



Expat Healthcare

1. Considerations
 - 1.1. Your current health and healthcare options
 - 1.2. Is your current plan “transportable”?
 - 1.2.1. <https://www.visitorscoverage.com/blog/will-my-health-insurance-cover-when-i-travel-abroad/>
 - 1.3. Regular vs. expat healthcare
 - 1.4. Doctors, hospitals, and emergency services
 - 1.5. Medical environments (vaccinations, sanitation, culture of care)
 - 1.6. Mental health management and culture
 - 1.7. Dentistry, eyecare, and elective medicine
2. Useful sites to conduct your own research:
 - 2.1. Transitions Abroad:
https://www.transitionsabroad.com/publications/magazine/0801/health_insurance_options_abroad.shtml
 - 2.2. Travel.State.Gov: <https://travel.state.gov/content/travel/en/international-travel/before-you-go/your-health-abroad/insurance-providers-overseas.html>
 - 2.3. Expat-focused sites (but they may be advertisements):
 - 2.3.1. <https://www.expatica.com/healthcare/healthcare-basics/expat-health-insurance-628191/>
 - 2.3.2. <https://www.expatica.com/healthcare/healthcare-basics/international-health-insurance-445243/>
 - 2.3.3. <https://www.nextstation.com/en/blog/advice/insurance-chaos-cleared-up>
 - 2.3.4. <https://www.expatinfodesk.com/expat-guide/nationality-specific-information/americans/medical-insurance/>
 - 2.3.5. <https://www.outofyourcomfortzone.net/the-3-best-international-health-insurances-for-expats-immigrants/>
 - 2.3.6. <https://www.internationalinsurance.com/>



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2.4. Financial organizations

- 2.4.1. <https://www.thebalance.com/how-health-insurance-works-for-americans-abroad-4782193>
- 2.4.2. <https://moneymattersforglobetrotters.com/what-to-do-with-insurance-when-i-move-overseas/>
- 2.4.3. <https://www.nerdwallet.com/article/investing/should-you-move-abroad-for-health-care>

2.5. Sites focused on people needing special support

- 2.5.1. <https://www.miusa.org/resource/tipsheet/healthcoverage>

Resource of the month: **Medical Emergency Preparation Manual: Healthcare Planning for the Adventure Lifestyle: Expat, Nomad, Retiree, Homebody** by Miriam Drake.

Paperback: <https://amzn.to/2PYpmSN>

Kindle: <https://amzn.to/3qEhVwH>

Description:

What's Your Adventure Lifestyle? Are you staying at home, or traveling the world or retiring overseas, raising your family or living abroad as a solo nomad? Don't forget to plan for medical emergencies and possibly end of life. No one wants to talk about these, yet you would be surprised how stressful it is to walk into healthcare issues blindly, especially while abroad. Having said that, domestic medical issues can be a nightmare too. This book was written for you. In this book you will find boots on the ground practical experience based information you can use to put together a system of guidance and support for yourself should something happen and you need medical care. You will find: Seemingly small details that end up being big things in medical crises; steps to take in an emergency; the legal documents you will need; a 12 step To-Do List, and much, much more. This is a must have resource for your survival either domestic or abroad. Miriam Drake has been there and she offers specific pointers so you won't be surprised, shocked, and stressed. Practical and engaging, Miriam covers documents and information holding systems; people you need to recruit; processes you must know about for peace of mind during medical emergencies, incapacitation and end of life. Enjoy your adventures more knowing you have healthcare covered!