is determined based on financial and occupational criteria already recorded in the 2011 socioeconomic and caste census. The cost of the premium is shared between the central and state governments in a 60-40 ratio. However, this may vary for union territories with or without an assembly, hill states, and the north east. To enrol in this scheme, you can visit the official PM-JAY website ([pmjay.gov.in](http://pmjay.gov.in)), and click on the Am I Eligible option. If you are, fill out the registration form and submit the required documents. After the application is approved, you can download your Ayushman card from the same website. Alternatively you can visit the nearest Common Service Centre and apply with the help of a CSC operator. Since some states are not implementing this scheme, it is important to check whether yours is before initiating the process.

**Pradhan Mantri Suraksha Bima Yojana (PMSBY)** PMSBY is an accident insurance scheme that provides a cover of Rs 2 lakh in case of death or disability due to an accident, for a negligible premium of Rs 20 per year. In the event of total permanent disability, the

beneficiary is given Rs 2 lakh, while for permanent partial disability the beneficiary will receive Rs 1 lakh. Individuals between 18 to 70 years who have an account in participating banks and post offices can enrol in this scheme, either online (through the bank postal department's website), or by visiting the bank or post office in person. Renewals are easy, and the premium will be auto-debited from your account every year if you wish to continue with the policy.

Pradhan Mantri Jeevan Jyoti Bima Yojana (PMJJBY) This life insurance scheme provides a cover of Rs 2 lakh for a premium of Rs 436 per year. Individuals aged between 18 to 50 (renewable up to 55 years) with an account in participating banks and post offices can enrol in this online, or by visiting their bank & post office in person. Renewals are easy, and the premium will be auto debited from your account every year if you wish to continue the policy.

Atal Pension Yojana (APY) This is a pension scheme for individuals aged 18 to 40 who have a bank or post office savings account. It primarily targets individuals working in the unorganised sector, aiming to provide them with financial support after retirement. Beneficiaries are required to make contributions on a monthly, quarterly, or half-yearly basis, as per their chosen plan, and on turning 60, they will receive a monthly pension ranging between Rs 1,000 to 5,000 (depending on the plan). Individuals can enrol in this scheme by visiting their bank & post office. It is crucial for citizens to stay informed about these opportunities and fully leverage the resources and support available to them. By understanding and enrolling in these programmes, individuals can access valuable benefits that provide financial security and protection against unforeseen events, contributing to their overall well-being.

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