

FIT CITY NEWS

Sand, sun and security: GreenShield medical insurance is a must for summer travels

Are you travelling outside of B.C. or Canada this summer? Make sure you are prepared for the unexpected—no one plans for medical emergencies, so knowing what to do and who to contact is essential.

To ensure peace of mind, your extended health benefits with GreenShield includes access to travel medical coverage that combines with the provincial health insurance plan in the case of an unexpected medical emergency. The plan helps to cover hospital stays, doctor's visits, and other urgent care needs while travelling outside of your province of residence or Canada.

GreenShield travel assistance service is available 24 hours per day, 7 days a week.

For assistance on Travel Medical Insurance coverage call GreenShield:

1-800-936-6226 or (519) 742-3556 (call collect)

These numbers are also on your GreenShield identification card.



When calling, you will need to quote your GreenShield Identification Number (found on your identification card) and explain your medical emergency. If your emergency does not require immediate assistance, contact GreenShield Travel Assistance to open a case prior to seeking medical treatment.

You must always be able to provide your GreenShield ID number and your provincial/territorial health insurance plan number.

GreenShield also offers Pre-trip Assistance (prior to departure) to help with information about vaccinations, government-issued travel advisories, and visa/document requirements for entry into country of destination.

Before traveling, we encourage you to review your policy to ensure you are familiar with the terms and conditions. Safe travels!



National Indigenous Peoples Day

On June 21, we recognize National Indigenous Peoples Day. Carnegie Community Centre is hosting the third annual block party event on Saturday, June 21, 2025, starting at noon. This vibrant event takes place in front of the community centre at Main and Hastings and features performances by Indigenous artists, community organization booths, vendors and more. Check out Carnegie's Facebook event page for details.



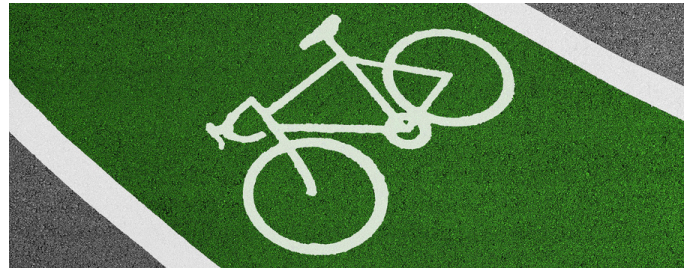
The City is deeply grateful to the xʷməθkʷəy̓əm, Skwxwú7mesh, and səliwətał Nations who inhabit and steward these lands, and have done so every day since time immemorial. We are also grateful for the contributions of the urban Indigenous community—past, present, and future—in shaping Vancouver.

Stay tuned to Currents for more ways we're recognizing the day and National Indigenous History Month this June.

Go by Bike Week returns May 31 to June 6

Get ready to pedal! Go by Bike Week is back from May 31 to June 6, 2025, and we're thrilled to join HUB Cycling's celebration of all things cycling in Metro Vancouver.

This exciting week encourages everyone—novices and seasoned riders alike—to hop on their bikes for trips to work, school, shops, or just for fun.



Why participate?

- Ride anywhere, anytime: Every bike trip counts, whether it's to grab coffee, commute, or enjoy a leisurely ride.
- Track and win: Log your trips on [GoByBike BC](#) to track kilometres, greenhouse gas savings, and enter for a chance to win awesome prizes. The more you ride, the better your chances!
- Join the fun: Visit HUB's Celebration Stations for free bike maintenance, snacks, and cycling resources.

How to get involved

- Register solo, join a team, or create a workplace team on the [GoByBike BC](#) website. It's free and easy!
- Encourage colleagues, friends, and family to join the movement.
- Learn more at HUB Cycling's Go by Bike Week events, education and more at [bikehub.ca](#).



Gear up with a \$50 tune-up rebate

Prep your bike with our Sustainable Commuting Program's rebate: receive a rebate of up to \$50 per year for a tune-up or parts at your preferred shop. Submit your claim: [SCP Bicycle Tune-Up & Parts Rebate Application](#).

Explore more cycling tips and program details on Currents: [Cycling and walking](#).

Let's make this Go by Bike Week unforgettable—ride, track, and celebrate sustainable commuting together! Any questions, email the Sustainable Commuting Program at commuting@vancouver.ca. Happy cycling!