



Travel Tips

Hemophilia care on the go



Traveling can be a fun and exciting way to experience new parts of the world.

Whether it's for a night or an extended stay, planning ahead and preparing what you need to manage your hemophilia while traveling can help make your trip as enjoyable as possible.

sanofi

Plan ahead +



Preparing in advance can help make traveling easier. Here are some things you can do before you leave:

1

Talk to your doctor

Talk to your care team about travel precautions. They can prepare an emergency Travel Letter describing your bleeding disorder and medical needs.

2

Confirm your infusion schedule

Ask your care team if any modifications should be made to your treatment schedule based on any planned activities or time changes.

TIP: Keep record of your infusions before and during travel so you know how much factor you've taken and at what time.

3

Locate a nearby HTC

Check for hemophilia treatment centers where you're going. You can contact them ahead of time to ensure they are prepared should you need additional supplies.

TIP: The CDC has a global HTC locator on their website.

4

Check TSA requirements

If you are flying, look into regulations for transporting medication and supplies. When traveling with factor, it's a good idea to label all of your supplies and have your prescription and Travel Letter with you.

TIP: Travelers with medical conditions or disabilities may contact TSA Cares for assistance through the screening checkpoint at: (855) 787-2227.

5

Prepare travel supplies

Your care team may be able to assist you in arranging treatment supplies for travel, such as packing and storing medication and carrying a small sharps disposal container in your carry-on luggage.

TIP: ALWAYS carry medication and supplies in your carry-on bag. Checked luggage may be exposed to extreme temperatures and X-rays or could get lost.

6

Plan your accommodations

Ensure you have easy access to any necessary amenities where you're staying, like a refrigerator.

TIP: Contact your hotel or campground ahead of time to get everything lined up.

7

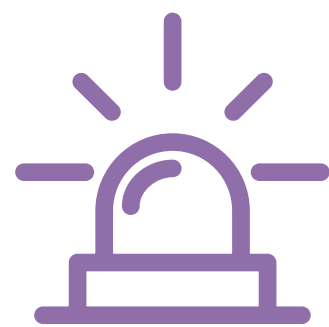
Make emergency preparations

Travel with a companion whenever possible and let them know about your condition so they can assist you in an emergency. Have your medication and supplies clearly labeled in the event that you're not able to treat yourself.

Get your phone ready



Your mobile phone can be a great tool for safer travels. Here are some ways you can utilize your phone:



Prepare an emergency contacts list

Save emergency contacts and other resources to your phone, such as your HTC or specialty pharmacy provider.

TIP: Put ICE before your emergency contacts for “In Case of Emergency”. Some phones come equipped with emergency functions or there are third-party apps that you can download.



Set medication reminders

Use a calendar or checklist app and enable notifications to remind you when it's time to take your medication.

TIP: Many apps like MicroHealth Hemophilia are specifically designed to help you track infusions and bleeds and share information with your HCP.



Save important documents

Copies of documents such as insurance cards, pharmacy information, and your medical ID can all be saved to your phone. You can also take photos of important items so that you have extra copies handy.

TIP: Backup your phone to the cloud to ensure that these documents can be accessed should anything happen to your phone.

Travel Resources



There are many other places you can go to find helpful travel planning information.

CDC Website

Travel Safe with a Bleeding Disorder [CDC.gov/ncbddd/hemophilia/travel-safe.html](https://www.cdc.gov/ncbddd/hemophilia/travel-safe.html)

