

Traveler's Checklist

Prior to embarking on a journey abroad, it is a good idea to follow a few simple steps to ensure that you are prepared to take care of your health and security while you're away. This checklist can help you adequately prepare for a safe trip.



Schedule an appointment with your physician well in advance of your trip.

- Make sure you have the necessary immunizations for your destination and the destination is appropriate for your health condition.
- Ask your physician for a letter regarding your health history, medications, allergies, immunization records and any pertinent information that might be requested in another country.



Traveling with medications to Japan

- Japan has special rules about overseas medicine. Review information from the [Japanese Ministry of Health, Labour and Welfare](#) about bringing prescription medicines.
 - Due to strict policies around prescription medications in Japan, it's important to talk to your doctor and complete the [Importation Forms / Yakkan Shoumei](#) from the Narcotics Control Department at least two weeks prior to travel.
 - Japan allows only a month's supply of personal prescription medications for import as long as you carry a letter from your physician explaining your need for your medications. It must confirm your name, travel itinerary, names of prescribed medications including the dosages and total amount of each to be carried. If you are importing more than one month's supply, Yakkan Shoumei is required.
 - Some over-the-counter medications in the United States are illegal, like Actifed or Sudafed, medications that contain pseudoephedrine. Other illegal prescription medications include Adderall (amphetamine).
- Carry the generic names of your medications, as pharmaceutical companies overseas may use different names from those in the United States.
- Discuss with your physician how you will take medication as you cross time zones.



Personal items

- As an extra precaution, pack extra eyeglasses and all medications in carry-on luggage in case checked baggage is lost.
- Consider wearing a "medical alert" bracelet if you have allergies or reactions to medications, insect bites or certain foods, or other unique medical problems.



Gather important documentation and insurance information

- Confirm your passport is current with a minimum 6 months until expiration, and complete the inside page of your passport.
- Pack your insurance and assistance information cards and claim forms.
- Carry a copy of an emergency release form.
- Make copies of all travel documents, including passport, Visa, itinerary, and UnitedHealthcare Global identification card, credit card (front and back). Carry one set separate from your originals and leave one set at home with a friend or relative.
- Review your insurance and assistance coverage for your specific destination and pay special attention to your coverage for medical evacuation.



Travel security tips

- Consider registering with your country's embassy or consulate.
- Try to blend in and maintain low profile dress and mannerisms. Leave valuables at home.
- Avoid luggage tags with company name/logos.
- Verify transportation and use trusted modes of ground transportation.



Travel itinerary and contact information

- Confirm all travel accommodations and bookings prior to departure.
- Ensure a family member and/or employer has a copy of your itinerary and schedule with all appropriate contact information.
- Make sure you have contact information for your family, hotel and government.