



## **SUPPLEMENTAL TRAVEL HEALTH INSURANCE**

Do not rely on your provincial or territorial health plan to cover costs if you get sick or are injured while abroad. Out-of-country health care can be costly, and your health plan may not cover any medical expenses abroad. It is your responsibility to seek information from your provincial or territorial health authority and to obtain supplementary travel insurance and understand the terms of your policy.

**Carry details of your insurance with you while travelling** and leave a copy with a friend or relative at home.

Your provincial or territorial health insurance plan will become invalid if you live

elsewhere beyond a certain length of time. Personal medical insurance is available for individuals and their dependants living outside Canada for extended periods. Check with your insurer before you leave Canada.

You may also want to purchase a travel insurance package that includes flight cancellation, trip interruption, and/or lost luggage coverage. Doing so can prevent major disruptions and additional costs.

## **POST-TRAVEL MEDICAL MATTERS**

See your doctor if you become sick or feel unwell after returning to Canada. Inform the doctor, without