

Balanced diet for good health

Add different types of food to your diet

Take more



Eating Fruits and vegetables increase the amount of fiber, vitamins and minerals

Take more



Protein helps in developing the body

Take less



Fat is a condensed source of energy which provides more calories to the body

Take less



Carbohydrate gives us energy, but the amount of nutrition in them is low

Have a balanced diet, for a better life

Toll Free No.: 1800 11 2526, Medical Helpline No.: 1800 11 3839
www.esic.nic.in, www.esic.in, www.esichospitals.gov.in

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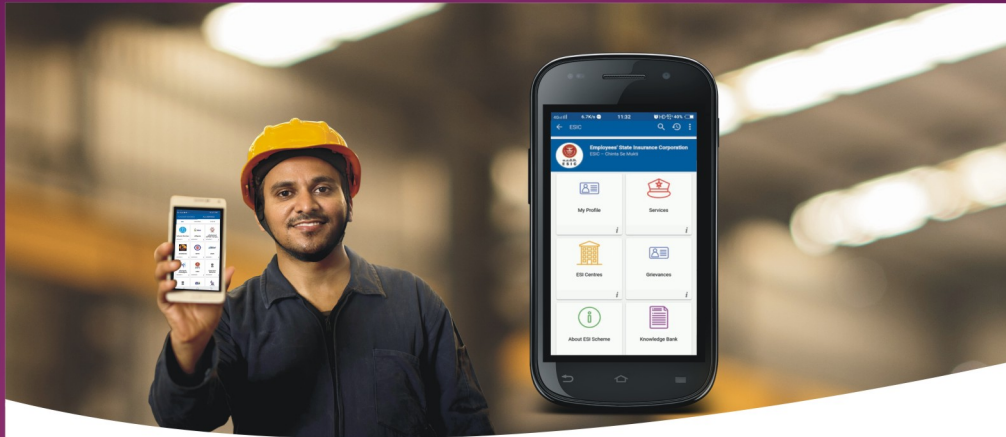


क.रा.बी.नि.
E S I C

कर्मचारी राज्य बीमा निगम
Employees' State Insurance Corporation

स्वास्थ्य पासबुक HEALTH PASSBOOK

ईएसआई लाभार्थी के लिए
FOR ESI BENEFICIARY



'ESIC – Chinta Se Mukti' Mobile App

- 'ESIC – Chinta Se Mukti' Mobile App available on UMANG App Platform of Govt. of India. Click on <https://goo.gl/BZUv9u> to download UMANG App
- IP can check ESI contribution history, personal profile, claim status, entitlement to ESIC benefits
- Knowledge bank on health topics and audio – visuals on benefits of ESI Scheme
- Facility to lodge ESIC related grievances



BENEFITS UNDER ESI SCHEME



Medical Benefit : We take care of your medical needs. Reasonable Medical Care for self and family from day one of entering into insurable employment.



Sickness Benefit : Sick leave is not leave of earning. 70% of average daily wages in cash during medical leave, upto 91 days in two consecutive benefit periods.



Maternity Benefit : Welcome your baby welcome the benefits. 100% of average daily wages in cash up to 26 weeks in confinement and 6 weeks in case of miscarriage, during maternity leave & 12 weeks for commissioning mother and adopting mother.



Disablement Benefit : Disability doesn't mean inability to earn. Continuous monthly payment till injury lasts for temporary disablement and for whole life for permanent disablement.



Dependants' Benefit : Those who depend on you also have us to depend on. Monthly pension shareable in fixed proportions among dependants in case of death due to employment injury.



Unemployment Allowance : Loss of job doesn't mean loss of income. Monthly cash allowance for a duration of maximum 24 months in case of involuntary loss of employment or permanent invalidity due to non-employment injury.



Atal Bimit Vyakti Kalyan Yojana (ABVKY)
Cash compensation upto ninety (90) days @25% of average wages earned during previous four consecutive contribution periods.



Old Age Medical Care : Old age doesn't mean retirement from leading a healthy life. Medical benefits for retired/superannuated Insured Persons in ESI Hospitals.



Vocational Rehabilitation Allowance : Disablement doesn't mean complete loss of skill. Payment of actual fee charged or ₹ 123/- per day in case of disablement due to employment injury.



Rehabilitation Allowance : Injury during employment doesn't mean loss of daily livelihood. 100% of average daily wages in case of Physical disablement due to employment injury as long as the person is admitted in an artificial limb center for fixation/repair or replacement of artificial limb.



Other Benefits
Confinement Expenses
₹ 5000/-per confinement where ESI medical facilities are not available.



Funeral Expenses
Actual expenses subject to a maximum of ₹ 15,000/- in cash for funeral of deceased IP.