



# How to Stay Healthy When Traveling or Living Abroad

**Are your clients thinking of taking a sabbatical overseas, do they dream of retiring to a new nation, of working abroad or just traveling and seeing more of this wonderful world that we live in?**

If they're an adventurous spirit, determined to get as much out of life as possible, chances are they will have a desire to push boundaries, cross borders and explore the world.

The Internet, affordable airfares and even globalization have made it easier for all of us to consider travel and relocation overseas, to research nations and plan a move. However, one of the last considerations on most people's minds when they are practically planning out their move or their travel itinerary is worrying about their health.

Nevertheless, the reality is that not every nation in the world is as advanced as the U.S., not every country has enough hospital beds and doctors to go around, and in some places the illnesses and diseases that we have eradicated in the U.S., through screening and vaccination programs, still kill thousands of people annually.

There are bugs and viruses, threats and dangers, risks and hazards in every country in the world – and they differ from nation to nation. As someone planning a move abroad or travel overseas it is imperative that you familiarize yourself with the dangers or risks you may face, that you prepare yourself practically so that your health is protected, and that you make preparations to ensure you stay safe.

The Department of State issues travel warnings and travel alerts and is a great place to begin your research into anything you may need to concern yourself with in relation to the country you're moving to, or the countries you're visiting. Your general practitioner or healthcare provider will be able to advise you about any vaccinations you need ahead of travel, or any drugs you need to take to stay healthy once you move abroad; and you can research your new nation and learn about the level and state of medical facilities on the ground before you go.

**They say that 'forewarned is forearmed,' and in the case of your healthcare when moving or traveling overseas, the statement is absolutely true.**

If you're aware ahead of your move that medical facilities in your new nation of residence are rudimentary, you can ensure that you have evacuation insurance as part of your healthcare cover. If you discover that only basic medical conditions are covered by any local health insurance, you can make sure you find a global health insurance provider to cover your back in the event that you fall seriously ill, have an accident or need more complex care or support.

In other words **you owe it to yourself**, your health and your long-term welfare to research the countries you will be living in or visiting ahead of travel – and you owe it to yourself, your health and your long-term welfare to get the correct level of health insurance in place to ensure your needs are met, no matter what may befall you, and no matter what the medical facilities are like on the ground.

Health insurance cover from a specialist global insurer like HTH Worldwide can be tailored for the individual to ensure they will be evacuated in the event it is required, that they will be taken to the nearest center of excellence no matter what the medical emergency or complication, and that individuals and families get the coverage they need with the freedom to choose qualified doctors, hospitals and health services anywhere in the world.

**HTH Worldwide**