



2022 SUMMER TRAVEL



assist america®
Innovative Assistance Solutions

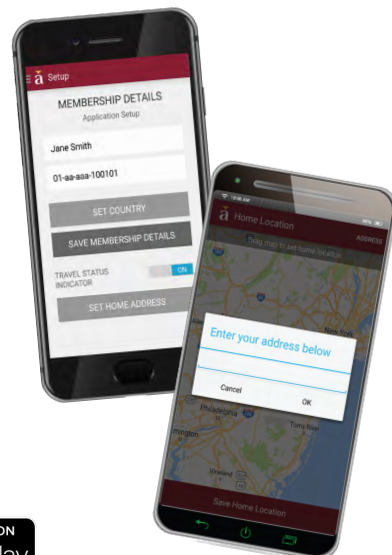
SUMMER TRAVEL

Summer travel season is here and so is Assist America ... right at your fingertips!



Scan the QR Code to get the FREE Assist America Mobile App

Wherever your travels take you, you can conveniently access a wide range of travel emergency assistance services from your phone by downloading the free Assist America Mobile App for iPhone and Android.



Have Peace of Mind When You Travel

Whether you are traveling for business or pleasure, whenever you travel more than 100 miles from your home or in another country, no matter where your final destination, we provide valuable emergency services. Our services include:

Medical Services: We offer immediate medical consultation, referrals, prescription assistance and much more.

Non-Medical Services: We take care of problems when you most need the help, whether it's locating lost luggage that have been left behind or arranging a compassionate visit by a loved one while hospitalized.

ASSIST AMERICA IN ACTION

Travel Assistance from Colombia to San Diego



Main Street of Jardin de Antioquia, Columbia, South America



Medical Evacuation



Medical Monitoring



Interpreter Referral



Medical Repatriation

"I was very satisfied with the way Assist America got me from one awful hospital in Tulua, Colombia to a very respectable hospital in Cali, Colombia. The staff exceeded my expectations and coordinated my return home in a very timely fashion."

Distance from Home: 3,314 miles

Emergency: Visiting Colombia is on the bucket-list for many travelers. Our member, an avid nature enthusiast, went paragliding while on vacation. Unfortunately, she experienced landing problems and suffered a fractured vertebrae injury. While in the local clinic, the member needed assistance and contacted Assist America.

Assistance: The member called Assist America in a frantic state asking how she can get help. Our assistance coordinator understood the stress involved with the accident and knew how important it was to ensure she was receiving proper medical care. Our staff ensured that she was receiving appropriate care. Assist America coordinated and paid for the transportation following ongoing monitoring of her recovery. After receiving appropriate treatment, we arranged her transportation home to San Diego. Even though her trip was disrupted by this accident, she was happy that Assist America brought her safely home.

Note: The content of this case study is for illustrative purposes only. For more information about Assist America's services, visit our website: www.assistamerica.com.

SUCCESS BY THE NUMBERS

Assist America's purpose is to deliver unparalleled emergency and non-emergency assistance services to business and leisure travelers at anytime, across the globe and without financial burden. We asked our members to complete our Satisfaction Survey and here are the 2021 results:



Founded in 1990, Assist America is the nation's largest provider of global emergency travel assistance services through employee and student benefit plans. Our members enjoy complete peace of mind, freed from dealing with complex decisions and financial considerations during difficult times.

Find out more by visiting us at www.assistamerica.com.

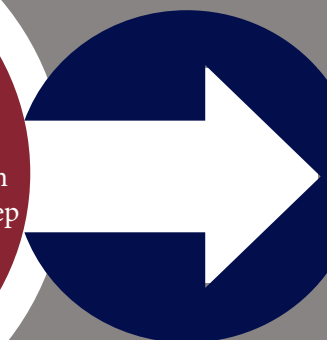
AIR TRAVEL MEASURES

Before you Travel, Learn the Signs of ECS!

What is ECS?

