

# Holiday Travel Tips

The holidays are almost here, and for many people that means traveling to spend time with family and loved ones. You may not be able to avoid the crowds, but a little patience and some advance planning, will help to ensure a safe and enjoyable trip.

## Before you go:

- Talk to your doctor about where you're going and how long you'll be gone. Make sure you have enough medication to last through the trip or can arrange to get refills while you're away.
- Prepare a list of medications you're taking, including the name, prescribing doctor, dosage, and name and phone number of the pharmacy.
- Write a list of your doctors' names and phone numbers to put it in a safe place in your suitcase or handbag.
- Let a relative or close friend know where you're going and when to expect you home.

## When traveling by car:

- Have a mechanic do a thorough safety inspection of your car.
- Pack plenty of water and snacks for the road.
- Bring your cell phone and car charger.
- Pack a roadside emergency kit that includes flares and a blanket.
- Don't drive at night.

## When traveling by plane:

- Be mindful of airport security regulations, including limitations on liquids and medical equipment that can be carried on board.
- Pack your medications in a carry-on bag.
- For longer flights drink plenty of water, avoid alcohol and stretch frequently.

## During your trip:

- Get plenty of rest. Maintaining a regular bedtime will help you feel better and stay healthier.
- Stay hydrated. Be mindful of caffeine and alcohol, and drink plenty of water.
- Eat regularly. Smaller meals eaten more frequently will give you the most consistent energy.
- Avoid going out in extreme weather.
- Watch out for falling and tripping hazards, including wet or slippery pavement.

And remember, Care N' Care HMO and PPO plans cover emergency and urgent care worldwide. If you have any questions about your out-of-network travel benefits, call your Healthcare Concierge.

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