



The ileostomy & internal pouch  
**Support Group**  
Registered Charity

## TRAVEL INSURANCE

When travelling abroad, it is important to have the right type of travel insurance. That insurance must cover all 'pre-existing conditions' and it is advisable to obtain this information in writing from the insurance company.

Many of our members have obtained satisfactory cover at reasonable costs from the following companies but it is useful to shop around for the best offer.

All Clear Travel Insurance	<a href="http://www.allcleartravel.co.uk">www.allcleartravel.co.uk</a>	0845 250 5250
Swinton Insurance	<a href="http://www.swinton.co.uk">www.swinton.co.uk</a>	0800 138 2412
Free Spirit	<a href="http://www.free-spirit.com">www.free-spirit.com</a>	0845 230 5000
Go Travel Insurance Direct	<a href="http://www.gotravelinsurance.co.uk">www.gotravelinsurance.co.uk</a>	0870 243 6006
Insure and Go	<a href="http://www.insureandgo.com">www.insureandgo.com</a>	0870 901 3674
Freedom Travel Insurance	<a href="http://www.freedominsure.co.uk">www.freedominsure.co.uk</a>	0870 774 3760
Post Office Ltd	<a href="http://www.postoffice.co.uk">www.postoffice.co.uk</a>	0800 169 9999
Leisurecare	<a href="http://www.leisurecare.co.uk">www.leisurecare.co.uk</a>	01793 750 150
Axa PPP Healthcare	<a href="http://www.axapphealthcare.co.uk">www.axapphealthcare.co.uk</a>	0800 731 4964
Worldwide Travel Insurance	<a href="http://www.worldwideinsure.com">www.worldwideinsure.com</a>	0870 112 8100

The following company specialises in cover for people with internal pouch or stoma:  
Leisure & Lifestyle, [www.leisureandlifestyleinsurance.co.uk](http://www.leisureandlifestyleinsurance.co.uk) 084 4576 3029

The following company specialises in cover for cancer patients:  
Medi Travelcover Ltd [www.meditravelcover.com](http://www.meditravelcover.com) 01252 782 392.

If you are a regular traveller, it is worth considering Annual Travel Insurance cover. Some useful contacts for this are Barclays Bank - Churchill Insurance – Flexicover - Marks & Spencer - MRL Insurance Direct.

Please refer To **IA** leaflet 5 “Travel Tips” for further useful information.

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[www.iasupport.org](http://www.iasupport.org)

**IA National Office** ■ Peverill House ■ 1–5 Mill Road ■ Ballyclare ■ Co Antrim ■ BT39 9DR  
Freephone: 0800 0184 724 ■ Fax: 028 9332 4606 ■ Email: [info@iasupport.org](mailto:info@iasupport.org)

President: Professor Neil Mortensen MBChB MD MA FRCS Eng FRCS Glas

## TRAVELLING TO EUROPE?

The Department of Health has now discontinued the use of E111 Forms which have been replaced by the introduction of a European Health Insurance Card (EHIC). It may take slightly longer to obtain the new card and early application is recommended.

- The EHIC entitles you to reduced cost (or sometimes free) healthcare where treatment becomes necessary during a temporary visit to other countries of the European Economic Area or Switzerland. The card is only valid for treatment offered under the state healthcare schemes operating in these countries; it gives you access to treatment under the same terms as people that live in the country you are visiting.
- The EHIC is **not** a substitute for travel insurance. It may not cover all health costs and never covers repatriation costs and you are advised to take out a travel insurance policy in addition to the EHIC. The EHIC card does not cover situations where patients go abroad in order to be treated in hospitals overseas, your Primary Care Trust can advise you further about this.
- Further information, including a full list of countries covered, together with details of their "health systems" can be found in the booklet "**Health Advice for Travellers**" available from the Post Office and on line at [www.dh.gov.uk/travellers](http://www.dh.gov.uk/travellers). It is strongly recommended that you take this booklet with you when travelling as it contains information on what to do if treatment becomes necessary during your trip.