



## POLICY RULES

Terms, General Exclusions and Definitions  
relating to your plan









# CONTENTS



Please read these *Policy Rules* along with *your Certificate of Insurance* and *your Customer Guide* as they all form part of *your contract* between *you* and *us*. If necessary seek expert advice should *you* need to determine if this *policy* is appropriate for *you*.

Words and phrases in *italics* have the meanings given to them in Section 3, 'Definitions'.

**Please see below where to find all of the important information in relation to *your Cigna Global Health Options plan*.**

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## LEGAL AND REGULATORY INFORMATION

This insurance is provided by

**Cigna Life Insurance Company of Europe S.A.-N.V.**  
**52 Avenue de Cortenbergh**  
**1000 Brussels**  
**Belgium**

Cigna is regulated in Belgium by National Bank of Belgium (La Banque Nationale de Belgique/ De Nationale Bank van België) for prudential supervision and the Financial Services and Markets Authority (L'Autorité des services et marchés financiers/De Autoriteit voor Financiële Diensten en Markten) for the integrity of the financial markets and fair treatment of financial consumers.

This *policy* does not replace any state health insurance scheme. *You* may wish to take appropriate advice before stopping contributions to any state health insurance scheme of which *you* are a member.



## COMPLAINTS

Any complaint should in the first instance be sent to *us* at the address in the 'How to contact us' section below.

If the complaint is not resolved, the complaint may be referred to the Financial Ombudsman at:

**The Financial Ombudsman Service**  
**Exchange Tower**  
**London**  
**E14 9SR**

Telephone: **0800 0 234 567**  
or outside of the UK: **+44 (0) 2079 640 500**  
Email: **complaint.info@financial-ombudsman.org.uk**

The Financial Ombudsman Service can adjudicate most (but not all) complaints. Its decision is binding on *us* but the person making the complaint may reject it without affecting their legal rights (including their right to bring court proceedings).

Unless specifically agreed to the contrary, this *policy* is governed by, and will be interpreted in accordance with, the law of England and Wales.

Any disputes about this *policy*, including disputes about its validity, formation and termination, will be determined exclusively in the courts of England and Wales.



## HOW TO CONTACT US

To cancel this *policy*, please email *us* at: **cignaglobal\_customer.care@cigna.com**.

For full details, please see clause 6.5 of these *Policy Rules*. *You* will need to provide *your policy* number, full name and email address used in the *application* form.

*You* can also write to *us* at the following address:

**Cigna Global Health Options**  
**Customer Care Team**  
**1 Knowe Road, Greenock**  
**Scotland**  
**PA15 4RJ**

In other circumstances *you* can call *our* Customer Care Team 24/7 on:  
**+44 (0) 1475 788 182** or from inside the *USA* on: **0800 835 7677**.



# SECTION 1: GENERAL TERMS AND CONDITIONS

## 1. Scope of cover and policy eligibility

### 1.1

This *policy* is only offered to *beneficiaries* who are *expatriates*. Therefore, this *policy* will only cover the costs of *treatment* in a *beneficiary's country of nationality* in circumstances where the *beneficiary* is temporarily resident in their *country of nationality*. Such circumstances may not exceed one hundred and eighty (180) days in aggregate per *period of cover*, and the *country of nationality* must be within the *selected area of coverage* (see clause 11 for full details).

### 1.2

Subject to the terms, conditions, limits, exclusions (and special exclusions as detailed in your *Certificate of Insurance*, if applicable) of this *policy*, Cigna will cover you for medical and related expenses relating to *medically necessary treatment* which is recommended by a *medical practitioner*, and provided within the *selected area of coverage* for *injury* and *sickness*. The *treatment* must occur during the *period of cover* and deductibles, cost shares and limits of cover may apply. In some circumstances we may, at our absolute discretion, agree to remove an exclusion if you pay an additional premium. This will be agreed at the time you purchase your *policy*.

### 1.3

You must be eighteen (18) years old or over at the time of purchase in order to purchase this *policy*.

### 1.4

If there are any changes that occur between your *application* and the *initial start date* of your *policy* and any information that you provided to us in your *application* changes during this period, you must let us know. We reserve the right to cancel the *policy* or apply any additional premiums or exclusions as a result of any change to your state of

health which you have notified us of before the *initial start date* of the *policy*. If you fail to inform us of any change to your state of health during this period, we may treat this as misrepresentation, which could affect coverage under your *policy* or payment of claims.

### 1.5

This *policy* will not cover any costs relating to *treatment* received before the cover starts, or after the cover ends (even if that *treatment* was approved by us before the cover ends).

## 2. When does cover begin and end

### 2.1

This *policy* is an annual contract. This means that, unless it is terminated earlier, the cover will end one (1) year after the *start date*.

### 2.2

If this *policy* ends before the normal *end date*, any premium which has been paid in relation to the period after cover has ended will be refunded on a pro rata basis, so long as no claims have been made and no *guarantees of payment* have been put in place during the *period of cover*.

If the *policy* ends before the normal *end date* and you have made claims under it, you will be liable for the remainder of any premium in respect of the *policy* which are unpaid.

