

GIE 2024 – Travel Insurance & Health Information*

*Subject to updates

AMS/GSS Medical and Dental Plan

The AMS/GSS Medical and Dental Plan is operated by Pacific Blue Cross and provides extended health and dental coverage. Unless you opted out from the plan, you are automatically enrolled in it as a UBC student, and are charged associated fees on the SSC (you can check to see that you are covered by checking your SSC fee assessment). For more information on how to ensure that you are covered by the AMS/GSS plan, see this link:

http://www.studentcare.ca/rte/en/UniversityofBritishColumbiaAMSGSS_WhosCovered_WhosCovered

According to the AMS/GSS website, your plan includes the following **travel health coverage**:

You are covered for up to 120 days per trip and up to \$5,000,000 per lifetime for an unlimited number of trips taken during the time you're covered. Your coverage includes hospital, physician, and other services for emergency treatment of an injury or illness while travelling outside of the province in which you reside (including international travel). It covers reasonable and customary charges, which are in excess of the provincial health-care allowance. International students (including US students) who are not permanent Canadian residents may not use their travel health coverage when travelling to their country of origin. Compared with other 120-day travel insurance plans, your Plan costs less and covers you more.

Note: You must have Canadian provincial health-care coverage or equivalent coverage to make travel claims.

*The current policy year is from **Sept. 1, 2023 – Aug. 31, 2024.***

For more information on the AMS/GSS plan travel health coverage, including details of what expenses are covered while abroad, see the following links:

AMS/GSS Travel Coverage

http://www.studentcare.ca/rte/en/UniversityofBritishColumbiaAMSGSS_Travel_TravelCoverage&random=956

UBC Safety Abroad Travel Insurance Briefing

<https://safetyabroad.ubc.ca/learning-modules/>

Enroll in the Canvas Student Safety Abroad – On-line predeparture and complete the Insurance module

To request a **personalized letter** with details of travel insurance coverage (for instance if required for your visa application), contact UBC Studentcare on-campus office (at the Nest):

<https://studentcare.ca/plan/en-CA/UniversityofBritishColumbiaAMSGSS/assistance-centre>



How to use your plan:

1. Download your **Travel Health Passport** before your departure and keep it with you at all times during your trip. Your Travel Health Passport provides all the information you will need if faced with a medical emergency abroad. You can download it here:
http://www.studentcare.ca/rte/en/UniversityofBritishColumbiaAMSGSS_DownloadCentre_TravelHealthPassport
2. Contact Medi-Assist (phone number below) prior to seeking medical treatment during your trip. In a medical emergency where you are unable to reach Medi-Assist, seek treatment immediately and have a travelling companion or health facility employee contact Medi-Assist on your behalf as soon as possible.
3. Once the medical emergency has passed, submit a claim to be reimbursed for your covered medical expenses incurred abroad. Information on submitting claims can be found here:
http://www.studentcare.ca/rte/en/UniversityofBritishColumbiaAMSGSS_Claims_HowtoClaim_TravelBenefits

To receive assistance for a medical emergency while abroad contact Medi-Assist:

Canada and United States, toll-free: **1-888-699-9333**
Other Countries, collect (no charge): **604-419-4487**

Your **Group Policy Number is 43979**. You will also need to provide your student number.

Health Considerations

All students travelling with the GIE are advised to consult a medical professional to ensure that they are in optimal health for their GIE experience. If you have a personal doctor (eg. GP or family physician) who has been following your care, he or she may be a good place to start when making your travel health preparations. The information in this document is meant to provide general recommendations only – it is ultimately your responsibility to ensure that you have taken the necessary steps to ensure your health abroad.

Medications

Please ensure that you have **adequate supplies of all required medications** for your trip. Bring them in their original bottles to avoid issues at security and customs. If you take prescription medications, it is also a good idea to bring an extra written prescription for your medication with you (that states the drug name, not just the brand name, as brand names vary by country) in case you lose your medication or your trip is extended unexpectedly. Keep your required medications and prescriptions with you at all times (i.e. in your carry-on luggage, not your checked luggage).

