

Chloe knew that living and working overseas would be the chance of a lifetime. While her posting afforded her good accommodations, there were few high-quality medical services available in the country if she needed them. She was concerned that the hospitals might have limited equipment, questionable blood supplies or poor infection control practices. Chloe chose to protect her health by investigating a number of travel health insurance options and selected the one that provided both medical services and medical evacuation coverage.

your children's pediatrician, of your upcoming absence from Canada to ensure your family will still be registered with them upon your return.



Be prepared to acclimatize!

Almost every traveller has experienced **jet lag**, the physical and psychological symptoms you feel when you travel over multiple time zones. Symptoms include fatigue, difficulty sleeping, poor concentration, altered moods and gastrointestinal problems. The effects are generally worse for eastward travel and with increasing age. It's best to avoid caffeine, alcohol and heavy meals while you're in the air. If you're travelling on business, try not to schedule any work until 24 to 48 hours after you arrive. If you're staying at your destination for more than three days, adjust your cycle of sleeping, eating and activity to your new location as soon as you arrive.