

Tips on Travel, Health and Life Insurance and Diabetes



We will help
you and your family
navigate the world
of **insurance.**

We provide access to insurance products and services to suit your needs and budget or we will provide advice, information and alternatives that may be available to you.

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 Canadian
Diabetes
Association

Having diabetes may mean you will experience greater difficulty obtaining some forms of insurance, or will face higher premiums, or both. However, there are things you can do to improve your opportunities for obtaining the insurance you need at a price you can afford. Ingle International and the Canadian Diabetes Association offer these insurance tips for people with diabetes.

Stay in good control

Having your diabetes in good control – keeping your blood glucose levels in your target range and keeping your blood pressure and cholesterol levels in check – may help you to demonstrate that your condition, while pre-existing, is stable and well managed. Healthy eating, active living and managing your diabetes ABCs (A1C or your 3-month average blood glucose levels, blood pressure and cholesterol levels) will help keep your diabetes in good control and prevent or delay the health complications associated with the condition. By keeping your diabetes in good control, you can avoid additional medical complications that might exclude you under an insurer's stability clause.

Ask about pre-existing conditions

Most insurance companies have clauses regarding pre-existing conditions (such as diabetes). Travel insurance policies will cover most pre-existing conditions, with some coverage limitations and stability requirements. If you have had changes in your medical conditions, ask about 'medical underwriting', which involves a medical form to be completed by your physician. The insurance company will determine the level of benefits and price based on the medical information provided.

Be honest

Answer all questions about your medical condition honestly. If you withhold information about an illness or medication, any subsequent claims may be denied.

Understand your policy

Read your policy wording carefully. Make sure you understand the benefits, limitations and exclusions of your coverage.

Ask questions

If you do not understand the policy wording, or are unsure about specifics of your coverage, call your insurance agent. Don't be afraid to ask for clarification about policy details. If you do not understand some or all of your policy, call and ask for an explanation. Try to get your answers in writing.



Travel Insurance:

Plan ahead:

Buy your travel health insurance before you leave the country. Once you are traveling, you may not be able to find the appropriate coverage. Trip cancellation insurance should be purchased as soon as possible after the purchase of your tour, hotel, or tickets.

Check your provincial coverage:

Most provincial health plans only cover you for the first six months that you are out of the country. If you are leaving the country for an extended period of time, you may need to extend your provincial coverage. Provincial government health insurance plans (GHIP) will only cover a small amount of your emergency medical bills when you are traveling outside Canada. Travel insurance is necessary. If you are planning to study outside of Canada, you may request an extension from your provincial GHIP.

Understand that travel insurance may exclude expenses related to your diabetes or other medical conditions if they are unstable (i.e. if your condition, treatment or medication has recently changed or you are hospitalized or travelling against a physician's advice). Work with your healthcare professionals to stabilize your diabetes. The benefits of doing so go well beyond access to travel insurance – well-managed diabetes can help prevent or delay serious health complications associated with the condition.

Individual Health, Prescription Drug and Dental Insurance:

Benefits:

This kind of insurance provides for benefits not covered by a provincial government health insurance plan such as prescription drugs, dental care, accidental death, and possibly life and disability insurance.

These benefits may be purchased as a bundled product or as individual benefits.



Pre-existing medical conditions:

Unfortunately, individual health insurance plans will not provide you with the level of insurance coverage you may need or want for your pre-existing health conditions, such as diabetes or heart disease. This is standard within the industry. They will provide coverage for new illnesses and for accidents. Small amounts of coverage may be available if you purchase a guaranteed issue individual health product, but the premium may be larger than the benefits you receive.

Under some circumstances, such as when group coverage is terminating, you may be able to purchase an individual plan that includes coverage for pre-existing conditions.

Employer Group Health Benefits:

Benefits offered may include: extended health benefits, private/semi-private hospital room, as well as coverage for dental care, health care specialists, drugs, therapy, pre- and post-natal care as well as optional life, disability, and other benefits.

Pre-existing medical conditions:

Generally, employer group health insurance plans will provide coverage for your pre-existing health conditions.

Life Insurance:

Life Insurance provides for a lump sum payout to a policy holder's heirs, estate or designated individual or charity when the policy holder dies. Most people will purchase life insurance as part of estate planning, to ensure their family is not left with a financial burden, or to allow their family to survive financially with as little a disruption as possible.

If a person has type 1 diabetes, and is under 19 years of age (depending on the insurance company), it may not be possible to get life insurance coverage; the options will be limited and most companies will not provide coverage. Once the person has reached the age of 19, however, more options become available, and it may be possible to get life insurance.

If a person has type 2 diabetes, and manages the condition well, he or she should not have a problem getting life insurance, though sometimes the cost will be higher.

Term Life Insurance: Offers life insurance coverage for a specific period, such as a 10 or 20 year term or coverage for up to age 65.

Whole Life Insurance: Offers a level premium over a designated period of time, building up savings through cash value on the policy and coverage for life based on the policy limit (example: \$250,000, \$500,000, or \$1,000,000). The cash value is the amount that you may exchange your policy for if you decide to cancel and take the savings.

Guaranteed Issue Life Insurance: Offers life insurance without medical questions or with a few straightforward medical questions. Usually this type of insurance has a low benefit limit.

Universal Life Insurance: Offers the flexibility of a tax advantage or an investment component.

We will help you and your family navigate the world of insurance.

PRODUCTS OFFERED

Individual Health Insurance:

Prescription Drugs, Hospital, Medical and Dental

Employer Group

Benefits

Travel Insurance

Snowbird Insurance

Visitors to Canada Health Insurance

Student Travel & Health Insurance

Expatriate Insurance:

Travel, Health & Life

Disability Insurance

Income Replacement

Life Insurance:

Term, Guaranteed Issue, Mortgage, Whole and Universal

Critical Illness

Long Term Care Insurance

Assisted Living Insurance

Coverage for USA and Worldwide citizens

Property & Casualty Insurance

Home Insurance

Auto Insurance

Business Insurance

Contact INGLE INTERNATIONAL to find out how we can help you.

By phone:

1.866.266.0166

Let us find the coverage that is just right for you. If you have questions or problems, we can help.

On the web:

diabetesinsuranceservice.com

- Access our full range of products
- Link directly to an interactive tool to find the right product for you
- Visit our education centre to learn more about safe travel
- Get helpful tips about living with diabetes

By email:

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