



2026 International football/soccer tournament special report

Canada, Mexico, U.S.
June 11-July 19, 2026

United
Healthcare
Global

Executive summary

The international soccer tournament is scheduled to take place in 16 host cities across **Canada, Mexico** and **U.S.**

A total of 48 teams will be taking part, and 104 matches will be played. The first match will kick off on Thursday, 11 June, with the tournament coming to end when the final is played on Sunday, 19 July at MetLife Stadium in East Rutherford, New Jersey. This report provides intelligence on the overall health care landscape in Canada, Mexico and the U.S., together with medical facility options in each of the host locations using the Stadium venues as points of reference.



Health care landscape: Canada

Medical risk rating



Risk level ratings
1 - Very low, 2 - Low, 3 - Medium, 4 - High, 5, Very high

Ground ambulance and emergency medical services

Ambulance and Medical Emergency Services: 911
Fire: 911
Police: 911

The publicly operated ambulance service is reliable and able to respond quickly to emergencies. The ambulances are well equipped and staffed by certified trained paramedics.

Hospital emergency rooms are often crowded.

Overall quality of care

Overall, Canada's public system offers excellent health care. It is funded and administered by each Canadian provinces and territories, following federal guidelines. Aside from public care providers, there is a private sector for specialized services.

Comprehensive care is provided by the major referral hospitals in the larger cities, and by university teaching hospitals located around the country. In remote or rural areas, medical care may be more limited with community hospitals and health care centers. Throughout Canada, those seeking specialized care may experience long wait times. Care rendered at private providers may offer reduced wait times.

Physicians working in Canada are licensed by provincial medical boards.

Language proficiency

Health care professionals speak English, except for some non-medical staff in some areas of the province of Québec, who may only speak French.

Immunizations and preventative treatments

For recommended and required vaccinations as well as preventative treatment for travel to Canada, visit the [U.S. Centers for Disease Control and Prevention](#).

Hospital care

Every major city in Canada has tertiary care hospitals offering comprehensive services. Tertiary care with all sub-specialties is obtained from university teaching centers in the major cities. Referral hospitals have virtually all specialties available. In some larger cities, hospitals have become highly specialized, focusing on areas such as orthopedics, cardiology, oncology and children's or women's health.

Non-urgent care

Most outpatient care is provided in hospital emergency departments, urgent care centers, walk-in clinics and through family practitioners. Hospital emergency departments can offer after-hours consultation if a referral to a specialist is needed.

High quality dental and sub-specialty care can be found in most Canadian cities, although it can be costly.

Medications

International medications are widely available in pharmacies throughout Canada, and many painkillers and allergy medicines that require a prescription in other countries are available over the counter. Pharmacists are trained in university schools of pharmacy and must have a current license. They are trained to offer advice on the use and dosage of prescription and non-prescription medication and can offer advice. For certain minor ailments, pharmacists in many provinces can prescribe medication.

Only prescriptions written in Canada are accepted. U.S.-written prescriptions can be re-issued by a local physician.

Many pharmacies in most larger towns and cities such as Vancouver and Toronto should be open 24-hours. Typically, the cost of medication is much lower in Canada than in the neighboring U.S.

Medical evacuation and repatriation

All medical conditions can be treated in Canada and it is never required to be evacuated outside of the country on medical grounds. However, from any remote or rural area, it is recommended that patients be transferred to one of the major urban centers either by ground ambulance, by helicopter or by fixed-wing air ambulance. Evacuations by commercial aircraft are another option when appropriate for the patient.

Venues and medical facilities

The following hospitals have an emergency room (ER) available 24/7 supported by advanced diagnostics and provide a comprehensive range of medical and surgical services. A private outpatient urgent care clinic with walk-in services is also included. For minor ailments, travelers should also consider house call physician services or teleconsultation to avoid long waiting times.

Vancouver – BC Place



Toronto – BMO Field



Health care landscape: Mexico

Medical risk rating



Risk level ratings
1 - Very low, 2 - Low, 3 - Medium, 4 - High, 5 - Very high

Ground ambulance and emergency medical services

Ambulance and Medical Emergency Services: 911

Fire: 911

Police: 911

Reliable ambulance services operated by private hospitals can be found in the major cities of Mexico like Mexico City, Guadalajara and Monterrey. If private ambulance services cannot be arranged, for non-urgent concerns, travelers should consider the use of private transportation or take a taxi to the hospital.

The public ambulance service (Cruz Roja – Red Cross) provides primary emergency response, particularly in rural areas. However, as a non-profit, its resources and equipment may be more limited than private options.

Travelers are strongly urged against using unvetted air ambulance services.

