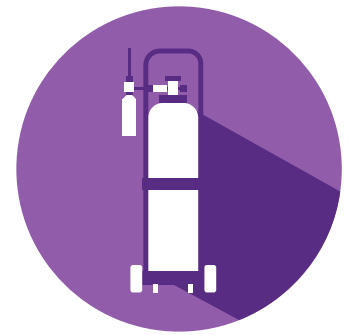


10 TIPS TO MANAGE MEDS AND OXYGEN FOR **PHA 2024**



1 **Notify your health care provider before planning your trip.** You might need additional authorizations to ensure you have enough medication during the trip.

2 **Check with your airline** and durable medical equipment company to get the oxygen devices you need for your trip.

3 **Collect all important medical documents in a single place** (folder, binder, phone), and always keep them with you. Be sure your medication list is up to date, and bring it with you. Your specialty pharmacy can help ensure it's accurate.

4 **Adhere to your medication regimen**, and don't change doses without a PH specialist's approval. Traveling from the Midwest, West Coast or overseas? Make sure you understand your medication schedule on Eastern time and other time zones where you might travel through.

5 **Create an emergency plan** in case of illness. Include medication-specific info, such as "Don't stop continuous infusions under any circumstance." Visit [PHAssociation.org/patients/living-with-ph/emergencies](https://www.phaassociation.org/patients/living-with-ph/emergencies) for templates.


6 **Consider equipment you might need**, such as a wheelchair or scooter. Ask your durable medical equipment company to assist with equipment rental you might need

while traveling. For Indianapolis, visit [At Home Health Equipment](#).

7 **Check with your insurance company** about coverage options while you are traveling. You might need out-of-network care, which could require additional authorization. (Remember: The doctor at the facility providing your care while you are traveling might not contract with your health insurance company.)

8 **When booking your hotel stay, request an American With Disabilities Act-compliant room** to accommodate a wheelchair, oxygen or other equipment. JW Marriott Indianapolis has a limited number of ADA hotel rooms and will distribute them on a first-come, first-served basis. The hotel will try to assign patients to lower-floor rooms, as close as possible to elevators.

9 **Rest when you need to rest**, and don't feel pressured to do every activity you had in mind. Your health comes first.

10 **Ask your PH provider for a copy of the "Preparing for Travel Checklist"** available in the Pulmonary Hypertension Association (PHA)'s PH Practice Library. PHA professional members: Go to [PHAssociation.org/membership-content/ph-practice-library/for-your-patients](https://www.phaassociation.org/membership-content/ph-practice-library/for-your-patients). 

FLYING TO **PHA 2024?**

You'll be arriving at Indianapolis International Airport (IND), which is 14 miles (17 minutes) from the JW Marriott Indianapolis.

The airport is large, which might make walking difficult for some people with pulmonary hypertension. If you need wheelchair assistance to navigate the terminals, contact your airline before you depart. You will need to request airline assistance in advance for both legs of travel.

Although each airline has representatives to provide wheelchair assistance at the airport, you might encounter long lines at check-in. Make sure you arrive early in case you have to wait for a wheelchair.

Learn more at www.ind.com/civil-rights.