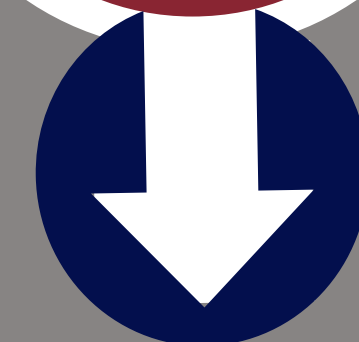
Economy Class Syndrome (ECS)

A condition of the circulatory system which has been associated with flights in economy airline seats. ECS can result in the formation of blood clots, such as deep vein thrombosis resulting from sitting in cramped, unnatural positions for long periods, which can result in sudden death.



Risk Factors

- Recent surgery.
- Previous blood clots or family history of blood clots.
- Hormone therapy, including oral contraceptives.
- Abnormality with blood clotting factors.
- Recent injury to legs or feet.
- Malignancy



Be Proactive

- Avoid alcohol.
- Drink plenty of fluids.
- Get up and walk the aircraft's aisles whenever possible.
- Wear loose, comfortable clothing.
- Wear elastic compression stockings.



Ready, Get Set, Travel in 2022!

It's the Year of the G.O.A.T.



As the world plans for travel just in time for summer, 2022 may as well be the travel year known for its “bucket list” vibes. From the beaches to the mountains, and everything in between, all kinds of travel destinations and bucket-list experiences are top of mind for many as they try to turn 2022 into the year of the G.O.A.T., or the “Greatest Of All Trips.”

Over the coming months, travelers are eager to make plans to go beyond their borders and explore what the rest of the world has to offer. As one travel executive explains, there’s a “new sense of urgency” to travel.

A luxury travel company executive indicated that guests feel lost from the past two years and older clients are concerned about having fewer healthy years left to travel.

Other industry experts have signaled that travelers have expressed desperation to get away from the everyday normalcy of life. Between work and home, “they’ve been waiting to get back out there and are not shying away from those international destinations and big, once-in-a-lifetime adventures.”

During Spring Break 2022, the U.S. Transportation Security Administration (TSA) reported about 2 million people traveled through U.S. airports daily, which exceeds

pre-pandemic levels. The airlines reported a similar uptick in demand – particularly for domestic flights. According to an analysis by the Adobe Digital Economy Index, travelers spent \$6.6 billion on domestic flights in February 2022, which is 6% more than travelers spent on domestic air travel in February 2019.

The psychological toll from the pandemic has brought out the sense of living in the moment and not letting life’s challenges stand in between one’s vision be clouded by the unknown. Traveling to a dream destination with a breathtaking perspective has become more of a reality and has sparked urgency to book a flight.

Internet searches for vacation homes abroad are now on pace with 2019 levels, according to HomeToGo’s travel trends report, released in late November. The international destinations drawing the largest online traffic increases this year, compared with 2019, are Tuscany, Italy (+141%), the Bahamas (+129%), French Polynesia’s Bora Bora (+98%), the Maldives (+97%) and the south of France (+88%). In addition, travelers have opted to book vacation rentals rather than a hotel suite since many would like to extend their stay. U.S. travelers are also seeking quieter, more luxurious destinations this summer — Maui over Honolulu, Nantucket

over Cape Cod — despite the higher costs.

The reason for the ambitious undertaking – working from home during the pandemic. It has caused more people to accumulate a significant amount of their paychecks rather than spending them. Some 70% of leisure travelers in major countries — such as the U.S., the U.K., Canada, Japan and Spain — plan to spend more on travel in 2022 than they have in the past five years, according to a November joint report by the World Travel & Tourism Council and travel website Trip.com.

Travelers may be willing to pay more to go to certain places, rather than to make the trip itself more luxurious. Twice as many U.S. tourists indicated they were willing to spend more to see “bucket list” destinations (32%) rather than reserve room or flight upgrades (16%) or book luxury experiences (15%), according to Expedia.

The willingness and ability to spend more are likely a good thing, since travel costs have increased in some places. The U.S. Travel Association’s December Travel Price Index, which measures travel costs domestically, shows that prices have increased for food (+10%), hotels (+13.3%) and motor fuel (+26.6%), compared with 2019’s figures.

