

Traveling with a Chronic Condition:

Tips on planning ahead

Traveling with a chronic condition is achievable with careful planning

In this brochure, you
will find information on:



Preparing for travel



Air travel reminders



Traveling with medication



How CareConnectPSS can help

Traveling with a chronic condition may seem overwhelming but don't let it stop you! Start with smaller trips until you get more comfortable. And be sure to **plan ahead**.



A few things to consider when planning a trip:

- 1 How long will you be away?
- 2 Do you have enough medication and medical supplies?
- 3 Are you traveling in the United States or going abroad?
- 4 Are there hospitals, clinics, or pharmacies nearby?
- 5 Is your destination in a different time zone?
- 6 Are you driving, taking a train, or flying?
- 7 Do you have medical documentation (for example, doctor's notes, medical records, properly labeled prescription packaging)?
- 8 Does your insurance cover you in the state or country where you'll be traveling?
- 9 Who is your emergency contact?

Start planning your trip early



INFORM



PLAN



PREPARE

1. Inform your support circle of your travel plans as soon as possible



- a. Healthcare provider
- b. Close family member or friend
- c. CareConnectPSS Case Manager

2. Plan in case of an emergency



- a. Work with your healthcare provider to write a plan of action in case of an emergency.
- b. Have your healthcare provider help you to identify medical facilities and pharmacies in your area of destination.
- c. Share your travel plans, agenda, and contact information with a close family member or friend who is familiar with your health condition.
- d. Carry a medical alert card to notify local emergency medical services of your condition, including any critical information and emergency contacts. Example:

I HAVE POMPE DISEASE.

Do not lay me flat on my back.
If I am unresponsive, please contact (healthcare provider) and (family member/friend)

- e. Always wear your medical ID bracelet or carry your medical ID card with you!

3. Prepare prescriptions and medical information well in advance



- a. Refill your prescriptions ahead of time to make sure you have enough medication and supplies. Always carry extra in case of travel delays.
- b. If you are traveling to a different time zone, ask your healthcare provider if the timing of your medication should be adjusted.
- c. Look into digital means (for example, mobile device applications such as FollowMyHealth®, or Medlio Health Records, or using a flash drive) of organizing and easily accessing important information:
 - » medical records
 - » prescriptions
 - » infusion orders
 - » emergency contacts
 - » location of nearest medical facilities
 - » travel letter from your healthcare provider
 - » health insurance information

Air travel requires some additional planning





Getting through airport screening:

- » Check TSA rules for transporting medications.
- » Carry pharmacy-labeled medications (make sure the name on your boarding pass matches the name on your prescriptions).
- » Bring a travel letter from your healthcare provider with a brief description of your condition and the need for the medication.
- » Request that TSA officers visually inspect your medication and supplies instead of putting them through the X-ray.



Carrying on medication and medical supplies:

- » Check if your medical devices count toward the carry-on limit.
- » Always pack a carry on with your essential medications and supplies in case checked luggage gets misplaced or delayed.
- » Consider pre-boarding or ask for accommodations.
- » Notify the airline in advance if you need assistance getting through the airport facility.



Check the airline's policies and contact the airline or TSA with any questions.

Traveling with medication: a checklist



Traveling anywhere



Work with your CareConnectPSS Case Manager to determine if your insurance covers services at your destination or if you need to identify alternative means of covering the cost of services.



If you need to travel with your medication or supplies:



Gather any required documentation for traveling with medication per airline or TSA policy.



Check the storage requirements (some medications require temperature controlled storage) of your medication while traveling and notify the airline company if you need accommodations.



Do not pack your medication in checked luggage because of temperature variations, rough handling, or lost luggage.



If you need to find an infusion center:



Contact your insurance company to check coverage at your destination.



Work with your healthcare provider and insurance company to identify an infusion center.



Check if you can get your treatment before traveling.



