



Ensuring a healthy and safe trip

If you plan to travel outside Canada, you should get the best medical insurance you can afford - hospitalization or medical treatment can be very expensive. Canadian provincial medical insurance rarely covers the full cost and does not pay up front.

Check with your provincial health authority.

For people traveling outside Canada, provincial health plans cover only emergency health services given in connection with an acute, unexpected illness or injury requiring immediate or emergency treatment. Be aware that Canadian health insurance will only cover the amount that the medical service would cost in Canada - if it costs more in the country you're visiting, you'll be responsible for paying the rest.

Carry your insurance information with you.

Carry details of your insurance with you. Also, tell your travel agent, a friend or a relative at home, and your traveling companion how to contact your insurer. If you get medical treatment when you are abroad, make sure you have all the paperwork and invoices for your reimbursement claim - most insurance companies will not accept copies or faxes. Keep copies for yourself!

Find out about the risks and where to go for help.

Foreign Affairs Canada produces Country Reports that outline reported risks or concerns for Canadians visiting different countries, available at www.voyage.gc.ca.

When you travel abroad, make sure you know the location of the nearest Canadian embassy or consulate.

The Consular Affairs Bureau provides information and assistance services to Canadians living and traveling abroad. The Operations Centre of Foreign Affairs Canada operates 24 hours a day, seven days a week and is available to respond to emergency calls from anywhere in the world.

Foreign Affairs Canada offers a registration service for Canadians residing in a foreign country for three months or more. Canadians spending less than three months visiting areas or countries with a potential for natural disaster or civil unrest can also register at www.voyage.gc.ca.

Did you forget anything? Here is a quick checklist of things to do before you go:

- Check www.travelhealth.gc.ca for any travel health advisories.
- Get travel medical insurance - understand what it includes (your private health insurance may also cover travel).
- Write down the emergency numbers you might need (e.g., Canadian consulate/embassy, insurance, credit card).
- Pack any medications you need, and bring extra in case you lose them.
- If necessary, visit a travel clinic two months before leaving.
- Buy alcohol-based sanitized wipes to keep wherever you go.
- When you return from your trip, make sure to report any prolonged fevers to your doctor.

And remember, have a safe and enjoyable trip! Bon voyage