

the charity for
your community



Free medical treatment abroad

Are you going on holiday to a European Union country this summer? If so, you should get a European Health insurance card (EHIC). They are free and entitle you to free medical treatment. Every member of the family who is travelling needs a separate card. They must be renewed every three to five years, or they become invalid, so if you have a card already, check whether it's out of date before you travel.

You can apply online at www.dh.gov.uk/travellers or by phone on 0845 606 2030.