### 2.3

If you die, cover will end for all *beneficiaries* unless a *beneficiary* contacts us within thirty (30) days of the date of death as shown in the Death Certificate. If any of the *beneficiaries* would like to continue coverage by becoming the *policyholder*, and subject to our *policy* terms, they must inform us within thirty (30) days and must provide us with a copy of the Death Certificate. If a *beneficiary* does not wish



to continue coverage as the *policyholder*, all cover will end, and we will not make any payments in relation to *treatment* or services which are received on or after the date on which the cover ends.

### 3. The information you give us

In deciding whether to accept this *policy* and in setting the terms and premium, we have relied on the information that you have given to us. You must take care when answering any questions that we ask by ensuring that all information is accurate and complete.

If we determine on reasonable grounds that you deliberately or recklessly provided us with false or misleading information, it could adversely affect this *policy* and any claim. For example, we may:

- > treat this *policy* as if it had never existed, refuse to pay all claims and return the premium paid. We will only do this if we provide you with insurance cover which we would not otherwise have offered;
- > amend the terms of your insurance. We may apply these amended terms as if they were already in place if a claim has been adversely impacted by your carelessness; or
- > terminate in accordance with 6.2.

We will notify you in writing if any of the above circumstances occur.

If you become aware that information you have given us is inaccurate, you must inform us as soon as possible using one of the options in the 'How to contact us' section on page 3 of these *Policy Rules*.

### 4. Free look period

You have a statutory right to cancel your *policy* within fourteen (14) days from the date you receive this *policy*. If you wish to cancel this *policy* and we have not paid a claim or issued a *guarantee of payment*, you will receive a full refund of your premium.

Alternatively, if we have paid a claim, or issued a *guarantee of payment*, we will not refund any premium which has been paid. To cancel this *policy*, please contact us using one of the options in the 'How to contact us' section on page 3 of these *Policy Rules*.

If you do not exercise your right to cancel this *policy*, it will continue in force and you will be required to make any premium payments that are due to us.

For your cancellation rights outside of the fourteen (14) day statutory cooling off period, please refer to clause 6 of this *policy*.

### 5. Premium and other charges

#### 5.1

Your *Certificate of Insurance* sets out the premium and any other charges (such as taxes) which are payable, and states when and how they must be paid.

Payments must be made in the currency and in the manner detailed in your *Certificate of Insurance*.

#### 5.2

If you, or any *beneficiaries*, do not seek prior approval for *treatment* or receive *treatment* in the USA at a *hospital, clinic or medical practitioner* which is not part of the Cigna network, we may not pay for all of your *treatment*. Please see 'Your Guide to Getting Treatment' on page 10 of the *Customer Guide* for the details of how we will calculate any reduction in the value of your claim. A list of Cigna's network of *hospitals, clinics and medical practitioners* is available in your secure online Customer Area.

#### 5.3

If you do not pay premium and/or any other charges when they are due, we will notify you by email immediately and suspend your *policy* i.e. cover for all *beneficiaries* will be suspended. If payment is made, the *policy* will be reinstated. We will not approve *treatment* while the *policy* is suspended. We will not settle any claim while any payment to us is outstanding until the outstanding amount is paid.

If after thirty (30) days the amount is still outstanding, *we* will write to *you* informing *you* that the *policy* is cancelled. The cancellation date shall take effect on the date when the first outstanding payment was due.

If *you* settle the outstanding amount within thirty (30) days of when the first outstanding payment was due, *we* will reinstate *your* cover back to that date.

#### 5.4

Subject to clause 13, *we* will inform *you* of the premium and any other charges which will apply during the next *period of cover*.

The premium and/or other charges will change each *period of cover*.

## 6. Termination

### 6.1

Subject to any conflicting legal or regulatory requirements *we* will terminate this *policy* for all *beneficiaries* immediately if:

#### 6.1.1

any premium or other charge (including any relevant tax) is not paid in full within thirty (30) days of the date on which it is due. *We* will give *you* written notice if *we* are going to terminate the *policy* for this reason;

#### 6.1.2

it becomes unlawful for *us* to provide any of the cover available under this *policy* or *we* are required to terminate the *policy* in any particular jurisdiction or territory at the direction of a regulator or authority with competent jurisdiction; or

#### 6.1.3

any *beneficiary* is identified on any list imposing financial sanctions on targeted individuals or entities maintained by the United Nations Security Council, the European Union, the United States Office of Foreign Assets Control or any other applicable jurisdiction. Furthermore, *we* will not pay claims for services received in sanctioned countries if doing so would

violate the requirements of the United Nations Security Council, the European Union or the United States Department of Treasury's Office of Foreign Assets Control.

### 6.2

Subject to clause 3, *we* will terminate this *policy* with immediate effect if, *we*, at *our* sole discretion determine, on reasonable grounds, that *you* have, in the course of applying for the *policy* or when making any claim under it, withheld information or knowingly or recklessly provided information which *you* know or believe to be untrue or inaccurate or failed to provide information which *we* have asked for, including medical information.

### 6.3

Subject to clause 11, *we* may terminate this *policy* if any *beneficiary* ceases to be an *expatriate* whether as a result of a change to a *beneficiary's country of nationality* or *country of habitual residence*.

