



Emergency preparedness checklist for on-the-go safety

Before departure:

Confirm your primary health insurance and supplemental coverage

Confirm your MASA protection details via the member portal or MASA app

Notify MASA of international journey via portal or travel@masaglobal.com

Identify local emergency numbers (e.g., 112 in much of Europe)

Locate nearby hospitals and urgent care centers

Check if your destination requires upfront payment for care

Documents & access:

Pack/Carry physical ID cards for health insurance and other supplemental protection plans

Save digital copies of your ID cards or plan documents to your phone

Keep a list of medications, allergies, and any medical conditions

Ensure companions and/or emergency contacts have access to your important documents

Download the MASA mobile app to your mobile device

Health & safety essentials:

Pack a basic first aid kit (bandages, pain relievers, antiseptic, etc.)

Bring enough prescription medications for your entire stay

Know how to contact local emergency services

If hospitalized abroad:

Contact MASA to activate support like repatriation, patient return, or other membership benefits

Keep all medical records and receipts

Request translation assistance if needed

Stay in communication with family or a trusted contact

