

SUMMER BY THE NUMBERS

WHAT YOU SHOULD KNOW BEFORE YOU TRAVEL



Nearly 82% of American adults plan to travel during the summer months, representing more than 200 million travelers.

Emergency rooms often see seasonal increases due to:

- Outdoor recreation injuries (hiking, biking, boating, sports)
- Heat-related illnesses, which can range from heat exhaustion to life-threatening heat stroke
- Burns and fireworks injuries, particularly around the Fourth of July
- Travel-related accidents and illnesses requiring urgent medical attention

The Cost Reality

- The average emergency room visit can cost between \$1,500–\$3,000, depending on the severity of care, testing, and treatment required.
- Ambulance transportation averages approximately \$940–\$1,300, and out-of-pocket costs can exceed \$1,000 depending on coverage and location.
- A single overnight hospital stay averages more than \$3,100 per day in the United States, with costs exceeding \$4,000 per day in some states.

Common Summer Risks

Some of the most common reasons people seek medical care during the summer include:

- Slips, trips, and falls at pools, beaches, campsites, and hiking trails
- Sports and recreational injuries
- Dehydration and heat exhaustion
- Foodborne illness while traveling or dining away from home
- Sunburns and heat-related emergencies

How to Prepare Before You Go

Before heading out this summer:

- Review your health insurance coverage and network access.
- Understand your deductible, copays, and potential out-of-pocket maximums.
- Know where to find in-network urgent care and emergency services while traveling.
- Consider supplemental protection, such as Accident Insurance, to help offset unexpected medical expenses from covered accident related injuries.

Summer is unpredictable—but your finances don't have to be. With The Family Security Plan®, you can add an extra layer of protection for whatever the season brings. From unexpected injuries to time off work due to an accident, **Accident Insurance** can help keep your finances steady, so you can focus on enjoying summer with peace of mind.

CALL (855) 789-4976 today!

A great vacation is easier to enjoy when you're prepared for the unexpected.

