

Pre-travel Advice

Pre-travel Helpline

Tel +44 00 (0) 208 603 9517

Planning a business trip to a country can be a journey in itself. That is why there is a pre-travel helpline on hand to provide support and assistance for travel enquiries ranging from visa queries to inoculations required.

Advice Before You Travel

The **Insured** or **Insured Persons** may also choose to consider the following services which are totally independent of and are not part of this Policy:

Foreign & Commonwealth Office Travel Advice The Foreign & Commonwealth Office periodically issue guidelines about locations around the world and whether it is advisable to travel to, or within, such locations.

It is strongly recommended that the Insured consults the travel advice section of the Foreign & Commonwealth Office website (www.fco.gov.uk) before allowing an Insured Person to travel.

European Health Insurance Card (EHIC)

An EHIC entitles a person to reduced-cost, sometimes free, medical treatment that becomes necessary while they are in a European Economic Area (EEA) country or Switzerland.

The EEA consists of all European Union (EU) countries plus Iceland, Lichtenstein and Norway. Switzerland applies the EHIC through an agreement with the EU.

Subject to restrictions, people who are ordinarily resident in the UK are entitled to an EHIC. A person can apply for an EHIC:

- a) by phone on 0300 330 1350
- b) by post using an EHIC form available from the Post Office
- c) on-line at www.ehic.org.uk

Please refer to the MartialGuard Clubs Travel Policy Overview http://www.martial-arts-insurance.co.uk/pdf/Martialguard_Travel_Policy_Overview.pdf and Policy Wording

http://www.martial-arts-insurance.co.uk/pdf/Martialguard_Travel_Policy_Wording.PDF

for information regarding the Cover provided.

