



## Stay healthy, wherever the road takes you.

Before your next trip, it's a good idea to meet with your provider. Together, you'll make sure you're current on your vaccinations and put a plan in place to stay healthy wherever you go.

### **In addition to meeting with your provider, check these items off your list before takeoff:**

- **Get vaccinated.** Research your destination to find out if you need any additional vaccinations.
- **Refill your prescriptions.** Make sure you have enough of your regular prescriptions and over-the-counter medications before you leave.
- **Pack a first aid kit.** Include anything that you may need based on your destination. Hand sanitizer, bandages and pain relievers are a good place to start.

### **Schedule an appointment before your next trip.**

Call your Wellness Center to schedule an appointment.

### **Who can use these services?**

The Wellness Center is available to all employees, regardless of medical plan.



The Wellness Center  
Operated by Premise Health.

