

Winter Escapes...It's Time for Sun, Sand & ...Tummy Troubles?



Your employee benefit plan can help! Covered travel vaccines, knowledge on destination health precautions and some easy pre-planning can help when unexpected (and unwelcome) events occur.

Unexpected illness or accidental injuries can really put a damper on a dream vacation. A case of traveller's diarrhea or a simple slip on the pool deck can make vacationers sometimes wish they'd stayed put...

While it is truly impossible to prevent every possible situation – a few pre-trip measures and some destination health research can help to avert the kind of travel surprises we'd rather not have.

When Kelly with her husband, children and her whole extended family of 20 travellers flew to the Dominican Republic for a trip of a lifetime they got the most common illness affecting travellers – Traveller's Diarrhea. Six of her family members were hit with a stomach upset which made the vacation *a lot less* enjoyable.

It's estimated that nearly half of the people travelling each year to destinations like Latin America and the Caribbean will be affected during their trip by Traveller's Diarrhea. So it makes sense that the use of **preventative oral vaccines** like Dukoral is high on the list of recommended trip preparations for winter sun destinations.

Other serious illnesses and infections like Hepatitis A/B, Yellow and Typhoid Fever can be protected against with readily available, **long-lasting vaccines**. While there is a cost for these travel vaccines they can be well worth it when compared to the real and emotional cost of being sick out of country. Some employee benefit plans do include coverage for standard travel vaccines when accompanied by a prescription.

It's true - many accidental injuries simply can't be prevented as they can result from the most commonplace activities (a little too fast out of the waterslide?) but having travel medical coverage and making sure to have the information handy if needed can help travellers avoid big out-of-country medical bills.

Top Tips for Travellers - to help avoid unexpected costs and to enjoy safe & healthy vacationing:

- ✓ **Pre-Trip Planning** - The Government of Canada Travel and Tourism website up-to-date information on safe and enjoyable travel to destinations around the world. <http://travel.gc.ca/>
- ✓ **Pack a Travel Health Kit** - A basic travel health kit is vital no matter where you travel. First aid supplies and medications may not always be readily available in other countries or may be different from those available in Canada. A good travel health kit contains enough supplies to prevent illness, handle minor injuries and illnesses, and manage pre-existing medical conditions for longer than the duration of your trip. <http://travel.gc.ca/travelling/health-safety/kit>
- ✓ **Check your Employee Benefit Plan Coverages** - Some plans provide benefit coverages for travel-related expenses. All packaged **OASSIS Employee Benefit Plans include:**
 - **Travel Emergency Medical Coverage** (why pay extra when booking if you are already covered?)
 - **Pre-Trip Assistance** with information on recommended vaccines and health precautions,
 - **Travel Vaccine Coverage** for a range of common prescription travel vaccines (prescription required)

Want to know more about affordable & comprehensive benefit plans?

Contact us at 1-888-233-5580, Flora de Mintich ext. 305 / flora@oassisplan.com
or Jennifer Truman at jennifer@oassisplan.com / ext. 307