Talk with your CareConnectPSS team about confirming insurance coverage for services outside of your local area, establishing care, and determining how to manage your drug shipment at your destination.

Every country is different and unique!
Planning ahead is crucial.



For international travel



Work with your CareConnectPSS Case Manager to determine if your insurance covers international services or if you need to identify alternate insurance coverage or resources to cover the cost of medical services.



Check if your treatment is authorized in your country of destination.



Make sure there is a healthcare system with verified doctors who speak English in the country to which you are traveling.



Bring your medical records, list of prescriptions, and health insurance information that is translated into the local language.

Your CareConnectPSS is here for you!

Inform your CareConnectPSS team ahead of time so they can support you with your travel plans.



How your Case Manager can help:

- Work with their CareConnectPSS colleagues across the country to ensure your support needs are met.
- Connect you to the team that works in the area where you will be traveling or relocating to.
- Investigate insurance coverage in your temporary location.
- Identify options for infusions.
- Make sure you receive your prescription drugs.

Ways your Patient Education Liaison can offer support:



- Continuing to provide disease education remotely.
- Training your infusion nurse for any home-infusion transitions prompted by your trip.



Travel plan

Use this tear sheet as a guide to help you plan your trip.

My destination: _____

Number of days I will be traveling: _____

1. Medications and medical supplies to pack:

Medication/supplies	Dose	(x number of travel days)	Total supply needed
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

2. Emergency contacts:

Healthcare provider: _____

Close family member or friend _____

3. Medical facilities:

Nearest infusion center _____

Nearest hospital _____

Nearest pharmacy _____



4. Discuss with my healthcare provider:



Important medical information to take with me



Travel letter



Referral to a temporary infusion center



Emergency action plan

5. Critical information about my condition:

Handwriting practice lines consisting of multiple horizontal lines on a dotted grid background.



6. Insurance coverage at my destination:

(Your CareConnectPSS Case Manager will guide you through this process!)



Am I covered throughout the United States?



Will my benefits change?



Do I have coverage for international medical services?



How your CareconnectPSS team will support you

CareConnectPSS — Personalized support services for patients

CareConnectPSS®, personalized support services for patients, represents Sanofi Genzyme's more than 35-year commitment to supporting the rare disease community. CareConnectPSS is designed to support each patient's unique journey.

Our range of support to help patients living with a rare disease includes:



Programs such as the Copay Assistance Program and Charitable Access Program for eligible patients



Disease-specific information, including genetic education



Care coordination for treatment



Dedicated CareConnectPSS Patient Education Liaisons and Case Managers

Depending on your individual needs, your CareConnectPSS Team of experts can assist with the following:



Your **Case Manager** offers expertise in health insurance, navigating the health care system, facilitating transitions which may impact your access to insurance or treatment, and can assist you in identifying resources to help manage out of pocket costs related to your treatment.



Your **Patient Education Liaison** can help educate you, your family, friends, teachers, or employers about your disease.

To learn more about our range of support offerings, or to reach your existing CareConnectPSS Case Manager:

Call **1-800-745-4447 (Option 3)**

Email us at **Info@CareConnectPSS.com**

Visit **www.careconnectpss.com**

Additional resources

For more information on planning travel:

Visit the Transportation Security website: **www.tsa.gov**

Visit the Centers for Disease Control and

Prevention website: **www.cdc.gov**

Check out medical record apps: **FollowMyHealth®**, **Medlio - Health Records.**

BY YOUR SIDE

through your journey with a rare disease

JUST A PHONE CALL OR EMAIL AWAY

Whether your needs are large or small, your CareConnectPSS team will work closely with you and your family to ensure you receive the confidential and personalized support you need. To learn more about our range of support offerings, or to reach your CareConnectPSS Case Manager, please call **1-800-745-4447**, and select **Option 3**, or email us at **Info@CareConnectPSS.com**.

For more information, visit us at **www.CareConnectPSS.com**.