### 6.4

If *we* are no longer in the market to sell the *policy* or suitable alternative in *your* geographical area, *we* will notify *you* at least one (1) month before the *end date* to advise *you* that the *policy* will be terminated (and therefore unable to be renewed) with effect from the *end date*.

### 6.5

If *you* want to terminate this *policy* and end cover for all *beneficiaries*, *you* may do so at any time by giving *us* at least seven (7) days' notice in writing. Please write to *us* using one of the options in the 'How to contact us' section on page 3 of these *Policy Rules*.

#### 6.5.1

If the *policy* is terminated in accordance with clause 6.5, before the *end date*, and *we* have paid a claim or issued a *guarantee of payment* during the *period of cover*, *you* will be liable for the remainder of any premiums in respect of the *policy* which are unpaid. If *your* annual premium is collected at intervals throughout the *policy* year, *you* will be

responsible for making these payments for the remainder of the *period of cover* or alternatively, settle the outstanding premium amount.

## 6.6

In relation to the period after *your* cover has ended, unless *your policy* is terminated in accordance with clause 6.2 and/or clause 7, then any premium which has been paid in relation to the period after cover has ended will be refunded to the extent that it does not relate to a period of time in which *we* have provided cover, so long as *we* have not paid any claim, or issued any *guarantee of payment* during the *period of cover*.

## 6.7

If *treatment* has been authorised, *we* will not be held responsible for any *treatment* costs if the *policy* ends or a *beneficiary* leaves the *policy* before *treatment* has taken place.

## 7. Fraud

### 7.1

If a *beneficiary* makes a fraudulent claim under this *policy*, *we*:

- i. are not liable to pay the claim;
- ii. may recover from the *beneficiary* any sums paid by *us* in respect of the claim; and
- iii. may give notice to the *beneficiary* and treat the contract as having been terminated with effect from the time of the fraudulent act.

### 7.2

If *we* exercise *our* right under clause 7.1 (iii) above:

- i. *we* shall not be liable to the *beneficiary* in respect of a relevant event occurring after the time of the fraudulent act. A relevant event is whatever gives rise to *our* liability under this *policy* (such as the occurrence of a loss, the submission of a claim, or the notification of a potential claim); and

- ii. *we* do not need to return any of the premium paid.

## 7.3

If this *policy* provides cover for any *beneficiary* other than *you*, and a fraudulent claim is made under this *policy* on behalf of a *beneficiary* other than *you*, *we* may exercise the right set out in clause 7.1 above as if there were an individual insurance contract between *us* and that *beneficiary*. However, the exercise of any of those rights shall not affect the cover provided under the contract for any other *beneficiary*.

Nothing in this clause 7 is intended to vary the position under the Insurance Act 2015.

## 8. Coverage options

### 8.1

If a *beneficiary* does not have cover under the International Outpatient, International Evacuation & Crisis Assistance Plus™, International Health and Wellbeing or International Vision and Dental options, *we* will not pay for any of the *treatments* which are available under those options.

### 8.2

Coverage options cannot be changed at *your* request during the *period of cover* and can only be made upon renewal. If *you* want to add or remove coverage options, or reduce *your* deductible, cost share or out of pocket maximum, *we* may ask *you* to complete a new medical history questionnaire, and *we* may apply new special restrictions or exclusions on the new coverage options. *You* should let *us* know in writing at least seven (7) days before the *annual renewal date*.

## 9. Deductible and Cost Share

### 9.1

If *you* have selected a deductible on the International Medical Insurance plan and/or International Outpatient option (if applicable), *you* will be responsible for paying the deductible amount directly to the *hospital, clinic or medical practitioner*. *We* will let *you* know what this amount is.

We will reduce the amount which we will pay towards the cost of *treatment* in respect of each claim which is made under the International Medical Insurance or International Outpatient option (if applicable) by the amount of any deductible until the deductible for the *period of cover* is reached.

## 9.2

If *you* have selected a cost share on the International Medical Insurance plan and/or International Outpatient option (if applicable), we will reduce the amount we pay towards the cost of *treatment* by that cost share percentage. *You* will be responsible for paying the cost share directly to the *hospital, clinic or medical practitioner*. The amounts *you* pay are subject to the capping effect of the applicable out of pocket maximum.

## 9.3

Only amounts *you* pay related to the cost share on the International Medical Insurance and/or International Outpatient option are subject to the capping effect of the out of pocket maximum. The following are not subject to the out of pocket maximum:

- > Any amounts *you* pay due to a deductible;
- > Due to exceeding limits of cover;
- > For *treatment* not covered by the International Medical Insurance plan or International Outpatient option; or
- > Due to penalties for not obtaining prior approval or using out of network providers in the *USA*.

Any amounts *you* pay to the deductible, cost share and out of pocket maximum where applicable, apply separately to each *beneficiary*, each coverage option and each *period of cover*.

## 9.4

No deductible applies to 'Inpatient cash benefit' or 'Newborn Care' benefit.

## 10. Adding or removing beneficiaries

### 10.1

Unless there has been a relevant *qualifying life event*, *you* cannot add or remove a *beneficiary* during the *policy* year. A *beneficiary* can only be added or removed if *you* are renewing the cover at the end of an annual *period of cover*.

