

Weekly Wellness Tip

Preparing for Vacation

When planning a trip or vacation, it's important to plan ahead for your health needs, as well as those of everyone in your family. Consider the following tips before leaving for your vacation:

- Pack a first-aid kit with Band-Aids, pain and fever reducers, antiseptic, and all medications that family members need. Include prescription and non-prescription medications. Pack more medications than you anticipate needing in case some are damaged or lost, or if the trip is prolonged. For a complete list of what a first-aid kit should include, go to the American Red Cross website at redcross.org.
- Pack sunscreen and insect repellent, and plan to use them.
- Pack antibacterial alcohol solution or hand soap. These may come in handy, particularly for food stops or emergency bathroom breaks in inconvenient places.
- If you are traveling by air, pack a day or two's worth of medications in your carry-on bag. That way, you'll have what you need in the event that your checked luggage is lost or delayed.
- Always check the expiration date of medications as you pack them.
- Be sure you know what to do for both minor and major emergency medical situations.
- Remember to travel with your health insurance cards.
- Pack any telephone numbers you may need to get in touch with your healthcare provider back home should a family member become ill. Phone numbers of physicians and pharmacists at home may be helpful to emergency healthcare providers.
- If a family member has medication allergies, bring clear documentation about the name of the medication and the type of reaction.
- Bring health records for travelers with complicated medical histories. Letters from physicians may also be helpful to carry to provide more information about complicated diagnosis.
- If you are traveling to another country, anticipate well in advance what immunizations or medications are needed to keep you disease free. Such information is available from travel medicine clinics, or the Centers for Disease Control and Prevention at cdc.gov.

Source: LifeWorks

Emergency Travel Assistance

All full-time TeamHealth employees and dependents have access to emergency travel assistance through Unum that may help during an emergency experienced while traveling. This service may be used whenever you are 100 miles away from home or in another country. Go to teamhealth.com/benefits and click "Travel Assistance" for more information and to download a card to take with you.

