



PROTECTING YOUR HEALTH & TRAVEL INSURANCE INFORMATION

Health Insurance

Travel Insurance

Health Information Checklist:

- Carry complete health information with you on your trip including:
 - Your Insurance Company's name, address & phone number
 - Trip Insurance policy & contact information for insurance company
 - Name of contact person in case of emergency
 - Your blood type
 - A copy of your eyeglass prescription
 - A list of current medications with their generic names, brand names can vary in foreign countries

Food Allergies:

- If you have any food or drug allergies, learn the names of those foods/drugs in the languages used in the countries you'll be visiting. This way you'll be better equipped to stay on the look out for them.

Disease:

- Find out what types of diseases are common to the area you'll be visiting and take actions to prevent your exposure to those diseases. Canadians, please visit the [Public Health Agency of Canada](http://www.phac-aspc.gc.ca/tmp-pmv/pub-eng.php) (<http://www.phac-aspc.gc.ca/tmp-pmv/pub-eng.php>). Americans, please visit the [Center for Disease Control \(CDC\)](http://wwwnc.cdc.gov/travel/) (<http://wwwnc.cdc.gov/travel/>).

Vaccinations:

- Find out what types of vaccinations you will need to enter the country, there may also be medications you'll need to take before, during and even after your trip. Get your vaccinations early in case you have a reaction and need some recovery time.

Dental Check-up:

- Arrange a dental appointment before your departure date if you haven't had a recent check up.

Travel Insurance:

Travel Insurance Checklist:

- You should check your medical/dental, credit card and cancellation insurance coverage to determine whether you need additional travel insurance.
 - Check with your insurance agent to see if your current medical coverage will cover you outside the country
 - Check with your credit card provider to see if they provide any travel insurance and determine whether it is sufficient for your planned trip - otherwise, consider travel insurance that will cover any unforeseen events
 - You may be making your travel plans months in advance to obtain better pricing, however many things can happen in that time that would cause you to have to cancel your trip and possibly lose your deposit or even your full payment - see if your insurance covers such unforeseen eventualities
 - Check to see if your insurance covers medical evacuation costs especially if you plan on traveling to an area of the world that may not be able to provide the type of medical care you will need.

Travel Insurance Options:

- Protect your deposit or full payment by adding either:
 - Cancellation insurance which will cover the amount of your air, cruise, tours, & hotels prior to departure - this is now included on all MindWare Educational Seminars travel or;
 - Full medical & cancellation insurance which in addition to covering any cancellations will also cover all medical expenses you may incur including urgent return home expenses

****Please note:** All travelers are susceptible to travel delays, often ones beyond your control, which can cause you to miss all or part of your trip. If you need to take out a travel insurance policy, know that it is usually required within 48 hours of booking your travel.*