

# Travel Plans

## Planning a Vacation?

### HERE'S YOUR ALL-INCLUSIVE PRE-TRAVEL CHECKLIST

The world is your oyster, so where are you going to go? No matter where you travel to or how you get there, a little bit of planning ahead of time can ensure you are safe on your journey. If you are planning to travel, this handy checklist can help you stay a step ahead, worry free.

### Preparing for your trip

Don't forget to pack the most important thing – travel insurance!

- Understand what you are covered for under your provincial health care plan
- Review your current Travel Insurance, Group Plan, VIP Travel Benefits, or the Travel Benefits available on your credit card. Know your coverage and ensure there are no gaps in coverage (e.g., credit cards, group/employer plans, etc.)
  - Who is covered on the policy?
  - How many days coverage does it provide?
  - What benefits does it include?
  - What are the maximum eligible covered amounts?
  - Is your current coverage adequate for your travel needs?
- Leaving the Province for more than 214 days? Prior to purchasing your Travel Insurance, contact Saskatchewan Health to confirm your Saskatchewan Health coverage will remain in effect beyond 214 outside of Saskatchewan.
- If you have questions regarding your health insurance, contact Saskatchewan Blue Cross or your local advisor for your Health Declaration Questionnaire to review with your primary care physician.

### Packing for your trip - Know Your Medications & Devices

- Take a list of current medications and supply of medications that will last for the duration of your stay with some extra in case your trip is unexpectedly extended.
- Pack a copy of any original prescriptions as well as a note from your doctor explaining why it has been prescribed. In the event your medication is lost or stolen, you may be able to replace it.

- If you are taking any unusual medication, check that it is allowed into the region you are visiting.
- Oxygen, wheelchairs, scooters, crutches, canes, walkers, prosthetic devices and apnea monitors are just a few devices that are permitted through airport security prescreening. For a full list visit the Government of Canada's website – [www.travel.gc.ca](http://www.travel.gc.ca).

## Know Before You Go

- If you require a Top-up Travel Plan to extend the duration of your trip, ensure you understand your coverage. There may be changes in benefits available, eligible expense amounts, differing pre-existing condition clause and health questionnaires.
- Understand what to do in the event of an emergency. Exclusive to Blue Cross Travel coverage, our GeoBlue partnership delivers expert travel assistance and claims management services to our members, ensuring in an emergency they are well looked after without worry of out-of-pocket expenses.
- 1-hour prior to departure, register your flight details at <http://flightdelayservice.ca/> to receive exclusive access to the airport lounge or hotel accommodations in the event of a delay. (Exclusive to Saskatchewan Blue Cross)
- Find out about vaccine preventable illnesses that may be in the region prior to your departure. Travel advisory and vaccine information is available from the Government of Canada – <http://www.travel.gc.ca>.
- Know what to do in case of medical emergency at the destination you are visiting. While you may be used to dialing 9-1-1, this is not the case in every country.

## Always carry your travel insurance card with you while travelling.

This holds vital contact information that will be needed in the event of an emergency.

Getting travel insurance is not just about keeping you physically safe when you travel, but also about helping to protect your finances. Having to pay for medical assistance in another country, even just across the border in the United States, can be very costly. Enjoy peace of mind with travel insurance from Saskatchewan Blue Cross – then all you have to do is enjoy your trip!

For more information, visit [www.sk.bluecross.ca](http://www.sk.bluecross.ca) or contact your trusted advisor.