

How to Prepare for Your Travel Medicine Visit

Welcome to UConn SHaW Travel Medicine

There is much you can do to improve the quality of your travel experience and prevent unwanted illness and injury. To make the process easier we encourage you to consider the following issues prior to your appointment:

- ◆ Timing is important! Starting the process 6-8 weeks prior to travel allows enough time to complete all the necessary steps.
- ◆ This appointment is a travel health visit. Its purpose is to review potential risks to your health based on your destination and travel activities. This is not a physical and can't be combined with physical even when one is required by your program. Please schedule a separate appointment for physical exams and any required lab testing or x-rays.
- ◆ Providing as much information as possible about your travel plans/itinerary will help in making decisions about vaccines and medications. Include departure cities, layover destinations, and activities during your stay. Think about where you will be staying, side trips, work or study plans. Are you spending time with underserved groups? Are you visiting or working with animals or in a medical clinic/hospital or school? Is this a vacation, business trip, study abroad program, personal family visit, service /disaster relief or mission trip?
- ◆ If you are traveling to a malarial endemic area there are several medication choices to help prevent transmission of this disease. We will talk about country specific recommendations at the time of your visit.
- ◆ Prescriptions for travel medicines and any of your own routine medications may require a "travel extension" from your insurance company to cover amounts exceeding a 30 or 90 day supply. Please talk with your insurance company about any restrictions ahead of time so you can plan for this expense.
- ◆ Required or recommended vaccines can be quite costly, sometimes several hundred dollars. Many health insurance plans do not cover this expense. Sometimes certain programs will cover vaccine costs. Please check with your family, insurance plan and travel program about resources and payment choices before your appointment. The SHaW billing office (860-486-9239) is also a resource to help you determine coverage and payment options for your vaccines and medications.
- ◆ Vaccines require time for the body to develop immunity. It is advisable to schedule vaccines a minimum of two weeks before departure. Some vaccines require more than one dose and a complete series offers the best chance of full immunity. Some travel destinations require proof of yellow fever vaccination (the Yellow Card). Travelers are not allowed to enter or depart these areas without this piece of paper with you.

The Travel Team at SHaW look forward to hearing from you!