

According to the CDC, six in ten adults in the U.S. have a chronic disease.

While the decision to go abroad is ultimately the traveler's, it's up to your organization to provide as much pre-trip education as possible so they can make informed choices. To give you a hand, here's a brief checklist from our Chief Medical Officer, Dr. William Siegart:

PREPARE TRAVELERS BEFORE THE TRIP



First, are they healthy enough for travel?

Remind travelers that some conditions can weaken the immune system and predispose them to infectious illnesses and/or other health risks.





Encourage travelers to talk to their doctors about specific illnesses and risks involved, and to discuss any necessary vaccines and medications.







PROVIDE MEDICATION ADVICE AND INFORMATION

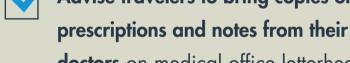


are legal in the countries being visited and prepare for alternatives if not.

Ask travelers to verify their medications







doctors on medical office letterhead identifying medications, conditions, and prescriptions.

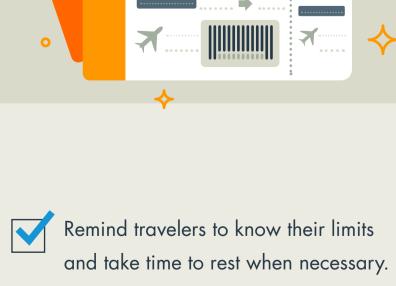




the original containers. Medications and supplies should be packed in carry-ons, not in checked luggage.



Discuss any specific accommodations and/or requirements (such as upgraded





seating for medical necessity, etc.) to help

ensure their travel can be completed safely.





Encourage them to stick to their routines as much as possible—not just for medication, but also for daily activities including eating, drinking, and sleeping.

Want to learn more about travel health and holistic risk management? Contact us today!





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