



# HAEi Patient Travel & Relocation Guide

Whether you're traveling for work or holidays, going overseas or traveling within your own country, studying abroad, or moving abroad, it's essential to be prepared for managing your Hereditary Angioedema (HAE) condition. Below is a comprehensive toolkit to help you plan for your travels, ensuring you have access to the necessary resources, medication, and emergency care wherever you go. By following these steps, you can travel with peace of mind, knowing you are well-prepared for any potential challenges that may arise during your trip.

## 1 Speak to Your HAE Physician

Before you embark on any trip, especially international travel, schedule a consultation with your HAE physician. Discuss your travel plans in detail, including the destination, duration, and available medical facilities. Your physician can provide personalized advice, ensure your treatment plan is up-to-date, and prescribe enough medication to last through your trip, including additional doses for potential delays. They can also provide a medical letter outlining your condition and treatments, which can be essential when navigating customs or seeking emergency care. This discussion will ensure that you are fully prepared to manage your condition throughout your travels.

## 2 Download Essential Apps

- **HAE Companion:** This app provides important information about local hospitals, pharmacies, physicians, and emergency care for HAE patients in different countries. It also includes an electronic version of the HAEi Emergency Card.
- **HAE TrackR:** Use this app to keep track of your medications and other important belongings while traveling.



## 3 Research and Connect with Local Resources

- **Visit the HAEi Website, [haei.org](http://haei.org):** Identify the HAEi Member Organization in the country/countries you're visiting. Contact them for information about knowledgeable hospitals, medication availability, and local physicians.
- **ACARE Centers:** Use the HAE Companion app to find any ACARE (Angioedema Care Centers) in the countries you're visiting, which specialize in treating HAE.

## 4 Stay Connected with Local HAE Support

- **Local Patient Groups:** Connect with the local HAE patient organization or support group. They can be a valuable resource for finding doctors, hospitals, and emergency support in unfamiliar locations.

## 5 Medication Management

- **Carry an Adequate Supply:** Ensure you have enough on-demand and preventative medication to cover the entire trip, plus extra in case of delays. Always carry your medication in your hand luggage.
- **Prescription Documentation:** Bring a letter from your doctor explaining your condition and the medications you're carrying, especially for customs or border control.
- **Temperature Control:** If your medication requires specific storage temperatures, carry a medical cooler or insulated bag to keep it safe during transit.

## 6 Emergency Preparedness

- **Local Hospitals and Clinics:** Research which hospitals or clinics in your destination can provide emergency treatment for HAE. Mark their locations and contact details.
- **HAEi Emergency Card:** Keep the electronic version on your HAE Companion app or print a physical card, detailing your condition and treatment needs in the local language.
- **Emergency Contacts:** Compile a list of emergency contacts, including your healthcare provider at home, local emergency services, and local HAE specialists.

## 7 Contingency Planning for Delays

- **Sufficient Medication for Delays:** Carry extra medication to cover unexpected travel delays or emergencies.
- **Alternate Plans:** Always have a backup plan for receiving medical treatment in case of emergencies in remote areas or during extended travel delays.

## 8 Insurance and Legal Considerations

- **Travel Insurance:** Ensure your insurance covers pre-existing conditions like HAE and provides emergency medical coverage, including for HAE attacks.
- **Medication Import Laws:** Research the rules and regulations regarding medication importation in your destination country, as some places have restrictions on certain drugs.

## 9 Plan for Language Barriers

- **Medical Phrases:** If traveling to a country where you don't speak the language, have key medical phrases translated, such as explaining your condition and your need for specific medications.