

International Health Insurance Tips

Before traveling abroad you should plan for illness or injuries during the trip. Travelers are responsible for hospital and other medical expenses incurred during their trip and so International health insurance is essential. Following tips will help you in buying insurance

- Check your health insurance plan to see if they will cover your health needs abroad.
- Think about purchasing additional health insurance for your trip if your health insurance does not cover you while you are traveling.
- Insurance plan must provide an emergency help line, 24 hours a day, and 7 days a week and facilitate international travelers to contact from different time zones and different geographical locations.
- Check for insurance company's tie-ups with the health care providers (Doctors and Hospitals)
- Check if the insurance covers treatment in home country also.

General tips

- Sign the passport and fill in the emergency information page of your passport.
- Leave copies of your itinerary, passport data page and visas with family or friends, so you can be contacted in case of an emergency.
- Familiarize yourself with local conditions and laws
- Register your travel plans with the State Department through a free online service at <https://travelregistration.state.gov>. This will help them to contact you if there is a family emergency in the U.S., or if there is a crisis where you are traveling. In accordance with the Privacy Act, information on your welfare and whereabouts will not be released to others without your express authorization.
- Make couple of extra copies of your passport and insurance card and keep it safe.
- Stock enough medicines. Carry your general medicines and people who are on any prescribed medicine should carry enough stock assuming a longer stay