## **Tips to Manage Medicines While Traveling**

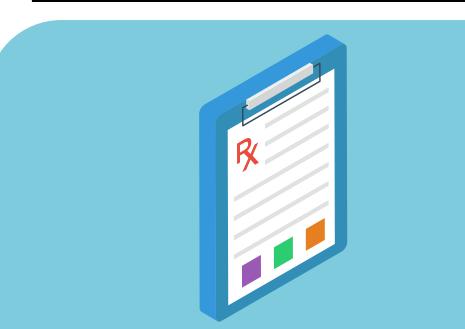


Take adequate stocks of medicines





Keep most of medicines in carryon luggage



## Adjust Medication schedule to time zone



Take travel Insurance

## Carry your prescription & reports







My Health, My Responsibility