



Do you plan to travel this summer?

Through your group benefits plan, you have protection in the event of a medical emergency anywhere in the world. Protect yourself by having the following two items on hand when you travel:

- **Your benefits card with travel assistance numbers** (sign in to mycanadalifeatwork.com, then select *Info centre* in the menu on the left, then select *for benefits*. Select *Benefit card & forms* from there and either save or print the information.)
- **Your out of country emergency care coverage letter** (within the *Info centre* noted above, select *Claim*, then scroll and select *Out of Country Emergency Care Coverage Letter*. A pre-populated version of the letter will open within a separate tab and be ready to save or print.)