

Your questions come first

A working record for adults considering dental care abroad and their companions.

Use the workbook your way

Print and write by hand

1. Choose Print. Look for the printer symbol or Print in the menu.
2. Print the pages you need, then write in the boxes.

Type and save

1. Choose Download or Save a copy.
2. Open the saved file, usually in Downloads. Click or tap a box and type.
3. Choose Save. Close and reopen the file to check your answer is still there. Save again as you work.

Add up budget totals yourself. Keep your completed copy private; please do not send it or health records to us.

Need help? See fruitfuleyears.com/medical-travel/#start-workbook

What am I trying to understand before deciding?

Questions to discuss with my usual dentist or clinician

What unanswered question would make me postpone a booking?

This workbook does not decide whether treatment or travel is suitable. Postponing or staying home remains an option.
Guidance: fruitfuleyears.com/medical-travel/

Compare the written proposals

Mark I = included, E = excluded, ? = not answered. Add the amount and details.

Provider A:

Provider B:

Item or question	Provider A	Provider B
Named treating professional / facility		
Written treatment proposal / version date		
Assessment, imaging and tests		
Treatment items and materials named		
Temporary work, if applicable		
Medicines or sedation, if applicable		
Number of visits / trips to confirm		
Follow-up appointments and contact		
Records supplied / language / format		
Extra work: who authorizes and pays?		
Cancellation, deposit and refund terms		
Warranty terms, exclusions and extra trips		

Two prices are not comparable until you understand what each proposal covers. Ask each provider to explain differences; this sheet cannot decide which treatment is appropriate.

Build the whole-trip budget

Use one comparison currency. Record the exchange rate and date; leave unknowns blank.

Currency

Exchange rate and date

Trips planned

Cost category	Estimate	Confirmed?
Treatment estimate		
Assessment / imaging / other separate fees		
Travel for each trip		
Accommodation and additional nights		
Local transport / accessibility needs		
Companion travel and expenses		
Meals and everyday costs		
Records / translation costs		
Insurance quoted for this specific purpose		
Follow-up and possible return-trip allowance		
Other costs / time away from work		
Total known costs (unknowns listed below)		

Unknown costs and who will confirm them

A contingency amount is a planning choice, not a prediction of complications or an insurance substitute.

Check identity and keep evidence

Ask for the treating professional's full name, registration number and exact facility.

Professional / registration number / claimed specialty

Official register used / date checked / exact result

What remains unverified? Who can clarify it?

Facility name and address / emergency and after-hours contact

Questions worth asking in writing

Who will actually perform each part of the work? Can the treating professional change? What happens if the proposal changes after assessment? Who explains the changes before I agree?

A registration entry is a limited check, not an endorsement or guarantee of an outcome. Save the source and date. A missing or unclear result needs clarification, not an assumption.

Arrange the return-home handoff

Use this page to record arrangements agreed with the professionals involved.

Who have I asked about follow-up at home? What have they agreed to?

Records requested / language / format / when I will receive them

Written instructions and travel dates to obtain from treating clinician

Whom do I contact after hours? Where do I seek urgent local help?

Before making assumptions about coverage

Ask the insurer about the specific planned treatment, complications, evacuation and extra accommodation. Record the policy wording, exclusions and written answer. Do not assume ordinary travel cover includes planned treatment.

Costs or follow-up arrangements still unresolved

Companion and booking checklist

Use the checklist to identify conversations still needed, not to certify readiness for treatment.

- ☐ Confirm transport, step-free access and accommodation details directly.
- ☐ Ask what assistance is needed and who has agreed to provide it.
- ☐ Record a flexible itinerary using dates confirmed by the treating clinician.
- ☐ Keep provider, insurer, accommodation and emergency contacts accessible.
- ☐ Confirm payment, cancellation, refund and proposal-change terms.
- ☐ Obtain a clear records and return-home follow-up arrangement.

My next question / person to ask / date to follow up

About this resource

Published by Fruitful Years, with country resources from MexPat Guide and Costa Rica Havens. All three sites are operated by Ken Gardner. This organizational workbook has not received independent clinical review and contains no provider recommendations or paid placements.

Source guidance and updates

CDC Yellow Book: Medical Tourism; Government of Canada: Receiving medical care outside Canada. Source links and an accessible web version are at fruitfuleyears.com/medical-travel/. Checked 28 September 2026.

Report a broken link or confusing question through the Fruitful Years contact page. Please do not include private health information.