

that it is legal. Some over-the-counter medications in Canada are illegal in other countries or require a prescription. Obtaining a note from your doctor that states the medical reasons for your prescription and the recommended dosage is also encouraged.

If you need syringes for a medical condition such as diabetes, it is very important that you take an appropriate supply. As well, you should have a medical certificate that shows they are needed for medical use.

If you have a pre-existing medical condition that could present a problem while you are abroad, it is wise to wear a MedicAlert® bracelet. Through the MedicAlert® Foundation, your vital medical facts become part of a database that can be accessed 24 hours a day from anywhere in the world.

Pregnancy

If you are pregnant and plan to work abroad, talk to your doctor. Some vaccinations may not be recommended. Also, check your health insurance plan carefully to ensure it covers health complications arising from pregnancy.

Health Insurance

Obtain health insurance before you go abroad. Make sure that you

understand the terms of your policy and that it covers all your needs and those of all members of your family. There is nothing worse than being ill and on your own in a foreign country, and having to worry about large financial obligations. Health insurance is one of the best investments you can make.

Out-of-country health insurance is available through travel agents or directly from insurers listed in the Yellow Pages.™ Check the following points when purchasing such health insurance:

- Are foreign hospital and related medical costs paid directly or are you required to pay up-front and seek reimbursement later?
- Does the insurance cover medical evacuation to Canada, along with any required medical escorts?
- Are pre-existing medical conditions covered?
- Are premature births and related neonatal care covered?
- Will the insurer provide a cash deposit in advance if a hospital requires it?
- Does the insurance cover costs associated with a death abroad, including the return of remains to Canada?