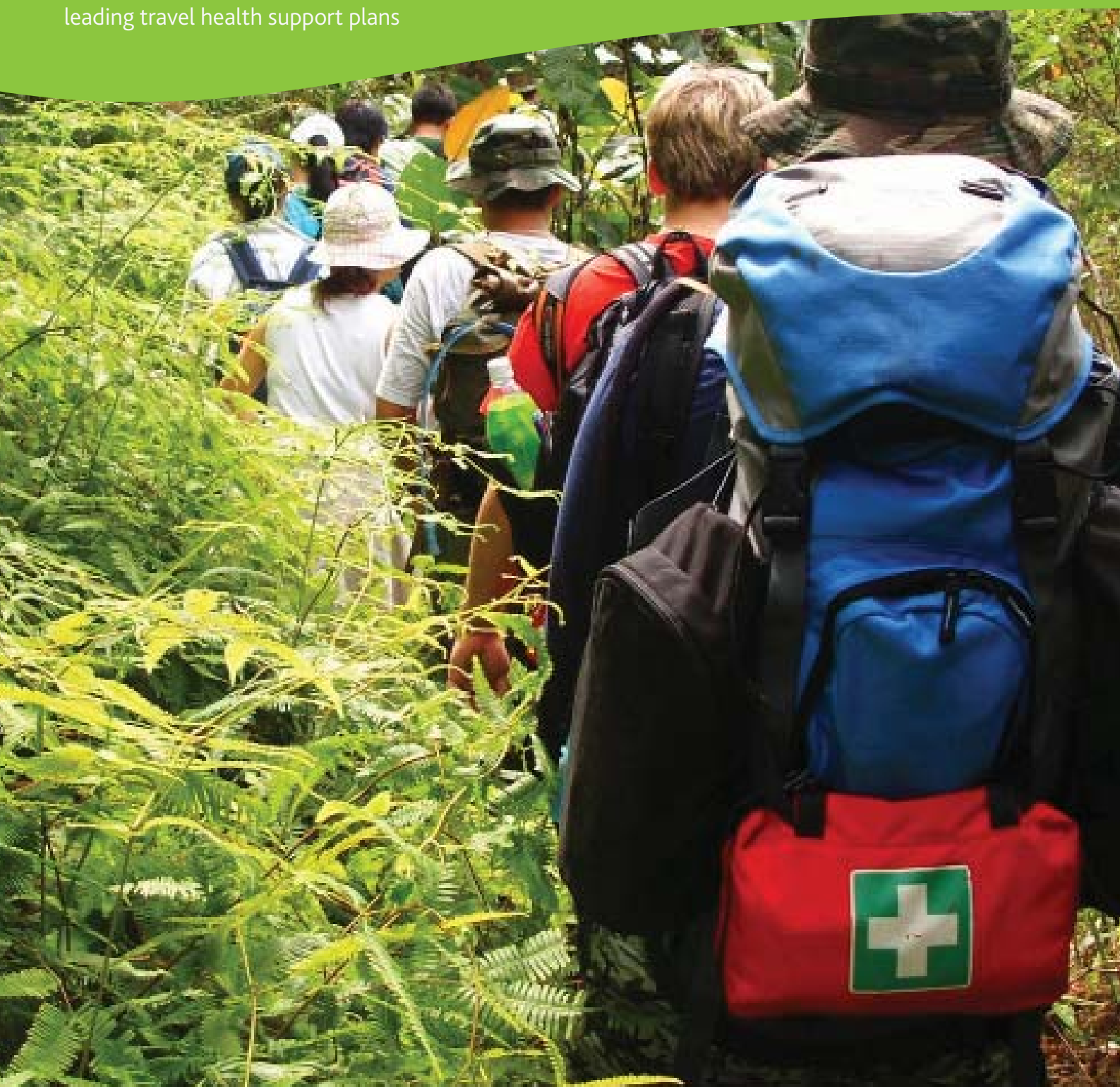


Working for a healthier world

InterHealth 

TravelWell Plan

Remote travel advice and medical support. Subscribe to one the UK's leading travel health support plans



“Morale and costs are seriously affected when team members become sick and lose time from work, especially as this is usually not necessary.

Most episodes of illness abroad are preventable or easily cured if staff are well informed and well supplied”

Ted Lankester, Director of Healthcare, InterHealth

Welcome

We are pleased to present to you details of our Travel**Well** Plan.

