

## Traveling with Medical Conditions



If you take prescription medications, you'll need to plan more than your itinerary when you travel across the country or abroad. Here are some tips to keep in mind before you travel.

**Schedule a travel talk** with your doctor six weeks before your departure date. Use this time to see if you are in need of vaccinations. Check with your health plan to see if you may save money by getting vaccinations at a pharmacy. If you have a chronic condition such as diabetes or heart disease, ask your physician how to adjust your medication schedule when crossing multiple time zones.

**Contact your airline** if you have dietary restrictions. For instance, many airlines offer special meals for people with diabetes, gluten sensitivity and allergies.

**Make sure you have enough medications** to last throughout your trip. Order refills before you leave. In case your return is delayed, pack at least an extra week's worth of necessary medications so you don't run out.

**Keep all your medications with you** in your carry-on luggage. Make sure all prescription medications are labeled with the name of the drug, your doctor's name and your name as it is shown on your passport.

**If you need to pack syringes or liquid medications**, carry a copy of your prescriptions and a letter from your doctor noting the medical reason for the medication or syringe. The Transportation Security Administration (TSA) permits unused syringes when accompanied by injectable medication. You must declare these items to security officers at the checkpoint for inspection. TSA recommends that your medications be labeled to facilitate the security process. Liquid medications that exceed 3.4 ounces, are also allowed by TSA when declared at airline security checkpoints with proper documentation for their use.

**Carry a medication list when you travel.** Be sure it includes the names of your medications, as well as the phone numbers and addresses of your doctor and pharmacy.

When you've done all you can do to prepare for your medical needs, it's time to relax and enjoy your trip.

Our Customer Service team is here to answer any questions you might have about your benefits. **Call Customer Service at 1-866-789-7747 (TTY 711) if you have additional questions.**