



Association des retraitées et des retraités  
de l'enseignement de la FNEEQ

## AIDE-MEMOIRE FOR TRAVELERS

**Last Update: February 1<sup>st</sup>, 2022**

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### BEFORE LEAVING ON A TRIP

As soon as you are planning a trip, make sure you:

1. Check the **travel advice and advisories** in effect for your destination on the Government of Canada's website:  
[https://travel.gc.ca/travelling/advisories?\\_ga=2.116327552.708856203.1644598834-1862643654.1638972784](https://travel.gc.ca/travelling/advisories?_ga=2.116327552.708856203.1644598834-1862643654.1638972784)
2. Contact [CanAssistance](#) to confirm that you (and your dependents travelling with you) **will be covered during your trip**. Your coverage may vary depending on your destination, your health situation, which must be good and stable, and your group insurance plan. CanAssistance can also provide travel **recommendations**.



### **Travel Assistance Service\***

In Canada and the United States:

**1 800 363-9050**

Collect worldwide:

**1 514 985-2281**

For more information, please contact a representative from our Customer Service department at **418 644-4200** or **1 800 463-4856**.

\*Only if you have Travel and Trip Cancellation Insurance coverage

## **AREF Group Insurance Plan – A Few Reminders Regarding Travel Insurance**

The length of your travel insurance coverage depends on the travel advisory notice issued by the Government of Canada for your destination.

- Travel insurance coverage is limited to 30 days for all destinations for which a Level 3 travel advisory notice (“avoid non-essential travel”) is in effect **on your departure date**.
- There is no travel insurance coverage for all destinations for which a Level 4 travel advisory notice (“avoid all travel”) was issued.
- Please note that, on the date this aide-memoire was last updated, a Level 4 travel advisory notice (“avoid all travel”) still applies to all cruise ship travel. Therefore, there is no travel coverage, regardless of the length of the cruise.

### **DURING YOUR TRIP**

Stay aware of the travel advisory notice issued for your destination at all time. Safety and security may change during your trip.

- If an advisory to "avoid all travel" is issued for your destination while travelling, you must contact CanAssistance to take the necessary measures to return to your province of residence within 14 days.
- If a medical emergency occurs while travelling, immediately contact CanAssistance. They will assist you in accessing the best possible medical care.

◆ **In any situation, remember that you should always contact CanAssistance before making a hasty decision or incurring any expenses.** ◆

**Clermont Lavoie**

For AREF Insurance Committee