



Release at Will

Traveling? Don't forget to pack a personal medical portfolio

USTiA's TRIP tells how

You've packed your airline tickets, passport, aspirins and medications. But what about a list of your doctors, any medical conditions or allergies, or family contacts in case of emergency?

An easy-to-create, personal medical portfolio can provide important life-saving information, advises the [US Travel Insurance Association](#). Simply put, the portfolio is a list or document with all your health-related information that you save on your computer and update as needed. Then, when it's time to travel, print out a copy and pack it along with your other essentials.

While you can design your own format, USTiA suggests dividing the document into three basic parts. First would be your personal contacts, such as whom to notify in case of emergency, along with your travel itinerary. The second part would be your medical information, such as names of your health care providers back home, any known medical conditions, current medications, and a basic health history. Lastly, be sure to have the policy numbers of your health insurance, along with the contact number for your travel insurance and your travel insurance policy number.

Having all your information in one place will help ensure that you receive the most appropriate treatment and care, should you become ill or have an accident while traveling. It's also a good idea to send your travel insurance provider a copy of your medical portfolio before you trip begins. This will help them expedite any emergency travel or travel medical assistance needed in case of an unexpected mishap while you're traveling.

For more details on creating your own personal medical portfolio, visit [TRIP medical portfolio](#), or [http://bit.ly/TRIP Medical Portfolio](http://bit.ly/TRIP_Medical_Portfolio)

More travel health tips and information

More travel health, safety, and security tips are available at www.trip.ustia.org. Developed by the US Travel Insurance Association, TRIP is designed to provide helpful information for anyone planning a trip. The TRIP acronym stands for "Travel Responsibly, Informed and Protected." With a motto of, "Empowering you to travel safely," the site offers useful articles, tips and links on various aspects of staying healthy, safe, and secure while traveling.

For information on travel insurance and a listing of USTiA members, visit ustia.org.

About USTiA

USTiA promotes fairness, integrity, and a commitment to excellence in the travel insurance industry. With a mission to educate the public on travel insurance while maintaining high industry standards, USTiA is a non-profit association of insurance carriers and allied businesses involved in the development, administration and marketing of travel insurance and assistance. Travel insurance and assistance services are available from travel agencies, airlines, tour operators, hotels and resorts, and insurance brokers, as well as through the Internet.

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