

HERE'S TO
HEALTH



CONTROL IS THE GOAL
diabetes program



TIPS FOR **WORRY-FREE** TRAVEL

Visit your doctor.

Discuss your travel plans and take a medical exam to know your sugar levels.

Bring a doctor's letter and prescription.

The letter should explain that you have diabetes and list your prescriptions, insulin, and/or syringe needs.

Label all items.

Make sure your prescriptions have their original labels.

Purchase travel insurance.

It needs to cover acute onset of pre-existing conditions.

Research your destination.

Know where medical facilities are located before you leave.

Keep information handy.

Have multiple copies of your doctor's information and the names of your medications.

Have medical identification.

Carry a medical ID indicating that you have diabetes, you take insulin, and shows an emergency contact.

Bring extra medical supplies.

Pack twice as much medicine and blood sugar testing supplies.



The Control is the Goal program is designed to provide additional support and assistance for participants diagnosed with diabetes.

Enroll online at teachershealthtrust.org!