

A close-up, high-angle portrait of a woman's face, showing her eyes, nose, and lips. She has a slight smile and is looking directly at the camera. Her hair is pulled back.


# Your Guide To International Health Care



**healthtravel**  
guides

For a World Of Good Health™

[www.HealthTravelGuides.com](http://www.HealthTravelGuides.com)



What is health travel?

## Health travel is a rapidly growing phenomenon.

Health travel is the process of traveling abroad to obtain general medical, dental, or cosmetic plastic surgery

More and more people are learning that countries such as Mexico, Brazil, Costa Rica, India, Thailand and Singapore provide a very high standard of medical care at prices up to 80% lower than the U.S. health care system. It is estimated that more than 2 million Americans have already traveled abroad for medical care. Experts estimate health travel will be a \$100 billion market by 2012.

Health Travel Guides is the premier resource for meeting the complete needs of the health traveler. We are a free service dedicated to helping people obtain the highest quality international health care with the most trusted doctors and hospitals. We meticulously guide patients through the detailed process of getting medical treatment abroad. Our accredited network providers guarantee you will always get the best prices when working through Health Travel Guides.

Health Travel Guides has offices in San Francisco and San Diego, California. We operate three Customer Experience Management Centers with more than 50 multi-lingual health travel guides ready to assist you.

### OUR PROCESS

Research	Research provider education, experience, specializations and patient ratings. Read testimonials and ask questions of former patients. Learn about available procedures and destinations.
Get Quote	Contact a health travel guide and we'll provide your free estimate within 48 hours. You can even book some simple procedures right online, as well as take advantage of our special hotel rates or airfare deals.
Meet your Health Travel Guide	We will answer any questions. Once you're happy with your estimate, we'll collect any necessary medical information, arrange doctor consults, provide pre-procedure information and instructions and schedule your appointments.
Confirm your Travel	Your Health Travel Guide will create a full itinerary – air, hotel, procedure, consultations, instructions. Create a Family & Friends list for us to notify when your procedure is complete. Choose insurance and financing options.
Procedure	Your bi-lingual local coordinator will help you prepare for your procedure, provide your transportation and post-procedure follow-up care. Your doctor will instruct you on rest, medication, post-procedure evaluation and provide authorization to fly home.
Follow-up	Your Health Travel Guide will follow-up to ensure you are completely satisfied with your health travel experience. You will have the opportunity to rate your experience with the doctor, hospital, procedure and even Health Travel Guides. You will be able to share your ratings and testimonial, plus participate in discussion forums regarding your experience.

Contact our call center toll free  
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How can I be sure  
I am getting  
the best  
possible care?

## We give you confidence in “A Different Kind of Care”

A 9-step credentialing process for a qualified provider network

Health Travel Guides follows a comprehensive 9-step credentialing process, executed by our U.S. and international Medical Directors, before a provider can join our network. Our physicians are qualified based on education, accreditation, experience and reputation. Each has been providing excellent services to an international patient base for many years, and maintains an active program of continuing education.

**Health travelers overwhelmingly report that the quality of international health care meets and often even exceeds U.S. standards.** See for yourself. We encourage you to spend time researching the procedures and the physicians you are considering. Our website features an extensive community forum where you can read postings from other health travel patients, ask questions and peruse testimonials.



### 7 REASONS TO TRUST YOUR INTERNATIONAL HEALTH TRAVEL EXPERIENCE TO HEALTH TRAVEL GUIDES:

- 1. Our Experience** – Our platform currently processes more than 1 million travelers per year.
- 2. Our Qualifying Process** – Our 9-step credential verification process means you can be confident of working with best-in-class health care providers, every time.
- 3. Our Exclusive Partnerships** – Our customers get access to special low airline rates and high-end hotel properties not available elsewhere. We operate our own travel booking technology – you pay no outsourcing upcharge fees.
- 4. Multi-lingual Support** – Our 50+ multi-lingual health travel guides are always ready to assist you.
- 5. Our Provider Network** - Our extensive network of doctors, surgeons, specialists and hospitals can meet your every health care need, whether for surgical, cosmetic, dental, or even homeopathic medical care.
- 6. Our Technology** - We run our business on an award-winning technology platform with industry leading data security standards.
- 7. Our Comprehensive Support** – we take care of every detail of your medical travel, from booking air and hotel at special rates you can't get anywhere else, to setting up all consults and appointments, to arranging your transportation needs and care after surgery, helping you with insurance and financing, and even keeping you in touch with concerned friends and family.

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skype  
Health Travel Guides



# We take care of everything... especially you.

Our comprehensive services cover every aspect of your health travel experience

**Our job is to make sure your experience is a good one.** We'll be there with you every step of the way.

**Your Health Travel Guide handles every detail:** booking your procedure, airfare and accommodations, coordinating medical communications and arrangements prior to your scheduled services and managing all post-procedure care and post-trip follow-up.

