

The attached travel assistance card provides your group benefits plan number and contact numbers. Carry this card with you when travelling. Call the appropriate number for help locating assistance during a medical emergency.

Before travelling, we recommend that you:

Give your Canada Life plan number and the Assistance Co-ordination Centre phone numbers to a family member or travelling companion who can contact the assistance centre on your behalf if you're unable to contact the assistance centre yourself. Know the correct number, to call in case of a medical emergency.

Refer to the numbers provided on the back of the Travel Assistance card and call the appropriate location if you:

- Are hospitalized or about to be hospitalized
- Are involved in an accident and require medical treatment
- Have difficulty locating medical care
- Have a medical problem and require translation services

The information included on the card is also available on GroupNet™ for Plan Members, and the GroupNet Mobile app. Your Travel Assistance card should be used in the event of an emergency only.



BEND AND PEEL HERE

TRAVEL ASSISTANCE: For help with a medical emergency while travelling, call the number of the location nearest you. Service is available 24 hours a day.



Canada or U.S.A.: 1-855-222-4051

Cuba: 1-204-946-2946*

All other countries: 1-204-946-2577*

Before travelling, make sure you know how to place a long-distance call from the country you're visiting.

During travel, make sure you have access to this card.

*Submit long distance charges along with your claim for reimbursement

Canada Life and design are trademarks of The Canada Life Assurance Company.

Assistance co-ordinators are multilingual and are available worldwide, 24 hours a day. When calling, make sure to have your plan number ready.

Assist you in locating the nearest and most appropriate medical care

Help you to overcome language barriers

Monitor your progress during your treatment and recovery

Maintain contact with your family and personal physician at home

Arrange for emergency evacuation if medically necessary

Send and deliver emergency messages

Provide a legal referral if necessary

canada

TM

Canada Life and design are trademarks of The Canada Life Assurance Company.

70-0392-02/20