

# Gear up for *global adventures*.

Check your worries at the gate.

Traveling abroad can get your head buzzing and your heart pounding. You know the must-sees, must-dos and must-eats. But even short trips can bring surprises. Before you plan the next stop on your itinerary, plan how you'll stay safe and healthy while you're abroad.

 **Use this handy checklist before you get packing.**



## Research your destination and visit your doctor.

**Start with the U.S. Department of State.** It's a terrific traveler's resource with location descriptions, embassy information, vaccine recommendations, travel advisories and more.

→ [travel.state.gov/en/international-travel/travel-advisories.html](https://travel.state.gov/en/international-travel/travel-advisories.html)

**Explore the Centers for Disease Control and Prevention.** Find travel resources and vaccine suggestions, plus more healthy traveling tips. Do this well ahead of departure. Some vaccines need time to take effect, and some need multiple doses over months.

→ [wwwnc.cdc.gov/travel](https://wwwnc.cdc.gov/travel)

**Visit the local U.S. Consulate website.** Research local medical resources, like doctors, clinics and hospitals.

→ [cw.usconsulate.gov/medical-assistance](https://cw.usconsulate.gov/medical-assistance)

**Check safety issues.** Can you drink the water? Are there common scams? What are the safety tips for your location?

**Learn about cultural norms.** It's best to know what not to do, what's expected and how to respect the local culture.

**Does the destination pose any special challenges?** Women, the LGBTQIA+ community, and people of color might want to know about attitudes and beliefs in other countries. The Global Peace Index and LGBT Equality Index are excellent tools.

→ [visionofhumanity.org/maps](https://visionofhumanity.org/maps) → [equaldex.com/equality-index](https://equaldex.com/equality-index)

**Visit your primary care provider and dentist.** Get your most up-to-date medical and dental records. Bring copies of your medical history, conditions and treatment. For easier access, ask your provider about creating an electronic medical record—especially if you have allergies or long-term conditions.



## Master your medications.

Pack medicine carefully in your carry-on with copies of your prescriptions.

Leave medications in original bottles, with original labels.

Get a letter from your provider explaining your medications and dosages—especially if you take injections.

Plan ahead for any medications you need to keep cold.

Check that your medications are legal in your destination.

Carry three to five days of extra medication, just in case.

Learn the generic and local names—they might differ by country. (Our app can help! Download it from the Apple® App Store® or Google Play™ store.)

Talk to your provider about time zone changes that might affect dosing.

Learn how to explain food or medication allergies in the local language.

Pack injectable epinephrine if you have life-threatening allergies.

If you're prone to motion sickness, ask your provider about ways to prevent it.



## Expect the unexpected.

Take photos of important documents. Internet coverage could be spotty in some locations.

Pack a first aid kit.

Take extra glasses or contacts and vision prescription information.

Know how to reach the local ambulance, fire and poison control.

Learn how to find local pharmacies.

Share your plans with someone at home.



## How will you pay for medical care abroad?

Think about health insurance before you leave. Don't count on your U.S. health plan—most offer little or no coverage outside the country. If you need international health insurance, choose wisely. **Does your plan:**

include **medical evacuation and repatriation**, in case you need to go to another location to get the right treatment?

cover **prescription medications** purchased abroad?

provide **global telemedicine**, which you can use anywhere in the world?

offer **direct payment** to overseas hospitals that require payment up front?

cover **pre-existing conditions**?

include **smart digital tools** to find providers and get translation help and security alerts?

offer **24/7/365 support**?

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**Questions?** Contact Blue Cross Blue Shield Global Solutions at 855 481 6647.

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