



## What do I do if I am sick?

1. Your homestay family, or adult who is responsible for you, must always contact the school when you are missing school because you are ill. If you are seriously injured or are in an accident, the **ISP staff must be notified**.
2. **Go** to the nearest **walk-in clinic (or hospital)**. Ask someone to take you if you feel unable or uncomfortable to go on your own.
3. **Visit this website for a list of clinics:**  
[https:// www.guard.me/louisriel/](https://www.guard.me/louisriel/)

You must **show your photo identification PLUS your medical insurance card** to be seen by a doctor.

- Your GuardMe insurance card is included in your 'Welcome Folder.'  
**\*\*You must keep your GuardMe card with you at all times!**

*You may have to pay a fee up front to see a doctor. If you do, you can issue a claim to GuardMe to receive your money back (reimbursement). Make sure to get a receipt/proof of payment from the clinic.*

4. **Make a Claim** – if you have had to pay for a doctor visit or medical service, you can either submit a claim online at <https://guard.me/louisriel/> or mail in the claim form included in your welcome package.  
**Additional medical records may be requested to be provided from the doctor if there are questions about the claim.**