Global HTC Directory dbdgateway.cdc.gov/HTCDirSearch.aspx

TSA Website

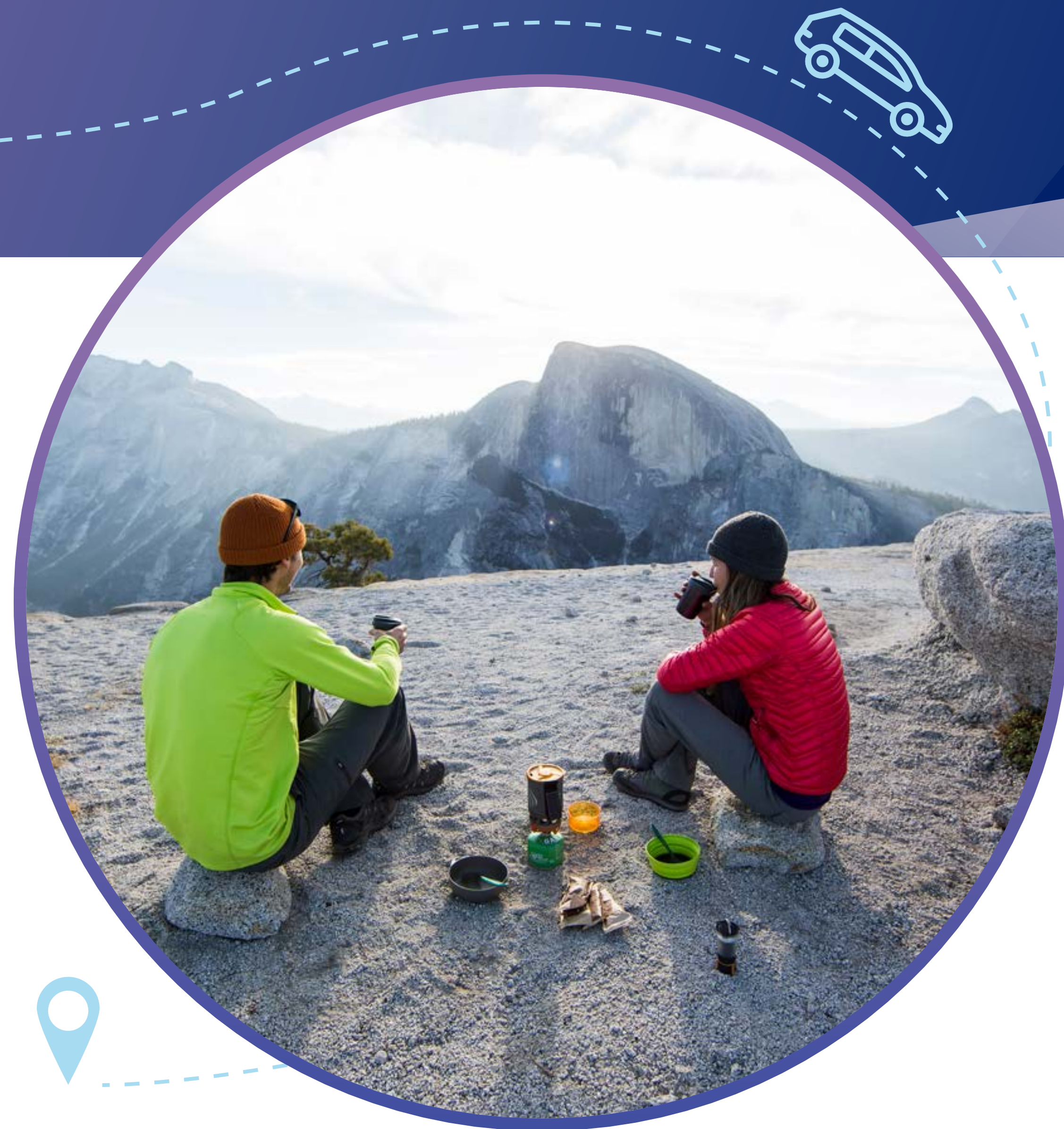
TSA Cares: Traveling with Medication [TSA.gov/travel/special-procedures](https://www.tsa.gov/travel/special-procedures)

Steps For Living

Travel [StepsForLiving.hemophilia.org/step-up/travel](https://www.stepsforliving.hemophilia.org/step-up/travel)

The Joint Movement

Healthy activities and stretches away from home [HemJointMovement.com](https://www.hemjointmovement.com)



For additional resources on navigating life with a bleeding disorder, reach out to your Sanofi CoRe Manager or visit [RareBloodDisorders.com](https://www.RareBloodDisorders.com).

Print out this page
for a travel checklist
you can use to pack
and prepare.

Trim along the dotted lines →

Travel checklist



**Use the list below to help you
remember to pack the things
you might need.**

- Travel letter from your physician
- Copies of medical insurance cards
- Factor/Medication, plus a little extra
(if necessary)
- Ice pack
- Infusion supplies (if necessary)
- Small sharps container (if necessary)
- Medical ID
- Alcohol, cotton pads, tourniquet, bandages
- Disinfectant

© 2022 Genzyme Corporation. All rights reserved.
Sanofi is a registered trademark of Sanofi or an affiliate.
MAT-US-2204109-v1.0-06/2022.

sanofi

Print out this page and fill in the blanks

for an emergency information card you can take on the go.

Emergency information card

Patient name: _____

Emergency contact: _____

Phone number: _____

Physician: _____

Phone number: _____

Travel companion: _____

Phone number: _____

Medical conditions and allergies:

Current medications and dosages:

Hemophilia treatment center:

HTC phone number _____

Insurance provider: _____

ID#: _____ Group: _____

← Fold here

↑ Trim along the dotted lines