Health advice for Travellers

Vital Information on
- Avoiding Health Risks
- Planning for Healthy Travelling
- Obtaining Emergency Medical Treatment
- Form E111 - the passport to free or reduced-cost emergency medical treatment in most European countries
Health advice for travellers anywhere in the world

Every year, residents of the United Kingdom go on more than 56 million overseas journeys. Travel across the world is now so common that it is easy to forget the health risks which can be involved and the fact that very few countries offer such easy access to medical facilities as Britain.

If you fall ill or have an accident when abroad, it could prove dangerous, even fatal. Obtaining treatment can seem complicated to UK residents used to the National Health Service. And, unless you are properly prepared, it could turn out to be extremely expensive.

Read This Booklet Now!

Whether you are going off in search of sea and sun, travelling on business, or trekking through the wilds, this booklet is designed to help you enjoy a healthy journey — and to deal successfully with any medical emergencies which might arise.

It contains essential information and advice on:
- how to avoid the need for health care when abroad;
- how to plan for healthy travelling;
- how to obtain emergency medical treatment in countries throughout the world;
- how to obtain and use Form E111, which will provide you with free or reduced-cost emergency medical treatment in countries within the European Economic Area (EEA).

Medical Cover Around the World

The level of emergency medical cover available to UK residents in countries around the world varies greatly.

Overall, it is of three kinds.

European Economic Area Countries

The European Economic Area consists of the member states of the European Community (EC) plus Iceland, Liechtenstein and Norway. The EC reciprocal health care arrangements apply to all of these countries.
Travellers from the United Kingdom, who are eligible, are entitled to free or reduced-cost emergency medical treatment in the other 17 EEA countries – in most cases on production of a completed Form E111. This is the Community document that confirms the holder is entitled to emergency treatment. A COUNTRY-BY-COUNTRY CHECKLIST OF WHAT IS INVOLVED IN OBTAINING TREATMENT IN EACH OF THE EEA STATES CAN BE FOUND ON PAGES 37-49 OF THIS BOOKLET.

An application for Form E111, Form E111 itself, and guidance on how to complete them both may be found at the back of this booklet.

Reciprocal Agreement Countries
There are over 40 more countries around the world with which the United Kingdom has reciprocal health care agreements that entitle you to emergency medical treatment in those countries. Reciprocal agreements cover, amongst others, the Channel Islands, the Isle of Man, Malta, Australia, New Zealand, certain Caribbean Islands, and most republics of the former Soviet Union, including Russia itself. A COUNTRY-BY-COUNTRY CHECKLIST SHOWING THE SERVICES AVAILABLE AND HOW THEY MAY BE OBTAINED CAN BE FOUND ON PAGES 28-31 OF THIS BOOKLET.

Countries With No Health Care Agreements With The UK
With the rest of the world – and that means over 100 different countries – the United Kingdom has no health care agreements whatsoever. This includes some of the most popular travel destinations, such as Canada and the United States, India and the Far East, as well as the whole of Africa and Latin America.

If you are travelling to any country which is outside the EEA and which has no reciprocal medical agreement with the UK, you are strongly advised to take out full medical insurance to cover the cost of treatment. Even in countries with which the UK has health care agreements, you will need a certain amount of insurance.

For more details, please see page 22 of this booklet.

PREPARE NOW. AVOID EXPENSIVE EMERGENCIES LATER.
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PLEASE NOTE: This leaflet gives guidance only. It should not be treated as a complete and authoritative statement of law.