### 10.2

If *you* would like to add a new *beneficiary* on this basis, *you* must send *us* a completed *application* for that person. Acceptance of any new *beneficiary* is at *our* sole discretion. We will advise *you* of any special conditions or exclusions and any additional premium that will apply to the offer of cover. Cover for any new *beneficiary* will begin from the date on which *you* confirm *your* acceptance. We will send *you* an updated *Certificate of Insurance* confirming that the new *beneficiary* has been added.

### 10.3

If a *beneficiary* gives birth, *you* may apply to add the newborn as a *beneficiary* to *your* existing plan.

#### 10.3.1

If at least one (1) parent has been covered by the *policy* for a continuous period of twelve (12) months or more prior to the newborn's birth, we will not require information about the newborn's health or a medical examination if an *application* is received by *us* to add the newborn to the *policy* within thirty (30) days of the newborn's date of birth. However, if an *application* is received by *us* more than thirty (30) days after the newborn's date of birth, the newborn will be subject to medical underwriting.

#### 10.3.2

If neither parent has been covered by the *policy* for a period of twelve (12) consecutive months or more prior to the newborn's birth, the newborn will be subject to medical underwriting, and *you* can submit an *application* to add the newborn.



## 10.4

If medical underwriting is required for the newborn, we will then tell you whether we will offer cover to the newborn and, if so, any special conditions and exclusions which would apply. Cover will begin no sooner than the date you accept our offered terms.

We will send you an updated *Certificate of Insurance* confirming that the new *beneficiary* has been added. Please refer to the 'Newborn Care' benefit in your Customer Guide for further details.

## 11. Changes to country of habitual residence, address and/or nationality

### 11.1

If any *beneficiary* changes their *country of habitual residence* you must inform us as soon as practicable and in any event within thirty (30) days. We reserve the right to ask you for further information about a change in your or any other *beneficiary's country of habitual residence* from time to time. Note that any change to your or any other *beneficiary's country of habitual residence* may result in an increase to your premium or additional tax becoming payable, meaning you may have to make an additional payment of premium or your monthly or quarterly payments may increase. If the premium increases, we will give you the right to cancel the *policy*, in accordance with clause 6.5, in which case clauses 6.5.1, 6.6 and 6.7 will apply. Please note that the insurance may be provided by another *Cigna* group company.

### 11.2

If a *beneficiary* returns to their *country of nationality* then the *treatment* which they can obtain will be limited to one hundred and eighty days (180) days in aggregate during the *policy* year.

#### 11.2.1

We reserve the right to review all claims submitted by *beneficiaries* in their *country of nationality* and in circumstances where we know or reasonably believe the *beneficiary* is or intends to be resident in their

*country of nationality* in excess of one hundred and eighty (180) days in aggregate per *period of cover*. In such circumstances we may no longer consider that *beneficiary* to be an *expatriate* as they have returned to their *country of nationality* for a sustained period and we may refuse payment of any claim or issuance of a *guarantee of payment*.

### 11.3

We reserve the right to terminate this *policy* in accordance with 6.3.

### 11.4

If any *beneficiary* ceases to be an *expatriate* whether as a result of a change to a *beneficiary's country of nationality* or *country of habitual residence*, then you can either:

#### 11.4.1

leave the *policy* in force for the remainder of the *period of cover*. You must inform us upon renewal if you cease to be an *expatriate* and we will determine if we can offer you an alternative health plan provided by another *Cigna* group company; or

#### 11.4.2

terminate the *policy* by giving written notice with the effect that cover will end for all *beneficiaries*. Any premium which has been paid in relation to the period after termination will be refunded to the extent that it does not relate to a period of time in which we have provided cover, so long as we have not paid claims or issued any *guarantees of payment* during the *period of cover*.

## 12. How we will communicate with you

We will send any communication and notices in relation to this *policy* electronically to the email address you have provided, and we will place your *policy documents* in your secure online Customer Area.

## 13. Policy renewal

### 13.1

If we determine to renew, we will write to you at least one (1) calendar month before the *end date* to invite you to renew on the terms we offer you. We will inform you of any changes to the *policy* and premium for the forthcoming *period of cover*. If local law and/or regulation dictates, we may be required to offer you an alternative health plan.

Subject to clause 7, any decision by Cigna not to renew shall not be based on your claims history or any illness, *injury* or condition suffered by any *beneficiaries*.

### 13.2

If you accept the invitation to renew, please ensure you have read and understood the *policy documents* for the forthcoming *period of cover*. Your cover will be renewed for another twelve (12) months.

### 13.3

If you do not want to renew your cover, you must let us know in writing at least seven (7) days before your *policy end date*.

#### 13.3.1

If you do not renew your cover, any *beneficiaries* who have been covered under the *policy* can apply for their own cover. We will consider their *applications* individually, and inform them whether, and on what terms, we are willing to offer them such cover.

### 13.4

If you would like to add or remove coverage options, you must let us know in writing at least seven (7) days before your *annual renewal date*. We may apply new special restrictions, exclusions and/or adjust premium. If we do so we will send you an updated *Certificate of Insurance*.

