

Be Prepared



Taking Children on Assignment

You've been offered an amazing opportunity to work in a different country. And you want to jump on it. But you also have a family to consider. How can you make sure it's an amazing experience for them and you?

Cigna Global Health Benefits has prepared this special brochure to help you answer that question – and get the whole family ready for the adventure of a lifetime.



Before you go.

Schedule check-ups for the entire family.

Make sure everyone going on assignment has a check-up with his or her doctor. It's important that you and your children are up to date on vaccinations – in the U.S. *and* the country you'll be living in. Children often get vaccines in a series of shots, so make appointments as soon as you accept an assignment.

Get a year's worth of prescriptions now.

During these appointments, ask the doctors to write a year's worth of prescriptions of the medication they take routinely. Many Cigna plans cover it.

Start language classes right away.

Moving to a country where your kids don't speak the language? Get them started on learning it now. If your children are able to communicate – even in some basic way – with people in their new location, they may feel less isolated.

Start looking at schools.

If you have school-aged children, begin researching your options. Many urban centers offer schools for children of globally mobile professionals. They could make the adjustment easier and lessen the chance of academic difficulties.

Give special attention to finding resources for children with special needs.

If your child has a developmental challenge, call us by using the number on the back of your Cigna ID Card. Finding speech therapists, tutors who deal with learning disabilities and child psychologists may be difficult. Keep in mind that there may be cultural differences, so take extra care when choosing someone.

While you're there.

Adjust your body clocks.

If you arrive during daylight hours, keep kids well-fed and well-hydrated. Explore the new house or immediate neighborhood together. Do your best to keep your kids awake until normal bedtime hours. It may be rough at first – but it will help them adjust faster.

Find a new pediatrician.

As soon as you arrive – or even before – make an appointment with a family doctor or pediatrician. Go to [CignaEnvoy.com](https://www.cignaenvoy.com) to find one close to you. Also, make sure everyone knows where the nearest hospital is and how to contact local emergency services.

Eat, drink and be healthy.

In addition to getting used to new tastes and textures, kids may need to adapt to food and water precautions. Visitors to parts of Latin America, Africa and the Middle East have a high risk of developing traveler's diarrhea. Until you know for sure, make sure your kids avoid drinking the water – even when brushing their teeth or bathing.

3 things to think about

before bringing your children on assignment.

- Consider the age and maturity of your children as well as the location you're going to. You may have to do more preparation if they need to learn the language or if the culture is vastly different.
- If one of your children has a health or developmental condition, you will have to do more planning beforehand. In many cases, we can help you find the right resources.
- Ask your kids how they feel about it. Have an open discussion. Encourage them to share fears and anxieties – and do your best to alleviate them. No matter how they feel, keep the lines of communication open at all times.

Cigna can help you make this a great time for everyone in your family.
Reach out to us anytime.

Cigna doesn't just offer health care – we offer human care. So feel free to reach out to us with any questions or concerns you have about your children. The International Service Center is open 24/7/365. Send a secure e-mail through [CignaEnvoy.com](https://www.cignaenvoy.com) or call the number on the back of your Cigna ID card. Either way, we're here for you and your family.



More Tips

- Tap into Cigna's vast network of clinical resources if your children experience physical, mental or emotional challenges after you arrive. We're here to help!
- Put kids in charge of learning about their new location. Have them go online and find restaurants that serve their favorite cuisine, nearby playgrounds, etc.
- Right after the move, make an effort to spend more time with your children. This period is critical for many kids.
- Do your best to recreate normal habits and routines ASAP. Make sure any "prized possessions" (a blanket, favorite toy, etc.) are brought along and easily accessible.
- Before you go, ask older kids to go to CignaEnvoy.com to download country guides for the region you'll be living in. It's a great way to get them up to speed.

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