It is also a good idea to pack a travel first-aid kit with supplies that may come in handy. Anti-emetics/motion sickness medication, pain-relief medication (i.e. ibuprofen, acetaminophen), cold/flu medication, allergy medication, digestive supports (i.e. ginger pills, antacids), oral



rehydration salts (which are very useful in the event of food poisoning or digestive illness, and can be purchased from your local pharmacy), band-aids, antibiotic ointment (i.e. polysporin), eye drops, hand sanitizer, etc. are all useful items to consider for your travel first-aid kit.

Vaccinations

All students are advised to **verify their vaccination/immunization records** with a medical professional prior to travel to ensure that their vaccines are up to date. This should be done a minimum of 4-6 weeks prior to departure. If you are unsure how to obtain your immunization records, you might want to try the following sources, as recommended by a UBC Student Health Nurse:

- Check with your parents for any records they may have kept
- Contact the public health unit close to where you grew up or went to school
- Review your immigration records (which should include your immunization history)
- Recall any emergency vaccines you have had in past few years

Students can visit a number of different health centers to verify their vaccination history and receive necessary vaccinations prior to their trip. Be sure to call ahead to make an appointment (if needed) and verify that the services they provide are right for you. Information on a few convenient options for UBC students can be found below:

1. Shoppers Drug Mart (Wesbrook Village Location)

Services: immunization history consultation, travel vaccine consultation, vaccine prescription, vaccine administration *Note: students may need to visit a doctor first if they do NOT have sufficient records of their immunization history.

Address: 5940 University Blvd, Vancouver, BC V6T 1Z3

Hours: 8:00am – 10:00 pm everyday

Phone: 604 228 1533

Cost: may be higher than other options listed in this document, so check with your insurance provider to verify your coverage.

2. University Village Medical Clinic

Services: Can advise on travel vaccines and provide prescriptions. Once you have reviewed your medical history with the doctor and received any necessary prescriptions, you will need to go to the pharmacy to have the prescriptions filled and vaccines administered by the pharmacist. You may want to time your visit so that you can consult with Dr. Hodgson, who specializes in travel medicine. No appointment is necessary, as it is a drop-in clinic.

Locations:

- a) **Birney Avenue (Wesbrook Village)** *this is a preferred location as it is less busy

5933 Birney Avenue

Vancouver, BC

V6T 1W5

Phone: 604 222 2273 (ext. 1)

Hours: see the following schedule for opening times and doctors' availability

<http://www.universityvillageclinic.com/scheduleB.html>

- b) Allison Road (University Village)
228 - 2155 Allison Road Vancouver, BC.
V6T 1T5
Phone: 604 222 2273 (ext. 2)
Hours: see the following schedule for opening times and doctors' availability
<http://www.universityvillageclinic.com/scheduleA.html>

Cost: This service is covered by MSP because it is a public walk-in clinic.

3. UBC Student Health Services

Services: You can book an appointment with Student Health Services to review your immunization and medical history and boost any locally available vaccines (eg. MMR, tetanus, hepatitis A, 4-strain meningitis, polio, etc). Please note that Student Health Services does NOT stock tropical medicine/travel-specific vaccines such as yellow fever. You will need to bring your immunization records with you to your appointment. Call ahead to book an appointment or book one online (<https://students.ubc.ca/health-wellness/student-health-service#make-an-appointment>).

Address: UBC Hospital, Koerner Pavilion 2211 Wesbrook Mall, Room M334 Vancouver, BC V6T 1Z3

Hours: 8:00 am – 4:00 pm Mondays, Tuesdays, & Fridays

8:00 am – 8:00 pm Wednesdays

9:00 am – 4:00 pm Thursdays

Phone: 604 822 7011

Email: student.health@ubc.ca

Website: <https://students.ubc.ca/health-wellness/student-health-service>

Cost: Consultation is free. Vaccines provided by public health are typically free of charge. Check with your insurance provider about your coverage for additional vaccines (the AMS/GSS plan typically covers up to \$150 of vaccines per academic year – check to see if the total amount for each vaccine will be covered, or only a percentage of each vaccine).

