



MOVING ABROAD WHILE PREGNANT

Your guide for a smoother journey

A pregnancy and an international move are significant life changes.

By doing some research now and taking extra precaution while you're there, you can have a smoother experience and an even more joyous pregnancy. Cigna Global Health Benefits® is here to try to help you every step of the way.

What to do before you go

Do your research

Medically, it's important to look into:

- › Provider availability and if you can choose who you see
- › The medical services you'll be able to access
- › Available delivery options and prenatal and postnatal support

Culturally, take into consideration:

- › Local customs
- › If there are differing attitudes toward women or pregnancies than what you're used to
- › Where to buy the equipment you need
- › Nearby parent or child groups
- › Childcare options

CignaEnvoy.com is a good resource to get you started.

Prepare your documents

Make sure medical records and documents related to your pregnancy will be available to medical practitioners in your new location. It's also a good idea to get an electronic health record.

If you're moving to a country where you don't speak the language, get your medical documents translated beforehand. **Cigna Envoy** can be used for common medical translations.

Check in with your current health care provider

Share your plans with your current provider and get medical advice.

If you're required to get vaccinations, see if they carry risks. For example, anti-malaria tablets aren't safe to take while pregnant and some vaccines aren't recommended. It's important to get their medical opinion, to weigh if the risk from infection may be greater than the risk from the live vaccination.* Make sure your International Certificate of Vaccination or Prophylaxis (ICVP) is up to date.

Find your care

To get started, go to **CignaEnvoy.com** to find local OB/GYNs and hospitals. Try to look for an OB/GYN who specializes in prenatal care and a hospital that's equipped to handle sick and premature newborns – even if you're not high risk. If the hospital doesn't have a lab for emergency blood transfusions, then find a lab nearby.

If you need help with this process, reach out to Cigna's global service center using the number on your Cigna ID card.

Travel safely

- › Check restrictions for traveling when pregnant
- › Keep medication with you at all times
- › Make sure medication is clearly labeled in its original packaging
- › Request a provider's note where necessary

Together, all the way.®



What to do when you're there

Schedule an appointment

Make an appointment to see your OB/GYN within a week of your arrival. If you don't speak the language, Cigna can help you find an interpreter to go with you on every visit.

Understand the process

Appointment and check-up schedules vary across the world, before and after the birth. Get your questions answered at the initial appointment to better understand the process in your destination country.

Manage the logistics

- › How will your child's birth be registered?
- › Will your child have dual nationality?
- › Will you need to file specific paperwork?
- › If you work, what parental leave will you be entitled to?



Cigna is here to help you. Reach out to us anytime.

We want you to enjoy your pregnancy – and your assignment – as much as possible. Our global service center is available 24/7. Just call the number on your Cigna ID card or reach out through email at CignaEnvoy.com.



* Travelling in pregnancy: Your pregnancy and baby guide. NHS. <https://www.nhs.uk/conditions/pregnancy-and-baby/travel-pregnant/>. Updated November 12, 2018. Accessed February 19, 2019.

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