**Your local bilingual coordinator will:** arrange transportation and activities, accompany you to your pre-surgical evaluation and ensure you understand the doctor's instructions and provide care and assistance required after your procedure.

**Health Travel Guides can also assist with loan processing services and insurance.** We accept Mastercard, Visa, American Express and Discover, PayPal Google CheckOut, and personal check. We partner with Chase Payment Tech secure payment system and international Bank HSBC to process more than \$500 million in financial transactions per year, so you can be confident your financial transactions are secure.



How will I manage all the details of my procedure in a foreign country?

DESTINATIONS	
Mexico	For Americans, Mexico is the #1 health travel destination in the world. Last year alone more than 50,000 Americans traveled to Mexico seeking everything from heart surgery, hip replacement, cosmetic dentistry, cosmetic procedures, preventive screenings and even homeopathic health treatments. Mexico is widely recognized for its number of leading gastroenterology (weight loss) surgeons, and is a popular destination for cosmetic surgery.
Brazil	Brazil has long been known worldwide for its expertise and innovations in plastic and reconstructive surgery as well as cosmetic / aesthetic procedures. Surgeons from all over the world go to Brazil to learn the newest and most successful techniques. Brazil is second only to the USA in number of plastic surgeries performed.
India	Hip resurfacing surgery, which dramatically shortens recovery time over traditional hip replacement surgery, has been practiced in India for longer than the US. The first instance of a U.S. national traveling to India to receive this surgery was 2005; since then, thousands of people have made the journey.
Costa Rica	Since 1995, more than 15% of visitors to Costa Rica receive some type of medical treatment. The country boasts highly competent specialists in plastic surgery and dentistry.
Thailand	Thailand is home to two of the top 5 medical travel destination hospitals in the world. More than one million people travel to Thailand for medical procedures per year.

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# Common Procedures

## Anti-aging:

Choose from treatments that reduce fine lines, wrinkles, discoloration and pigmentation from sun exposure and aging. Rejuvenate legs with laser hair removal and vein therapy from licensed dermatologists.

## Cosmetic dentistry:

Choose from treatments including teeth whitening, veneers, bridges, crowns, braces and more for stronger teeth, healthier gums...or simply a more beautiful smile.

## Homeopathic:

Our homeopathic physician specialists appreciate the combined benefits of traditional medicine and holistic health. Safe, effective, natural treatments from experts in holistic health care.

## Cosmetic surgery:

Liposuction, abdominoplasty (tummy tuck), rhinoplasty and minimally invasive face lift, brow and neck lifts are the most commonly sought-after procedures worldwide. Our network providers have deep experience helping patients achieve the results they want.

## LASIK & cataract surgery:

LASIK is now the most common surgery performed in the US; however, costs have

actually increased in the past five years. Cataract surgery is also increasingly common, with more than 95% of patients enjoying improved vision without complications. Our international providers work with the most modern equipment and facilities, often at less than half of US prices.

## Weight loss surgery:

Our network features deeply experienced gastroenterology surgeons with US affiliations, offering Lap Band®, gastric sleeve, and laparoscopic bypass surgery at prices from 40-70% lower than US prices.

## Cardiac care:

Our network features cardiac surgeons with continuing education practice in major US hospitals. Complete interventional cardiac services include cardiac evaluation, EKG's, stress tests, heart monitoring, angiography and stent placement, pacemaker implantation and peripheral angiography procedures.

## Infertility treatment:

An increasing number of U.S. couples are traveling abroad to undergo IVF because it often costs a fraction of what it does in the U.S., even after accounting for travel. Our network specialists offer a full range of tests and treatment procedures to deal with infertility issues.

## Orthopedic care:

An estimated 250,000 hip replacements are performed in the U.S. each year with an average surgery cost of \$25,000, making the U.S. one of the highest-priced markets for the surgery. Hip resurfacing and replacement are commonly done abroad at a fraction of the U.S. cost.

## Men's health:

Roughly half of all men over 60 will develop an enlarged prostate. Health Travel Guides' network physicians are using the latest techniques, including FDA approved Green Light laser technology to treat this condition with less risk and bleeding and a shorter hospital stay compared to traditional surgical methods.

## Back pain treatment:

The Mayo Clinic reports that back pain accounts for more doctor visits than any other diagnosis except for the common cold. Over 250,000 elective lumbar spine surgeries are performed in the U.S. each year to relieve sciatica pain. Our provider network provides this common surgery at a price much lower than the U.S. Nonsurgical homeopathic treatments like Ozone Therapy are also available.



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