



Health Topic Emails

TRAVEL

How to use this email:

Copy and paste this content into an email to support your employees in staying healthy on the go by sharing useful tips and resources to support them before, during, and after their trip.

Subject Line

Plan for a healthy trip

Headline

Stay healthy and well on the go

Body

As you look ahead to your travel plans, take advantage of helpful tips and resources so you can stay healthy before, during, and after your trip.

- **Pack the prescriptions.** [Refill your prescriptions](#) before you leave and keep them somewhere accessible like a purse, backpack, or carry-on.
- **Stay safe in the sun.** [Care for your skin](#) by applying SPF 30+ sunscreen every 2 hours, drinking plenty of water to avoid dehydration, and finding shade during the hottest parts of the day.
- **You're covered for care.** Kaiser Permanente members can get 24/7 virtual care and advice, and urgent or emergency care across the U.S. For more information about travel coverage, call 951-268-3900 (TTY 711).

Hit the road and stay healthy. [Go online](#) for more travel tips.