### 13.5

If any special exclusion(s) have been applied to any *beneficiary* there may be occasions when we can review them at a future *annual renewal date*, to consider whether we are

willing to remove the exclusion. If this is the case, we will show the exclusions review date in the *Certificate of Insurance*. At such date, we will also review the additional premium (if any) which we may have applied to cover a condition.

You should contact us upon receipt of the renewal notification, and at least fourteen (14) days before the *annual renewal date* if there is an exclusion which is due for review at that date.

We will then advise you of changes (if any) we have made and, where appropriate, issue an amended *Certificate of Insurance*. Amendments will be effective from the relevant *annual renewal date*. We do not guarantee that any special exclusion(s) or additional premium will be removed on renewal.

## 14. Data protection

### 14.1

In assessing your *application*, and administering the *policy* and the insurance provided to you, we will collect, process and share certain personal information about you. We take your privacy very seriously and we will always process your information in accordance with applicable data protection legislation, including the General Data Protection Regulation (EU 2016/679) and any other applicable legislation and any guidance or codes of practice issued in respect of protection of *personal data* from time to time. For more information please see our Data Protection Notice, which we may update from time to time.

### 14.2

Cigna will for the purposes of administering any claim, ask a *beneficiary* to provide *special category data* relating to his or her medical condition, previous conditions, state of health and *treatments*.

## 15. Who can enforce this policy

Only we and you have legal rights in connection with this *policy*. A person who is not a party to this *policy* has no right under

the Contracts (Rights of Third Parties) Act 1999 to enforce any term of this contract but this does not affect any right or remedy of a third party which exists or is available apart from that Act.

## 16. Our right to recovery from third parties

If a *beneficiary* requires *treatment* as a result of an accident or deliberate act for which a third party is at fault, *we* (or any person or company *we* nominate) will take on that *beneficiary's* right to recover the cost of that *treatment* from the third party at fault (or their insurance company). If *we* ask a *beneficiary* to do so, he or she must take all steps to include the amount of benefit claimed from *us* under this *policy* in any claim against the person at fault (or their insurance company).

The *beneficiary* will need to sign and deliver all documents or papers and take any other steps *we* require to secure *our* rights. The *beneficiary* must not take any action which could damage or affect these rights. *We* can take over and defend or settle any claim, or prosecute any claim, in a *beneficiary's* name for *our* own benefit. *We* will decide how to carry out any proceedings and settlement.

## 17. Other Insurance

If another insurer also provides cover, *we* will negotiate with them as regards to who pays what proportion of any claim. If a *beneficiary* is covered by other insurance, *we* may only pay part of the cost of *treatment*. If another person, organisation or public programme is responsible for paying the costs of *treatment*, *we* may claim back any of the costs *we* have paid.

## 18. Changes to this policy

### 18.1

No person other than an executive officer of *Cigna* has authority to change this *policy* or to waive any of its provisions on *our* behalf, for example, sales representatives, brokers and other intermediaries cannot vary or extend the terms of the *policy*.

### 18.2

*We* reserve the right to make any changes to this *policy* that are necessary to comply with any changes to relevant laws and regulations. If this happens, *we* will write to *you* and tell *you* of the change.

## 19. Sanctions

It is *Cigna's* global corporate policy to comply with the economic sanctions rules related to individuals, entities, and countries applicable to its global business operations, including but not limited to those imposed by the United Nations, the European Commission, the United States, and Canada. Therefore, *Cigna* will not offer coverage or pay benefits to or on behalf of, any *beneficiaries* if doing so would violate these sanctions rules. In the event that *Cigna* learns that a sanctioned individual or entity is enrolled under the *policy*, or that a *beneficiary* becomes sanctioned, *Cigna* will take all appropriate action, which could include blocking, reporting, and terminating coverage. *Cigna* is under no obligation to notify the *beneficiary* in advance of taking these actions, or to obtain licenses from any government to enable the extension of coverage in compliance with sanctions laws.

In addition, restrictions will apply to claims incurred in sanctioned countries where there is no relevant, approved license from the U.S. Office of Foreign Assets Control. Among the restrictions, *Cigna* will not cover: (1) elective or pre-scheduled *treatment* in sanctioned countries; or (2) *beneficiaries* considered "ordinarily resident" in a sanctioned country. *Beneficiaries* are considered ordinarily resident if they visit a sanctioned country for a period of longer than six (6) weeks over the course of any twelve (12) month period.



## SECTION 2: GENERAL EXCLUSIONS

We will not offer cover or pay claims when it is illegal for *us* to do so under applicable laws. Examples include but are not limited to, exchange controls, local licensing regulations or trade embargo.

In accordance with clause 19, we will not cover any *beneficiaries* or pay claims in jurisdictions when doing so would violate applicable trade restrictions, including but not limited to: restrictions imposed by the United States Department of Treasury's Office of Foreign Assets Control; the European Union Commission, or; the United Nations Security Council Sanctions Committees.

We cannot be held responsible for any loss, damage, illness and/or *injury* that may occur as a result of receiving medical *treatment* at a *hospital* or from a *medical practitioner*, even when we have approved the *treatment* as being covered.

The following exclusions apply to the International Medical Insurance plan and to all of the extra coverage options. Please also refer to the list of benefits detailed in the Customer Guide, including the notes section for any further restrictions and exclusions that apply, in addition to the General Exclusions. Please also refer to *your Certificate of Insurance* for any special exclusions that may apply.