Overall quality of care

Mexico offers high-quality health care in certain private facilities found in major cities, such as Mexico City, Guadalajara and Monterrey.

Health care professionals in these facilities have sometimes received international training, and top private hospitals are well-run, well-equipped, and well-staffed. They also offer up-to-date and pleasant accommodation.

The resort areas of the Yucatan (including Cancun and Riviera Maya), Baja California (Cabos) and Puerto Vallarta have medical care catering to tourists: Health care services and accommodations are up to standards, health care costs are much higher than in comparable health care settings in less touristy areas. As with many private health care markets worldwide, treatment approaches and recommended diagnostics can vary between providers.

Outside the major cities, the quality of medical care is inconsistent and serious medical problems will require evacuation to a major city, such as Guadalajara, Mexico City, or to the U.S.

Travelers are advised to exercise discretion when seeking medical advice through hotel-affiliated physicians or services. In some destinations, hotel-based referrals may prioritize convenience rather than clinical appropriateness.

Whenever possible, travelers should consult an independent, reputable medical facility or seek guidance from their medical assistance provider to ensure care is delivered at an appropriate and qualified institution.

Language proficiency

Travelers can find doctors who speak English in most major cities and tourist destinations, although the official language is Spanish.

Diseases and health risks

Tap water is unsafe to drink, and traveler's diarrhea is a widespread health problem that affects many foreign visitors. Travelers are also at risk for diseases caused by insect bites.

For recommended and required vaccinations as well as preventative treatment for travel to Mexico, visit the [U.S. Centers for Disease Control and Prevention](#).

Hospital care

Visitors should seek care in select private facilities located in Mexico City, Guadalajara or Monterrey. These cities are home to several leading hospitals, and there are many physicians and staff who are U.S.- or British board-certified, or hold other internationally recognized certification. Most specialties are available in these hospitals, and technology and accommodation are generally up to date.

Some facilities in resort areas are able to provide adequate secondary level care, but travelers with more than minor conditions will want to seek treatment in facilities located in the major cities.

Public hospitals in general and hospitals in rural areas generally offer a lower standard of care, and serious medical problems will require evacuation to a major city or the U.S.

Non-urgent care

In the major cities, private physicians affiliated with local private hospitals offer a good option for outpatient care.

In tourist areas, travelers are advised to contact their medical assistance provider for referrals to quality health care professionals in the area.

Resort areas, including those of the Yucatan, can be fertile ground for medical tourist traps pushing expensive unnecessary care onto tourists.

Dental care in Mexico is adequate in major cities and generally much more cost-effective than in the U.S.

Medications

Most prescription medications and many over-the-counter medications found in the U.S. or Canada are available in Mexico from pharmacies located throughout the country and staffed by helpful and knowledgeable pharmacists (some of whom speak English).

Many of Mexico's pharmacies are open 24-hours a day.

Medical evacuation and repatriation

Most medical conditions can be treated in select facilities in Mexico City, Guadalajara and Monterrey. However, from other cities or any remote area, it is recommended that travelers be transferred to a top-level private facility in one of the major urban centers or to the U.S., either by ground or air ambulance. Evacuations by commercial aircraft are another option when appropriate for the patient.

Venues and medical facilities

The following hospitals near the event venues have an emergency room (ER) available 24/7 supported by advanced diagnostics, and provide a comprehensive range of medical and surgical services.

Guadalajara – Estadio Akron



Mexico City – Estadio Azteca



Monterrey – Estadio BBVA



Health care landscape: U.S.

Medical risk rating



Risk level ratings
1 - Very low, 2 - Low, 3 - Medium, 4 - High, 5 - Very high

Ground ambulance and emergency medical services

Ambulance and Medical Emergency Services: 911

Fire: 911

Police: 911

The U.S. has efficient ambulance services, staffed by well-trained paramedics who are equipped to respond to life-threatening emergencies.

Those in need can access the public ambulance system by dialing 911. The responding ambulance will be directed to the most appropriate hospital. The patient can sometimes ask to be brought to a specific hospital unless their condition requires a specific facility. Most large teaching hospitals and trauma centers have helicopters for medical evacuation.

Ground and air ambulance services can be extremely costly. The services are often provided by for-profit organizations.

It is not advisable to use hospital emergency departments for non-emergent walk-in care, as this can be very costly. Most urban areas have urgent care centers where one can receive treatment for minor medical problems, though these centers can be costly as well. Virtual visits should also be considered when appropriate.

For emotional support, dial, text or chat 988 to be connected to the national mental health hotline.

