



We'll help you plan for a healthy and safe trip.



With over 42 medical centres around New Zealand there is one near you for your travel health needs.

Take a look online at [www.thedoctors.co.nz/Services/Travel-Health-Services](http://www.thedoctors.co.nz/Services/Travel-Health-Services) for the nearest The Doctors participating medical centre near you.

Getting ready to go overseas?

All you need to know about our Travel Health Services

**Our Travel Health Service:**

- Is cost effective
- Is personalised to you and your journey
- Covers vaccines, medication and advice for many countries
- Covers personal safety, security, accidents, risks and environmental advice for many countries
- Includes advice on how to manage long term health conditions e.g. diabetes, blood pressure, heart health and more
- Supports your post-travel health and infections



# We'll make your travel prep simple and easy

## Cost Effective, Personalised Care

Our aim is to make preparing for travel easy, cost-effective and tailored to your needs.

It's important to get the right vaccinations and health advice before you go, including how to stay safe and healthy while you're away.

### We'll help you:

- Plan for a healthy and safe trip
- Get the right vaccines, medications and advice for the right countries
- Manage complicated medical issues, families, school groups, or business travel
- With any post-travel health needs or illnesses

## IMPORTANT: Book your appointment 4-6 weeks before you go

### Why should I book so early?

Some vaccines require more than one dose, a week or two apart. This allows time for the vaccines to start working before you leave.

Our medical team can give you the best travel health advice, including the latest preventative measures for insect borne diseases including malaria, dengue fever, Japanese encephalitis and much more. We can also provide you with recommendations for avoiding accident and injury, first aid, jet lag, diarrhoea and motion sickness.

## 3 Easy Steps: 4-6 Weeks Prior To Travel

### Step 1

#### Complete a Travel Health Questionnaire for each person travelling

At least 4-6 weeks prior to departure download the travel health questionnaire from [www.thedoctors.co.nz](http://www.thedoctors.co.nz). Complete and save a separate document for each person. Type your answers straight into the spaces provided – it's good to have your itinerary nearby to do this.

### Step 2

#### Select The Doctors medical centre and email completed forms

Choose The Doctors medical centre near you that you want to book your Travel Health consultation with. Email them all completed forms at least 3 days before you need your appointment. We will review your information ahead of your visit.

### Step 3

#### Book your Travel Health appointment

We will contact you to book your travel appointment at The Doctors medical centre you selected. Appointments are normally 45 mins.

## Appointment FAQs

### When do I book it?

Appointments are 45 mins and should be made at least 4-6 weeks prior to your travel departure date.

### How do I book it?

Go to [www.thedoctors.co.nz/Services/Travel-Health-Services](http://www.thedoctors.co.nz/Services/Travel-Health-Services) for all information and participating medical centres.

### What should I bring?

For enrolled travelers we have your health info so bring your itinerary. For those who are not enrolled at the practice bring your full itinerary, a list of your current medications, any travel vaccinations you have had previously, as well as when your last tetanus booster was.

### What happens at the appointment?

We'll discuss which vaccinations you could have, agree on what's best for you and then administer them. We also discuss all other potential health issues relevant to your trip and provide you with prescriptions you may need e.g. malaria prevention, general upsets like traveller's diarrhoea, motion sickness and much more.

### How much will it cost?

Take a look at our Travel Health Services price list online at [www.thedoctors.co.nz](http://www.thedoctors.co.nz).

