

**WHAT YOU NEED TO KNOW BEFORE AN EMERGENCY Feb 12, 2013**

**INSURANCE.** Know your options, deductions, limits, restrictions

Know what your insurance pay for:

- Transport from Nosara to San Jose (ground or air with or without medical)
- International Transport from San Jose.
- Medical coverage in Costa Rican hospital

Have a copy of: insurance card, passport and ID on file in home and with doctor. Prepayment with credit card may be required.

There are many insurance companies and agents available in Costa Rica. Below are a few suggestions from some of your neighbors. (we are not promoting any specific insurance)

- (Dr. Mauricio's insurance contact. Put info here)
- Joaquin Caliva, INS Agente de Seguros Tel: (506) 2233-0575
- [corporscalliva@racsa.co.cr](mailto:corporscalliva@racsa.co.cr)
- Mario Schaefer, United Financial Consultants. He represents INS and Bupa
- [mario@uficonline.com](mailto:mario@uficonline.com) 2220-4451 8856-2491
- Phil with Claria Insurance [www.insurenowcr.com](http://www.insurenowcr.com) 8707-9939
- [philcostarica@gmail.com](mailto:philcostarica@gmail.com)
- Travel Guard/Charts: [www.travelguard.com/traveladvisory/costarica.asp](http://www.travelguard.com/traveladvisory/costarica.asp)

**TRANSPORTATION**

**From Nosara to San Jose and ambulance to hospital upon landing.**

- **By Air**

Plane (no medical staff/equipment) approx. \$1,500-\$1,800  
Plane/helicopter (medical staff/equipment) approx. \$4,000-\$5,000

Night emergencies. Possibly use soccer field for a helicopter

**From Nosara to hospitals.**

- **By Ground**
- Red Cross ambulance

**By Air from San Jose to international destination**

- Your private insurance with the help from your doctor will arrange transport
- You have a pre-paid medical plan for air transport and your doctor will arrange with that company for transportation.

We are not promoting any one single air transport plan. Below is a suggestion from some of your neighbors.

Medjet Assist

Special rates for people that live in Nosara. [www.MedjetAssist.com/Nosara](http://www.MedjetAssist.com/Nosara)  
1.800.527.7478

- Residents of US, Canada and Mexico. (residents from other countries may be

- able to buy this plan but special approval is needed.)
  - Cost: minimum is \$260 individual/year, \$395 family/year
  - Costs depends on
    - uninterrupted time spent outside of the home country
    - (1-90 days, 91-180 days, 181-270 days, 271- one year)
    - age of person covered under plan
    - (under 75, under 85, 85 or older need to be a member of AARP)
- Must be admitted to a hospital first to use Medjet Assist

### BACK UP (if you can not reach your doctor)

- CARMONAIR Senior Everardo (last name, phone number)
- (helicopter company name, contact name and phone number)
- Nosara Office Center Private airplane charter 2682-0181, 8821-8839
- Eduardo (last name
- Consulate of your home country
- American Consulate (506) 2519-2000,
- emergency (after hours only) 2519-2280
- Ask for Celeste Samibaja or Astrid Villalta or
- ACS (American Citizen Services)

### DEATH OF AN EXPATRIATE

- Call the Red Cross. They will come to where the body is, declare death and notify the authorities (police and/or OJ).
  - At the same time that you call the Red Cross you may also call the police directly.
  - OR call 911. This will start the same process as above
  - after the police authorize the transportation of the body it will be transported to the morgue in Heredia accompanied by the police.
  - an autopsy will be performed to determine the cause of death. after that the body will be ready for transportation.
- Call the your Embassy as soon as possible. They will help with details like cremation, transportation etc.

### CONTACT INFORMATION

- Dr. Mauricio 8823-1355 emergency [djimeenezr@yahoo.com](mailto:djimeenezr@yahoo.com)
- Dr. Alejandro 8865-7892 emergency [agblapilla@gmail.com](mailto:agblapilla@gmail.com)
- Paradise Medical Services 2682-1212 / 2682-0942
- Dr. Kattia 2682-0404, 8823-7594
- American Consulate (506) 2519-2000,
- <http://costarica.usembassy.gov/emergency.html>
- 2519-2280 after hours emergency
- death of a US citizen:
- [http://costarica.usembassy.gov/emergency\\_death\\_estates.html](http://costarica.usembassy.gov/emergency_death_estates.html)
- Red Cross Ambulance 2682-0175
- Nosara pharmacy 2682-5149
- Nosara Office center Private airplane charter 2682-0181, 8821-8839
- Eduardo (last name)
- Emergency 911
- Information 113
- Policia Turistica Guiones 2682-0075