### 1. *Treatment* which is provided by:

- a) a *medical practitioner* who is not recognised by the relevant authorities in the country where the *treatment* is received as having specialist knowledge of, or expertise in, the *treatment* of the disease, illness or *injury* being treated;
- b) a *medical practitioner, therapist, hospital, clinic*, or facility to whom we have given written notice that we no longer recognise them as a *treatment* provider. Details of individuals, institutions and

organisations to whom we have given such notice may be obtained by calling *our* Customer Care Team; or

- c) a *medical practitioner, therapist, hospital, clinic*, or facility which, in *our* reasonable opinion, is either not properly qualified or authorised to provide *treatment*, or is not competent to provide *treatment*.

### 2. *Treatment* for:

- a) a *pre-existing condition*; or
- b) any condition or symptoms which result from, or are related to, a *pre-existing condition*.

We will not pay for *treatment* for a *pre-existing condition* of which the *policyholder* was (or should reasonably have been) aware at the date cover commenced, and in respect of which we have not expressly agreed to provide cover.

3. Preventative *treatment*, including but not limited to health screening, routine health checks and vaccinations (unless that *treatment* is available under the International Medical Insurance plan or one of the options for which a *beneficiary* has cover).

Under the International Medical Insurance plan, the limits of cover for preventative *surgery* in respect of *congenital conditions* will apply, other than for cancer.

4. *Treatment* which is provided by anyone who lives at the same address as the *beneficiary*, or who is a member of the *beneficiary's* family.

5. *Treatment* which is necessary as a result of conflict or disaster including but not limited to:

- a) nuclear or chemical contamination;
- b) war, invasion, acts of terrorism, rebellion (whether or not war is declared), civil war, commotion, military coup or other

usurpation of power, martial law, riot, or the act of any unlawfully constituted authority;

- c) any other conflict or disaster events; where the *beneficiary* has:
- i) put him or herself in danger by entering a known area of conflict (as identified by a Government in *your country of nationality*, for example the British Foreign and Commonwealth Office);
  - ii) actively participated in the conflict; or
  - iii) displayed a blatant disregard for their own safety.

**6.** Any *treatment* outside *your selected area of coverage*, unless the *treatment* can be covered under the 'Out of Area Emergency Hospitalisation Cover' conditions.

**7.** Travel costs for *treatment* including any fares such as taxis or buses, unless otherwise specified, and expenses such as petrol or parking fees.

**8.** Any expenses for ship to shore evacuations.

**9.** *Treatment* in nature cure *clinics*, health spas, nursing homes, or other facilities which are not *hospitals* or recognised medical *treatment* providers.

**10.** Charges for residential stays in *hospital* which are arranged wholly or partly for domestic reasons or where *treatment* is not required or where the *hospital* has effectively become the place of domicile or permanent abode.

**11.** Costs of *hospital* accommodation for a deluxe, executive or VIP suite.

**12.** Any *prosthetic device* or appliance, including but not limited to hearing aids and spectacles (unless the International Vision & Dental module is selected) which is not *medically necessary* and/or does not fall within our definition of *prosthetic device(s)*.

**13.** Incidental costs including newspapers, telephone calls, guests' meals and hotel accommodation.

**14.** Costs or fees for filling in a claim form or other administration charges.

**15.** Non-medical admissions or stays in *hospital* which include:

- a) *treatment* that could take place on a *daypatient* or *outpatient* basis;
- b) convalescence;
- c) admissions and stays for social or domestic reasons e.g. washing, dressing and bathing.

**16.** Life support *treatment* (such as mechanical ventilation) unless such *treatment* has a reasonable prospect of resulting in the *beneficiary's* recovery, or restoring the *beneficiary* to his or her previous state of health.

**17.** Foetal *surgery*, i.e. *treatment* or *surgery* undertaken in the womb before birth, unless this is resulting from complications arising through maternity and shall be subject to the limits detailed in the Complications from Maternity benefit under the International Medical Insurance plan.

**18.** Footcare by a Chiroprapist or Podiatrist.

**19.** *Treatment* for, or in connection with, smoking cessation.

**20.** *Treatment* that arises from, or is in any way connected with attempted suicide, or any *injury* or illness that the *beneficiary* inflicts upon him or herself.

**21.** Developmental problems, *treatment* for personality and/or character disorders, including but not limited to:

- a) learning difficulties such as dyslexia;
- b) physical development problems such as short height;
- c) affective personality disorder;
- d) schizoid personality disorder; or
- e) histrionic personality disorder.



**22.** Disorders of the temporomandibular joint (TMJ).

**23.** *Treatment* for a related condition resulting from addictive conditions and disorders.

**24.** *Treatment* for a related condition resulting from any kind of substance or alcohol use or misuse.

**25.** *Treatment* needed because of, or relating to, male or female birth control, including but not limited to:

- a) surgical contraception, namely:
  - > vasectomy, sterilisation or implants;
- b) non-surgical contraception, namely:
  - > pills or condoms;
- c) family planning, namely:
  - > meeting a *doctor* to discuss becoming pregnant or contraception.

