

## **Pregnant women recommended to travel domestically for their ‘baby-moon’**

Due to the increased popularity of ‘baby-moons’, Cover-More, is encouraging pregnant women to enjoy a well-deserved break closer to home before the arrival of their new baby.

Cover-More estimates that the number of pregnant women seeking pre-travel medical assessments for overseas destinations has increased by more than 200% since 2009.

When pregnant women travel within New Zealand they have ready access to our first-class standard of health and medical care for themselves and their baby. The standard of health systems vary greatly around the world, leaving mother and baby in the hands of potentially uncertain healthcare should they experience a complication while overseas.

“A baby-moon is a fantastic way to relax before the arrival of a new baby, however, we encourage women to travel domestically when they’re pregnant, especially after 20 weeks gestation,” Cover-More Chief Medical Officer Professor Steve Rashford said.

“The growing popularity in overseas travel during pregnancy means that we are seeing more women unfortunately experience a pregnancy complication in another country, which can be compromised by the standard of available healthcare. For example, in some countries, mother and baby are separated in hospital, while in other areas the right equipment may not be available to effectively assist a premature baby.”

According to Cover-More data, the three most popular international destinations for pregnant women in the past five years are Bali, Fiji and Thailand. While some hospitals in these locations provide the same excellent standard of care delivered in New Zealand, many hospitals in these destinations unfortunately may not provide the specialised skills and equipment to effectively assist a pregnant woman and her baby.

### **Cover-More’s top tips for travel during pregnancy:**

- Travel domestically during pregnancy
- If you must travel overseas, travel before 20 weeks gestation or travel very carefully between 20 and 24 weeks gestation
- If you are travelling overseas, visit countries with the same standard of healthcare as New Zealand
- Visit destinations where you have close access to medical care
- Always travel with travel insurance, noting that travel insurance will cover a pregnant woman up to 26 weeks gestation (individual policies vary, check your Policy Wording)
- Buy your travel insurance when you book your trip – it covers you for trip cancellation due to a pregnancy complication
- If you are close to home and you experience a pregnancy complication you have ready access to your valuable support network of friends and family

Professor Steve Rashford is an emergency medicine and medical assistance expert. He is Cover-More’s Chief Medical Officer and heads a large team of doctors, registered nurses, case managers and psychologists.

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