

HEMARE

Be a Savvy Traveler

TRAVELING WITH A BLEEDING DISORDER REQUIRES SOME SPECIAL PREPARATION, but it doesn't have to be a struggle. Getting organized in advance can save you a lot of anguish, both on the way to your destination and after you arrive.

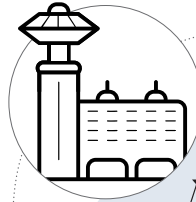
Before you go

Get a travel letter from your physician explaining your bleeding disorder and how it's treated. If you're going to a foreign country, have the letter translated.

If traveling abroad, ask your primary care provider if you need any **vaccinations** to prevent disease.

Call your insurance company to verify that you're insured in the state or country you're traveling to.

Research the locations of hemophilia treatment centers (HTCs) or hospitals along your route.



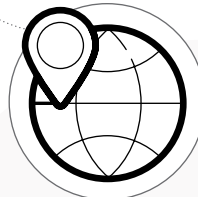
At the airport

Keep medications and accessories in your carry-on luggage. These items may be lost, broken or subject to problematic temperature variations if checked.

Clearly label all medications.

Inform airport security agents that you're carrying medically necessary items.

Be ready to display, handle and repack your medications when screening is required.



At your destination

Store factor according to the manufacturer's recommendations.

Account for time zone changes when planning your prophylaxis schedule.

HAVE FUN AND ENJOY YOUR TRIP!

WHAT TO BRING

- ✓ Enough factor and accessories to last your entire trip, plus an additional amount in case your return is delayed
- ✓ Prescriptions from your doctor
- ✓ Your health insurance information, including your ID card
- ✓ A medical ID emblem, such as a MedicAlert® bracelet or necklace

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Number of federally funded hemophilia treatment centers (HTCs) across the country. HTCs are located in all 50 states. SOURCE: CDC