For those who were financially impacted due to the lockdown, they have still found ways to vacation by celebrating missed milestones, from family reunions to the newly coined term of a ‘friendcation.’ The U.K. saw an escalating number of bookings by large groups once restrictions eased, according to Amadeus. Reservations to party locales, such as Las

Vegas; Cancun, Mexico; and the Spanish island of Ibiza, led the company to name “friendcations” a top travel trend for 2022. According to data from industry experts, there has been a 26% increase in future bookings of five or more guests as compared with 2019.

People are still catching up for lost time with family and friends. Destinations that provide for large multi-generation families, such as those with a high inventory of large villas — including the Caribbean, Mexico, and Maldives — are seeing an uptick in bookings.



To cut time and headache, there has been a revival of travel agents planning out their clients’ itineraries to explore. Travel experts explained that in the age of post-pandemic, travel agents are now equipped to help travelers navigate Covid-19 tests, restrictions,

changes in entry requirements, visas, flights, accommodation, activities and backup plans.

Even “DIY travelers,” who normally plan their own trips, are nowadays seeking professional help to make sure their upcoming travels are seamless and stress-free.

Ready to join in on this year’s travel trends? Do you have a destination you have dreamt to visit? Now is the time to make those arrangements! With travel at an explosive high, it’s time explore the world’s gorgeous hotspots!

SHARE WITH US YOUR ADVENTURE!



@AssistAmerica
#AssistAmerica

Guidance for Travelers on Extended Foreign Visits



Picturesque Cityscape Of Seine And Cathedral Of Notre Dame, France

Traveling abroad for extended periods can be both a rewarding and a difficult experience, regardless of the reason for the trip. Traveling to places with cultural and socioeconomic norms different from travelers' familiarity might be particularly challenging. In addition, some locations worldwide have higher levels of political and security instability. In any case, regardless of the location, travelers should ensure that they make the appropriate pre-travel plans.

Prior to Travel

Before departure, travelers should verify relevant contact information for offices, schools, hotels, residences, transportation providers, and other facilities they plan to use during their trip and share it with at least one family member. They should obtain or draft detailed itineraries and notify local contacts as well as a family member of any changes. Travelers should also take copies of their passport, tickets, credit cards, insurance cards, medical or eyewear prescriptions, and other official documents, and leave the copies with a trusted associate or family member; they should ensure their passports and visas are valid for at least six months. In case of emergency, they should establish primary, alternative, contingency, and emergency methods of communications with their local contacts, as well as those at home. It is also advisable to register with your embassy, consulate, or other relevant diplomatic mission that covers your destination. They should establish a family/individual personal profile, including photos, and leave a copy with an associate.

Travelers should attempt to familiarize themselves as far as possible with the country so that they know what to expect with regard to local customs, potential security threats, communications and transportation reliability, and medical care. Before visiting higher threat destinations, visitors should develop an

evacuation plan that addresses possible events that could pose a threat during the trip. As the widespread civil unrest in Kazakhstan and the Tonga volcanic eruption in early 2022 showed, deteriorations in local security environments can happen dramatically, leaving little time for such plans to be formulated: it is important to be prepared as far as possible beforehand.

Precautionary Planning during the Visit

While in-country, visitors should establish and maintain emergency plans for evacuating their residence, place of work, or neighborhood. It is a good idea to keep an emergency kit in your residence capable of sustaining you and any dependents for a week. The kit should include first-aid supplies, candles, matches, AM/FM radio, extra batteries, two-way communication devices, water, food – preferably dried, which requires little or no preparation - as well as supplies for children and pets.

Communications devices should be maintained and regularly tested, and emergency contact lists should be kept current. Visitors should store personal records, passports, an inventory of household/personal items, other essential papers, as well as extra currency (both local and US) and credit cards, in a secure, fire-proof location at your accommodation or place of work; copies should be kept in a separate location.

