

# aetna

Quality health plans & benefits  
Healthier living  
Financial well-being  
Intelligent solutions



## Get ready for a successful assignment

### Pre-trip planning resources

You have access to tools and resources that can help you travel with peace of mind. The secure member website is packed with tools that can help – or you can call the International Health Advisory Team (IHAT) for one-on-one support.

Here's a few of the tools you'll find online:

- **Online provider databases** to help you find doctors and hospitals around the world
- **CityHealth<sup>SM</sup> profiles** to give you information on health risks, required vaccinations, local health systems, emergency telephone numbers, and currency information
- **Translation tools** for medical phrases and drug names
- **Travel safety and security services** including alerts, country risk assessments, travel tips, news reports and more

Before you go, you can download our mobile apps to help you find doctors and manage your care on the go. Search 'Aetna International' in the iTunes or Google Play store to download.

Log in to your [secure member portal](#) to find everything you need to navigate global health care.

You can also call IHAT to get one-on-support with your pre-trip planning needs. This team of specialized nurses can help you get medical equipment, find a specialist, coordinate routine and urgent medical care, and more. You can reach them by calling the number on the back of your Member ID Card.

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## Here for you

We're here to support you – on the phone, online, and on-the-go. You can learn more about the resources available to you with the Virtual Benefits Assistant tool. It's on the homepage of your secure member website.

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