This document introduces the plan, outlines our services and describes how being part of the plan can support your staff and protocols.

To find out more about more, please don't hesitate to contact our Client Relations Manager, Becky Hill who will be delighted to discuss your requirements in more depth.

becky.hill@interhealth.org.uk

020 7902 9005

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About the plan

Join InterHealth's TravelWell Plan

InterHealth is a specialist health charity providing Medical, Psychological, Occupational Health and Travel Health support to people working in the not-for-profit sectors in the UK and internationally.

Our TravelWell plan is designed to provide you with a package of remote medical support services and travel health information before, during and after your trip.

Who can apply?

Anyone from the following sectors can apply to join the plan.

- International Relief and Development Agencies
- GAP & Volunteer Organisations
- Government Organisations
- UK Churches
- UK Charities

The TravelWell plan subscription applies to both individual travellers, families or organisations from the above sectors.

We also work with businesses in the private sector whose support of our development work enables us to better serve our charity subscribers.



The benefits of joining:

We are focused on making our knowledge and expertise as widely available as possible and the TravelWell Plan has been designed to achieve this goal. Many health problems can be prevented through having the basic knowledge and information at your fingertips.

Our package of remote support services includes the following:

- Free travel consultations with our nursing team
- Free advice on our travel health advice line
- Ongoing support from our medical team
- Out of hours emergency phone line
- Access to InterHealth's tailored online Travel Health Advice Centre (THAC)
- Discounts on all our services

Whilst overseas, volunteers and staff will have access to our online Travel Health Advice Centre. For more urgent queries, our InterHealth nurses and doctors are available via email and telephone as follows;

Travel health advice

Email advice and a dedicated advice line is available from Mon – Fri 2-3 pm.

Medical advice

Email advice provided by InterHealth doctors is available from Mon – Fri 9-5 pm.

Urgent medical advice – for serious health issues

Advice is available between 9 – 5 pm Monday to Friday at our London based clinic. A mobile number is provided for out of hours advice.

Online Support & Advice

Making our information accessible

Our medical team has a wealth of international experience and significant expertise in travel medicine and communicable diseases. This knowledge has been transferred into information sheets and country reports for your use before, during and after travel. For the past 2 years we have been consolidating this information and compiled it into a new online resource called THAC.

Our knowledge and expertise is also cross referenced with information from a range of national and international bodies including the World Health Organisation, UNAIDS and the National Travel Health Network and Centre.

Unique

THAC is unique and provides tailored information produced by our fantastic team of clinicians, all of whom have a wealth of experience across the relief and development sector, and who have significant expertise in travel medicine.

An ounce of prevention is a pound of cure

Many health problems can be prevented or treated early before they become serious through having basic knowledge and information at your finger tips.

All individuals working for, or volunteering with your organisation can benefit from your subscription.

Travel Health Advice Centre (THAC)

THAC is an online resource that provides access to the following tailored advice and information:

- **Tailored country reports**
Country specific advice about what antimalarials/vaccines to take. Further reading before your trip is classified as essential, recommended or optional.
- **News Bulletins**
Disease outbreaks and travel alerts.
- **About my health**
Information and advice about pre-existing health conditions and how these can be best managed whilst overseas.
- **Vaccinations**
Detailed information about vaccinations for adults and children.
- **Medicines & Supplies**
Advice and Information about travel supplies and medicines you may need for your trip.

What discounts will I be entitled to?

Discounts are provided on all of our clinical services, medicals and consultations. To view our subscriber prices please read our services and prices brochure.

How to Join

Cost of subscription

Organisations £200 (first year joining offer)

Individuals £50 (for a years subscription)

Families £75 (for a years subscription)

How to join

Please complete and return the application form expressing your corporate objectives or personal support for a charity's or charities' objectives respectively. Eligibility will be solely at InterHealth's discretion.

Please return your form to:

travelwell@interhealth.org.uk

or send by post to:

InterHealth

111 Westminster Bridge Road

London

SE1 7HR

If you don't opt to subscribe to the TravelWell Plan our services are available at the standard prices.

What next?

On receipt of your completed form we will be in touch with your welcome pack, including a guidance tool with details of how to access our remote support services.

If you have any queries about the TravelWell Plan or our services please don't hesitate to contact Becky Hill, our Client Relations Manager, who will be delighted to assist you.

020 7902 9005

travelwell@interhealth.org.uk



How can we help?

travelwell@interhealth.org.uk

www.interhealth.org.uk