It is advisable for visitors to identify potential safe havens and rehearse potential travel to them. A “go bag” should be packed for each resident or family member, which includes extra clothing, as well as blankets or sleeping bags, and extra refills of prescription and non-prescription medicine; vehicles should be kept in good working condition with the tank at least half full whenever possible.

Assist America Reminds You to Remain Safe when You Travel on Mass Transit!

The safety and security risks associated with traveling on public transport can vary significantly between countries and even within countries. Travelers can adopt measures to help protect themselves from most of these threats.

1

Stay Alert

Ensure that you keep valuables such as cash, jewelry, and portable electronic devices on your person at all times. Avoid leaving these items in unattended bags and suitcases that are placed into holds or luggage racks. When moving through crowded transportation hubs such as airports and stations, all valuables, identity documents, and cash should be concealed from view and stored in a secure place that is not easily accessible, such as an inside pocket. Any unattended luggage items or suspicious behavior should be reported to the service operator and relevant authorities immediately. Travelers should remain aware of their surroundings and attentive to the actions and movements of others nearby.

2

Plan Your Route Ahead of Traveling

Create an “Emergency Plan” for you to follow along with an itinerary. Save it and keep it in your wallet/purse. You can also save the information on a small USB thumb drive, along with copies of your passport (if you travel internationally), immunization record, medical insurance card, passport, plane tickets, travel insurance and other important documents.

3

Make Sure Someone Knows Where You’re Traveling

When you complete a comprehensive itinerary, send it to an emergency contact along with your important travel documents so they will know exactly who to call and where to go for help when needed.

4

Check the State Department Website & Register with Your Embassy

The U.S. Department of State has a travel advisory page for every country in the world, where it lists all known difficulties and current threats to the safety of visitors. The Smart Traveler Enrollment Program, or STEP, is designed to make a destination’s local embassy aware of your arrival and keep you constantly updated with the latest safety information. It’s free, it’s available for all U.S. citizens and nationals living abroad, and it’s a great way to get reliable, up to date safety information as you travel, along with an extra level of security in case of emergencies.

5

Learn About Assist America’s Services and Download our App

Before you leave, read through the list of services provided to you by Assist America. From emergency medical evacuations to medical referrals and lost luggage assistance, Assist America is here to assist you should you face an emergency while traveling more than 100 miles away from home, or in another country. A list of services is available at www.assistamerica.com/services and the free Assist America Mobile App allows you to connect with the Assist America’s 24/7 Operations Center anytime, anywhere.



Independence Day 2022

July 4th



assist america®
Innovative Assistance Solutions














... reminds you that we provide
peace of mind wherever you go
and we're only one call away!

Travel With Pride

Celebrate your Independence Day with peace of mind knowing that Assist America is with you every step of the way! Traveling more than 100 miles from your home or in another country? Assist America's Operations Center is ready to help, 24/7, anywhere around the world.



Our services include:

-  Medical Consultation, Referral & Monitoring
-  Prescription Assistance
-  Hospital Admission Assistance
-  Emergency Medical Evacuation
-  Medical Repatriation
-  Compassionate Visit
-  Care of Minor Children
-  Legal & Interpreter Referrals
-  Lost Luggage & Documents Assistance
-  Pre-Trip Information
-  Return of Vehicle
-  Return of Mortal Remains
-  And Much More...

Safety Tips

Outdoors:

- Wear sunscreen and sunglasses
- Hydrate frequently

Food:

- Cook meat thoroughly & keep perishables chilled
- Cover dishes to keep insects away

Travel:

- Don't drink & drive
- Make sure your vehicle is ready for the road
- Prepare your route before you depart

Stay Connected

Scan the QR Code below to download **Assist America's free Mobile App** for iPhone and Android and instantly connect to a wide range of services, including:

- Electronic membership ID card
- "TAP FOR HELP" 24/7 call button
- Pharmacy & Embassy Locator
- Pre-trip Information
- Travel Alerts
- Full List of Services



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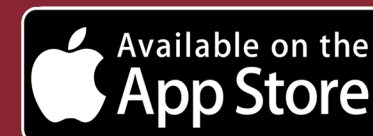


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