Hospital facilities and medical care in the U.S.: In major cities, hospitals offer comprehensive care, while in smaller cities and rural areas, medical care is often limited to community hospitals. Outpatient care is available from specialists in hospitals, urgent care centers, and general practitioner clinics.

Cost of health care: Health care costs in the U.S. are extremely high. Health spending per capita is about twice as much as in comparable countries. Both

inpatient and outpatient care costs are higher, and the cost of prescription medicine is similarly elevated. Having travel medical insurance may be helpful for travelers in case of an accident.

Advanced health care resources: The U.S. boasts some of the most advanced health care resources globally, with international-standard medical care widely available, especially in urban areas. All medical and surgical specialties are accessible, and hospitals in both the private and public/university sectors strive to meet international standards of excellence. Many world-renowned medical facilities in the U.S. attract patients from around the world for highly specialized care.

Health outcomes and care process: The quality of care in the U.S. shows mixed outcomes. The U.S. performs worse on certain measures of treatment outcomes, such as maternal mortality and some patient safety measures like obstetric trauma with instruments and medication or treatment errors. However, it performs similarly to or better than peer nations in other measures, such as mortality rates within 30 days of acute hospital treatment and rates of post-operative sepsis.

While the U.S. ranks lower than its peers in overall health outcomes (e.g., maternal mortality, life expectancy, premature death), it excels in the care process and delivery. Key elements of this domain include prevention, safety, coordination, patient engagement and sensitivity to patient preferences. A focused effort on patient safety since the early 2000s has led to significant reductions in adverse events during hospital stays for heart attack, heart failure, pneumonia and major surgeries.

Language proficiency

Health care workers in the U.S. speak English. In some areas, Spanish is also spoken. Interpretation services are commonly offered for other languages.

Immunizations and preventative treatments

For recommended and required vaccinations as well as preventative treatment for travel to the U.S., visit the [U.S. Centers for Disease Control and Prevention](#).

Hospital care

The major cities in the U.S. have multiple hospitals; smaller cities may only have one community hospital. The more rural the area, the more likely that a hospital may be the only place with the equipment to treat serious injuries or ailments.

Hospitals provide some outpatient care in their emergency rooms and specialty clinics, but primarily they exist to provide inpatient care.

Non-urgent care

Most health care in the U.S. is provided in the outpatient setting: in the ambulatory centers located in hospitals, urgent care centers and through family, general practitioners and specialists.

Outpatient medical care is provided by primary care physicians (e.g., specialists in internal medicine, family medicine, OB/GYN and pediatric medicine), sub-specialty physicians, or non-physicians including nurse practitioners and physician assistants.

Walk-in clinics are another place to find urgent medical care, letting patients see a doctor or nurse-practitioner without an appointment but often with a wait. Availability and access to virtual care options are ubiquitous with many commercial options allowing access to a healthcare provider within minutes.

High-quality dental services are widely available throughout the country, and one is free to choose their own dentist.

Medications

Most major international brands of medication are widely available in pharmacies throughout the country (many of which are open 24-hours a day). Pharmacies are abundantly supplied, but visitors may find that some medications which are available over-the-counter in their home country, such as codeine-based painkillers, require a prescription in the U.S., while other prescription only medication in other countries can be obtained in the U.S. over the counter. Only prescriptions written by a U.S. doctor will be filled.

Cost of medications in the U.S. can vary significantly depending on the pharmacy and is often substantially higher than in other countries. Because the price of the same prescription can change from one location to the next, it is often helpful to use online price comparison tools or digital discount platforms. These services allow patients to search for their specific medication and view a range of prices offered at different local pharmacies, helping them find the most affordable option.

Medical evacuation and repatriation

All medical conditions can be treated in the U.S., and it is never required to be evacuated outside of the country on medical grounds.

However, from any remote or rural area, it is recommended that patients be transferred to a facility in one of the urban centers either by ground ambulance, helicopter or air ambulance.

Venues and medical facilities

The following hospitals near event venues have a 24/7 ER supported by advanced diagnostics and provide a comprehensive range of medical and surgical services. Outpatient urgent care clinic with walk-in services are also included. For minor or non-urgent medical concerns, travelers are also encouraged to consider virtual care services, which are widely available throughout the country.

Atlanta – Mercedes-Benz Stadium



Boston – Gillette Stadium



Kansas City – Arrowhead Stadium



Philadelphia – Lincoln Financial Field



Dallas – AT&T Stadium



San Francisco Bay Area – Levi's Stadium



Seattle – Lumen Field



Los Angeles – SoFi Stadium



New Jersey – MetLife Stadium



Miami – Hard Rock Stadium



Houston – NRG Stadium



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