



**If you are planning to travel over the Easter Period, please be sure to stay safe by adhering to the guidelines below.**

Your membership card is your gateway to appropriate care so make sure you have it with you at all times.

We also recommend that you and your family members save the Europ Assist (ambulance) number (0861 756 548) as well as the after-hours Case Management number (082 800 8727), under ICE (in case of emergency) on your mobile phone.

**Make sure that your vehicle is roadworthy by performing these safety checks:**

- Check the tread and condition of the tyres.
- Ensure your vehicle has a spare tyre.
- Make sure the brakes function properly.
- Make sure that all the windows and mirrors are clean and undamaged.
- Check the water, oil and other liquid levels.
- Check that all lights are working.
- Ensure that your vehicle license and driver's license are up to date.

**Follow these travel safety tips to help ensure that you reach your destination safely:**

- Never drive under the influence of alcohol or drugs.
- Stick to the speed limit and always wear your seatbelt, especially babies and small children.
- Stop often to rest and stretch your legs.
- Always stop in well-lit public places.

**Important Tip:**

Remember to take your chronic medication with whilst on holiday and ensure you have enough available for the duration of your holiday. Make sure that you use these medications as indicated by a medical professional.

