

Your pre-trip planning checklist



Getting ready for an expatriate assignment can be a lot. Here are a few quick but important things you can do to get ready and feel prepared before you travel.



1. Go to **AetnaInternational.com**, it's your secure member website
 - Register if you haven't already, then download your digital member ID card and add your emergency contact info
 - Review your coverage and well-being benefits, country-specific destination guides and search for providers worldwide



2. Download the **Aetna® mobile app** that's right for you. Find in-network providers, manage your claims and more while on the go.
 - Outside the U.S. use the Aetna International Mobile Assistant app ([App Store](#) or [Google Play](#))
 - In the U.S. use the Aetna HealthSM app ([App Store](#) or [Google Play](#))



3. Register in advance for access to **virtual care 24/7**. Get started with the telehealth app that's right for you:
 - vHealth for when you're outside the U.S. — download from the [App Store](#) or [Google Play](#)
 - Teladoc Health for when you're in the U.S. — download from the [App Store](#) or [Google Play](#)



4. Activate global safety and security assistance for expert security advice, travel reports and alerts, and multilingual crisis support specialists
 - Go to **Crisis24Horizon.com/Aetna** to register and set up your account with plan number: **AETNAINTL**



5. Start personalized pre-trip planning with our care management experts. They'll help you get prescriptions, find doctors and manage care for health conditions, before, during and after assignment.



Already a member?

Call our Member Service Center using the number on the back of your member ID card to speak to our care management team.

Not enrolled yet, don't worry.

Our clinical care management team is still here to help you with pre-trip planning. Talk to your HR contact about how to get started.

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