



Do you need to see a doctor?
Here's what to do

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First things first, **don't panic**. Things may be handled differently than what you are used to in your home country, and going to a doctor who doesn't speak your language can feel scary. But you *will* receive the care you need in an emergency.

Follow these steps to get the medical care you need:

- 1 In life-threatening situations, always dial 9-1-1 in Canada and the USA.
- 2 In a non-life-threatening emergency, determine if you need to go to a clinic or the emergency room (ER). Mild illnesses such as a cold, a rash, a stomach-ache, an ear infection, or the flu require a visit to a clinic. If you are experiencing severe pain, go to the ER.
- 3 Call the emergency assistance number on your wallet card or use Ingle's find-a-doctor tool to locate the nearest doctor.
- 4 Always bring your insurance card and a claim form with you to the medical facility.
- 5 Ask lots of questions to understand what is going on. If possible, bring someone with you who can help you understand what the doctor tells you.
- 6 Follow your doctor's instructions and make sure you understand the instructions on your prescription medications.



To your health!

-The Ingle Team

P.S. Call the friendly experts at **Ingle International** if there's anything we can help you with!

KNOW WHO TO CALL

Emergency Assistance— Intrepid 24/7

Toll Free: 1.800.295.5205

Call Collect: 1.416.640.4416

- ✓ If you are not sure where to go—
clinic or ER?
- ✓ If you need to have an MRI, surgery,
or other invasive procedure
- ✓ If you need to be air evacuated
(someone can call on your behalf)

Offices located across Canada
and around the globe!

INGLE[®]
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Ingle International

Toll Free: 1.888.386.8888

Direct: 1.416.644.4870

- ✓ If you leave your school and need
more insurance coverage
- ✓ If your parents or friends are coming
to visit you and need insurance
- ✓ if you have questions about what is
covered
- ✓ If you need insurance solutions
- ✓ if you have questions about how to
make a claim

1.888.386.8888
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