

Travelling soon? Here's what you need to know

Your Green Shield Canada (GSC) travel benefit allows you to take advantage of a vast network of medical providers, resources, and contacts when you travel outside your home province and experience a medical emergency.

What's meant by 'emergency'?

Eligible benefits will be reimbursed only if the services were required as a result of emergency illness or injury that occurred while travelling. **Emergency** means a sudden, unexpected injury, illness, or acute episode of disease that requires immediate medical attention and could not have been reasonably anticipated based upon the person's prior medical condition.

If you (or your spouse or eligible dependent) have been diagnosed with a medical condition or are working with a medical professional to explore a current health condition – sometimes called a “pre-existing” medical condition – that condition must be considered **stable** if any travel is planned.

What does 'stable' mean?

GSC recently updated the definition of stable so that it is more detailed and specific. This new definition is shown in your benefits booklet. Here's an overview...

Stable means that during the 90 days before leaving on a trip:

- You have been consistently using the same medications at the same dosages to control your condition. If your dosage has changed, it must be part of your regular treatment or because your condition improved. All medications must be prescribed by a legally qualified medical professional.
- You haven't needed additional treatment for a recurrence or complications related to your condition.
- You haven't been diagnosed with, or had tests or a medical consultation for, a new medical condition for which you haven't had any treatment.
- You don't have any future appointments scheduled for non-routine examinations, tests, or investigations (including results) for an undiagnosed medical condition.
- You are not scheduled for any exploratory surgical procedures for an undiagnosed medical condition **or** surgical procedures for a diagnosed medical condition.

Please refer to your benefits booklet for the specific details of your travel coverage.