

Healthy Traveler's Checklist

Prior to embarking on a journey abroad, it is a good idea to follow a few simple steps to ensure that you are prepared to take care of your health while you are away. This Traveler's Checklist can help you prepare for a safe trip.

Pre-trip health checkup

- Schedule an appointment with your physician well in advance of your trip. It is important to make sure that your destination is appropriate for your health condition.
- Take care of any necessary dental care if you are traveling to a country where dental care does not meet international standards.
- Have necessary immunizations for your destination. Travelers are advised that some immunizations need time before they are effective, so be aware of the immunizations recommended and required for your destination and be proactive. Some immunizations, like the one for yellow fever, may only be available at a travel clinic.

Important documentation and insurance information

- Before traveling, review your insurance and assistance coverage and pay special attention to your coverage for medical evacuation. It is also a good idea to find out the policies concerning insurance coverage of the destination country.
- Make sure to pack your insurance /assistance information cards and claim forms with you. Print two sets of paper copies to keep in hand and hold baggage. Consider taking back up photographs of documents on your mobile phone.
- Ask your physician for a letter regarding your health history, medications, allergies, immunization records, and any pertinent information that might be requested in another country.
- Carry a copy of an emergency release form.
- Complete the inside page of your passport with important identification and emergency contact information.

Medication access and safety

- It is a good idea to bring along an ample supply of necessary medications in original, labelled containers. Do not use pill cases or other unlabeled containers.
- Some countries have special rules about certain medications, particularly narcotics. Contact UnitedHealthcare Global or read the UnitedHealthcare Global profile of your destination country to find any important drug information.
- Carry along extra prescriptions, as well as a letter from your physician explaining your need for the drug.
- Carry along the generic names of your medications as pharmaceutical companies overseas may use different names from those in the United States.
- Discuss with your physician how you will take medication as you cross time zones.

Medical kits and personal items

- Many travelers bring along a medical kit that contains first aid supplies and other necessary health-related items. Read the UnitedHealthcare Global profiles on Medical Kits to learn about obtaining or assembling a good medical kit.

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- If you wear eyeglasses, take an extra pair with you.
- As an extra precaution, pack extra eyeglasses and medication in carry-on luggage in case checked baggage is lost.
- Consider wearing a "medical alert" bracelet if you have allergies or reactions to medications, insect bites, certain foods, or other unique medical problems.