**26.** *Treatment* by way of the intentional termination of pregnancy, unless the pregnancy endangers a *beneficiary's* life or mental stability.

**27.** *Treatment* for sexual dysfunction disorders (such as impotence) or other sexual problems regardless of the underlying cause.

**28.** *Treatment* which is intended to change the refraction of one or both eyes, including but not limited to laser *treatment*, refractive keratotomy and photorefractive keratectomy. Note that we will pay for *treatment* to correct or restore eyesight if it is needed as a result of a disease, illness or *injury* (such as cataracts or a detached retina).

**29.** Gender reassignment *surgery*, including elective procedures and any medical or psychological counselling in preparation for, or subsequent to, any such *surgery*.

**30.** *Treatment* which is necessary because of, or is any way connected with, any *injury* or sickness suffered by a *beneficiary* as a result of:

- a) taking part in a sporting activity at a professional level;
- b) taking part in a dangerous sporting activity or hobby;
- c) solo scuba-diving; or
- d) scuba-diving at a depth of more than thirty (30) metres unless the *beneficiary* is appropriately qualified (namely PADI or equivalent) to scuba-dive at that depth.

**31.** *Treatment* which (in *our* reasonable opinion) is experimental, or has not been proven to be effective. This includes but is not limited to:

- a) *treatment* which is provided as part of a clinical trial;
- b) *treatment* which has not been approved by the relevant public health authority in the country in which it is received; or
- c) any drug or medicine which is prescribed for a purpose for which it has not been licensed or approved in the country in which it is prescribed.

**32.** Any form of cosmetic or reconstructive *treatment*, the purpose of which is to alter or improve appearance even for psychological reasons, unless that *treatment* is *medically necessary* and is a direct result of an illness or an *injury* suffered by the *beneficiary*, or as a result of *surgery*.

**33.** *Treatment* that is in any way caused by, or necessary because of, a *beneficiary* carrying out an illegal act.



## SECTION 3: DEFINITIONS

The words and phrases set out below have the meanings specified. Where those words and phrases are used with those meanings, they will appear in italics in these *Policy Rules*, and in the Customer Guide, including the list of benefits.

Unless otherwise provided, the singular includes the plural and the masculine includes the feminine and vice versa.

**Annual renewal date** - the anniversary of the *start date*.

**Application** - the *policyholder's* application (whether they have sent in a form directly to *us* or through a broker or applied online or through *our* telemarketers), and any declarations that they made during their enrolment for them and any *beneficiaries* included in the application.

**Appropriate age intervals** - child and adolescence age schedule up to age seventeen years old as set out by the **American Academy of Pediatrics (AAP)**.

**Beneficiaries, beneficiary** - anybody named in *your Certificate of Insurance* as being covered under this *policy*, including newborn children.

**Certificate of Insurance** - the certificate issued to the *policyholder*. This shows the *policy* number, the annual premium, the *start date*, the deductible amount (if selected), the cost share amount (if selected), the out of pocket maximum (if applicable), details of who is covered, any special exclusions or exclusions that have been removed at an additional premium and the health plan and selected options (if applicable) which apply.

**Cigna, we, us, our, the insurer** - see page 3 of these *Policy Rules* for details of the Cigna insurer providing *your policy*.

**Clinic(s)** - a health care facility which is registered or licensed in the country in which it is located, primarily to provide care for *outpatients* and where care or supervision is by a *medical practitioner*.

**Congenital condition(s)** - any abnormality, deformity, disease, illness or *injury* present at birth, whether diagnosed or not.

**Cosmetic** - services, procedures or items that are supplied primarily for aesthetic purposes and which are not necessary in order to maintain an acceptable standard of health.

**Country of habitual residence** - the country where a *beneficiary* habitually resides, as stated in *your application*.

**Country of nationality** - any country of which a *beneficiary* is a citizen, national or subject, as stated in *your application*.

**Daypatient** - a patient who is admitted to a *hospital* or daypatient unit or other medical facility for *treatment* or because they need a period of medically supervised recovery, but who does not occupy a bed overnight. This also includes surgical procedures carried out in a *doctor's surgery*.

**Dentist** - dental surgeon or dental practitioner who is registered or licensed as such under the laws of the country, state or other regulated area in which the *treatment* is provided.

**Doctor** - a medical professional who is registered and licensed under the laws of the country, state or regulated area to practice medicine in the country in which the *treatment* is provided.

**Emergency treatment** - *treatment* which is *medically necessary* to prevent the immediate and significant effects of illnesses, *injuries* or conditions which, if left untreated, could result in a significant deterioration in health.

Only medical *treatment* through a physician, *medical practitioner* and hospitalisation that commences within twenty four (24) hours of the emergency event will be covered.

**End date** - the date on which cover under this *policy* ends, as shown in the *Certificate of Insurance*.

**Evidence-based treatment** - *treatment* which has been researched, reviewed and recognised by:

- > the National Institute for Health and Clinical Excellence; or
- > International Clinical Guidelines.

**Expatriate** - means a *beneficiary* residing outside of their *country of nationality*.

**Guarantee of payment** - a binding guarantee made by *us* to pay a provider the agreed costs associated with a particular *treatment* which *we* may give to a *beneficiary* or a *hospital, clinic* or *medical practitioner*.

