

Travel Smart

Now you really can “*travel smart*” with your new **Travel Insurance and Assistance Card**. This handy card includes numbers to call in the case of an emergency when travelling. So make sure you take it with you whenever travelling outside your province of residence.

Travel Insurance and Assistance covers products and services you may need in the event of a sudden and unexpected illness or accident while travelling. This coverage also includes Travel Cancellation Insurance.

Taking a few *small* precautions before leaving on your trip can help you avoid *big* problems and make the most of your time away:

- Your health condition must be stable and be expected to remain stable for the duration of your trip. Not sure if your health condition will be eligible? Contact our Travel Assistance service before leaving to confirm that you will be covered if you experience a health problem while travelling.
- If you travel to a country or region subject to an official Government of Canada travel warning, your travel insurance will not be valid for a health emergency.
- Contact our Travel Assistance service before seeking treatment or services to benefit from their international network and expertise in coordinating emergency care.

SSQ Financial Group

This brochure is distributed for information purposes only and does not change the provisions and conditions of the policy.

Travel Insurance and Assistance

For immediate Travel Assistance in the case of an emergency when travelling outside your province of residence call:

Canada/U.S.: 1 866 438-5498

Elsewhere in the world: 418-651-2266 (call collect)

Be sure to have your Contract Number handy when you call.

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Tips for smart travelling:

- Make a list of the items you want to take with you. You'll find it easier to stick to the essentials and be less likely to forget anything important.
- Pack a first aid kit in your luggage.



- Keep any medications you need to bring along in original containers clearly showing prescriptions and pack them in your carry-on bag. That way your health won't be compromised if your luggage is lost.
- Tell friends and family about your travel plans. Give them the name of your travel agent, a photocopy of your passport and the address of where you'll be staying.
- Have someone pick up your mail for you while you're away.
- Make sure you have enough local currency on hand to cover your day-to-day expenses. Keep cash in a secure location, such as a hotel safe or wear a money belt.

Bon voyage from SSQ!

Quick Reference

Be sure to complete before departure, as this information is required when you call for emergency assistance.

Name: _____

Address: _____

Telephone No.: _____

Contract No.: _____

Consult your insurance booklet for insurance contract provision details regarding *Travel Insurance and Assistance* and *Travel Cancellation Insurance*.

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