Welcome to Two-Minute Tuesday. I’m Amy Hertog, UnitedHealthcare Nurse Liaison for Pinellas County. Our topic today is healthcare travel tips.

Travel can be fun but also stressful...Are you prepared to travel for business, pleasure, or even in the event of an emergency?

Here are some great travel tools from UnitedHealthcare that you might not know about:

• The first one is Health4Me ...
• Before you leave home, install the Health4Me app on your phone. If a family member is hurt or sick on the road, this app can help you find medical care.

You can find the closest medical facility in an unfamiliar area plus get directions.

Forgot your card at home? Use the app to access your insurance card on your phone.

Another good option for medical advice on the road is Nurseline.
• This help line gets you in touch with a registered nurse.
• The number is found on the back of your health insurance ID card.

Still another option is Virtual Doctor Visits which allows you to see and talk to a doctor from your computer or mobile device.
• This is an easy way to get help for a non-emergency health issue on the road such as pink eye or a sore throat.

Here’s a few more tips...
In case of an evacuation for hurricanes for other emergencies, have these items ready:
• Medications
• A list of your medications
• Any necessary medical equipment
• Medical Alert Tags or Bracelets
• Medical Information (both hard copies and on a thumb drive) including phone numbers of your doctors, pharmacy, service providers, and medical facilities.
• Doctor’s orders including prescriptions.

When traveling for any reason, make sure that your prescriptions are filled with enough medication to last during the trip.
• If it looks like you may run short, contact Express Scripts ahead of time to inquire about your refill options.
• If you are flying, refer to the TSA guidelines. Avoid placing your medication into any checked luggage.
• Take care with how and where you store your medications.
If you will be changing time zones, you may need to adjust the times you take your medications.

**Slide 10**
- Remember to consider all necessary medical equipment that you might need such as a CPAP machine or portable oxygen.
- Don’t forget to pack the accessories needed to operate your equipment such as tubing and power cords!
- Prevent any mishaps by keeping your equipment in good working order.
If flying, refer to guidelines from the Transportation Security Administration and your airline.

**Slide 11**
Thanks for tuning in to Two-Minute Tuesday.
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