**Hospital** - any organisation or institution which is registered or licensed as a medical or surgical hospital in the country in which it is located and where the *beneficiary* is under the daily care or supervision of a *medical practitioner* or *qualified nurse*.

**Initial start date** - the first day the *beneficiary's* cover commenced on the International Medical Insurance plan.

**Injury** - a physical injury.

**Inpatient** - a patient who is admitted to *hospital* and who occupies a bed overnight or longer, for medical reasons.

**Medical assistance service** - a service which provides medical advice, evacuation, assistance and repatriation in accordance with International Clinical Guidelines. This service can be multi-lingual and assistance is available twenty four (24) hours per day.

**Medically necessary/ medical necessity** - medically necessary covered services and supplies are those determined in accordance

with International Clinical Guidelines by the medical team to be:

- > required to diagnose or treat an illness, *injury*, disease or its symptoms;
- > orthodox, and in accordance with generally accepted standards of medical practice;
- > clinically appropriate in terms of type, frequency, extent, site and duration;
- > not primarily for the convenience of the *beneficiary*, physician or other *hospital, clinic* or *medical practitioner*; and
- > rendered in the least intensive setting that is appropriate for the delivery of the services and supplies.

Where applicable, the medical team may compare the cost effectiveness of alternative services, settings or supplies when determining what the least intensive setting is.

**Medical practitioner** - a *doctor* or specialist who is registered or licensed to practice medicine under the laws of the country, state or other regulated area in which the *treatment* is provided, and who is not covered under this *policy*, or a family member of someone covered under this *policy*.

**Outpatient** - a patient who attends a *hospital*, consulting room, or outpatient *clinic* for *treatment* and is not admitted as a *daypatient* or an *inpatient*.

**Period of cover** - the twelve (12) months continuous period during which the *beneficiaries* are covered under this *policy*, being the period from the *start date* to the *end date* as noted in the *Certificate of Insurance* or earlier if terminated in accordance with the *Policy Rules*.

**Personal Data** - any information relating to an identified or identifiable natural person.

**Policy** - the policy comprising these *Policy Rules*, the Customer Guide (which contains the list of benefits and claiming information), and *your Certificate of Insurance*.

**Policy documents** - the documentation relating to the *policy*, comprising of these *Policy Rules*, the Customer Guide, *your Certificate of Insurance* and *your Cigna ID Card*.

**Policyholder** - a person who is aged 18 years or older who has made an *application* to *us* which has been accepted in writing by *us*, and who pays the premium under the *policy*.

**Policy Rules** - the terms and conditions, general exclusions and defined terms that govern this *policy*.

**Pre-existing condition** - any disease, illness or *injury*, or symptoms present before the *initial start date* linked to such disease, illness or *injury* for which:

- > medical advice or *treatment* has been sought or received; or
- > the *beneficiary* knew about and did not seek medical advice or *treatment*.

**Prosthetic device(s)** - an artificial limb or tool which is required for the purpose of, or in connection with *surgery*; or is a necessary part of the *treatment* immediately following *surgery* for as long as required by *medical necessity*; or which is *medically necessary* and is part of the recuperation process on a short-term basis.

**Qualified nurse** - a nurse who is registered or licensed as such under the laws of the country, state or other regulated area in which the *treatment* is provided.

**Qualifying life event** means:

- > marriage or civil partnership;
  - > commencing cohabitation with a partner;
  - > divorce or separation;
  - > birth of a child;
  - > legal adoption of a child; or
  - > death of a *spouse*, partner or child.
- We may require evidence of the above event.

**Rehabilitation** - physical, speech and occupational therapy for the purpose of *treatment* aimed at restoring the *beneficiary* to their previous state of health after an event.

**Selected area of coverage** - means either:

- > *Worldwide, including USA*; or
- > *Worldwide, excluding USA*.

**Special category data** - *personal data* revealing racial or ethnic origin, political opinions, religious or philosophical beliefs or trade union membership, genetic data, biometric data for the purpose of uniquely identifying a natural person, data concerning health and data concerning a person's sex life or sexual orientation.

**Spouse** - a *beneficiary's* legal husband or wife, or unmarried or civil partner who *we* have accepted for cover under this *policy*.

**Start date** - the date on which coverage under this *policy* starts, as shown in the *Certificate of Insurance*.

**Surgery** - the branch of medicine that treats diseases, *injuries*, and deformities by operative methods which involves an incision into the body.

**Therapist** - a speech therapist, dietician or orthoptist who is suitably qualified and holds the appropriate license to practice in the country where *treatment* is received.

**Treatment** - any surgical or medical treatment controlled by a *medical practitioner* that is *medically necessary* to diagnose, cure or substantially relieve disease, illness or *injury*.

**USA** - the United States of America and US territories.

**Worldwide including USA** - every country throughout the world, excluding any country with whom, at the date of commencement of *treatment*, the Federal Government of the *USA* has prohibited trade to the extent that payments are illegal under applicable law.

**Worldwide excluding USA** - worldwide, with the exception of the *USA*.

**You, your** - the *policyholder*.





# NOTES

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**Together, all the way.<sup>SM</sup>**



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