

Communication to plan members

Travelling abroad without lowering your guard

Although most of the restrictions and health instructions related to the COVID-19 pandemic are behind us, the borders have reopened and international cruises and flights are gaining popularity day after day, it is still important not to lower your guard and to consult the Government of Canada [travel recommendations](#) before leaving the country.

Before leaving, we also invite you to consult our [FAQ](#) to learn more about the expenses eligible and ineligible for reimbursement and know the coverage of emergency expenses incurred abroad, subject to the parameters of your group insurance contract¹. It is always important to be informed about the health situation at your destination because the measures for foreign travellers are still in force in some countries.

Note that proof of travel insurance is available in [My Client Space](#), under Forms and documents, and in the iA Mobile app. This document is required to visit certain countries, particularly Cuba. You can therefore obtain it easily before your departure and travel with peace of mind.

¹ Note that certain coverage in question in the FAQ is not offered in every region and that you might not be covered by it.