**International SOS**
Medical and Security Services

**Membership I.D.**
11BCPA000144

**Organization**
Carnegie Mellon University

Call our medical and security experts 24/7.
Call for preventative or emergency enquiries.
Call before, during and after travel or assignment.

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**WHEN DO I USE INTERNATIONAL SOS?**

**PREPARE**
before you leave home:
- Keep your membership card safe and with you at all times
- Call an Assistance Centre for free pretravel information (i.e. vaccination, required medication and travel security concerns)
- Download the Assistance App, log in using your membership number to help you make more informed travel decisions based on our online medical and security reports and country travel risk guides
- Sign up for health and security email alerts
- Inform friends and family that you are with International SOS, so they can get in touch with us should they have any concerns for your welfare while you are away

**WHILE ABROAD**
all medical and security enquiries, be they of a routine or medical nature:
- Free and unlimited health, safety, and security advice
- Find a local nurse, internationally trained doctor or security specialist near you
- Find medication or medical equipment
- Travel advice on loss of travel documents or legal assistance
- Assistance paying your medical fees

**IN AN EMERGENCY**
we provide all necessary emergency services, including:
- Arranging medical transportation and care
- Monitoring your condition and provide advice along the way
- Evacuating you when necessary
- Contacting your family, so they know you are in good hands.

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**WHERE DO I ACCESS MORE INFORMATION?**
DOWNLOAD YOUR FREE ASSISTANCE APP

1. **Login** to [international.sos.com/members](http://international.sos.com/members) to sign up for health and security email alerts using your membership number or:

2. **Download** the free Assistance App from [app.international.sos.com](http://app.international.sos.com) to contact us and help you make more informed travel decisions based on our online medical and security reports and country travel risk guides.

Access Your Member Portal at [international.sos.com/members](http://international.sos.com/members)