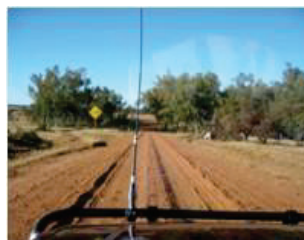


# HEALTH CHECK BEFORE LEAVING HOME

## CONSIDERATIONS FOR TRAVELLING NOMADS



**Step 1** Plan your journey so that you will know the type of stop-over's in relation to your health needs

Are you travelling across diverse settings in rural and remote areas of Australia?

Do you require planned medical, pharmacy or investigation testing when travelling?

Could you potentially require emergency care during your travels?



*The only pharmacist in some towns is the Local health facility*

- These facilities do not fill private prescriptions
- These facilities do not keep a large range of specialty or high cost drugs



**If you answer yes to any of these questions, you need to be like the Boy Scout and be prepared.**

**Step 2** See your local medical practitioner and any other health practitioner who is treating you, and request a medical letter outlining the following:

- Your health history and chronic disease management plans
- Your surgical history
- A detailed record of your medication management
- Information regarding your alerts and allergies
- Copy of your immunisation record

You will also require the following:

- Names and contact details of all your health practitioners
- Name and address of your next of kin
- Name of a contact person other than your next of kin
- Any health directive documents
- Your Power of Attorney documents and contact details
- Your Medicare Card or DVA card
- Your pension details and expiry dates
- Your private health details and expiry dates

***This information is kept in a document folder that is readily accessible should you require them when travelling***

***Aussie Wide Health Portfolio is an ideal way to collate this information, this then becomes the nomad's essential travel companion.***