

Travel Hints for Retirees on the Go



Some of the most avid travelers are in their fifties, sixties, and seventies. Yet people in this age group are susceptible to certain health problems. To minimize your risk of health trouble away from home, take these precautions.

- Before confirming your reservations, be sure the itinerary is not too demanding for you or your traveling companions.
- Visit your doctor and dentist before your trip. Schedule your appointments far enough in advance to allow time to take care of any health problems that need to be resolved before departure.
- If you're being treated for an ongoing medical condition, carry copies of your medical records when you travel in case you become ill.
- Get adequate sleep before and during your trip. Fatigue aggravates existing medical conditions and reduces resistance to illness.
- Pace yourself, and take time to rest once or twice a day.
- Medicare recipients who need supplemental travel health insurance for travel outside the United States should contact the American Association of Retired Persons (AARP) Insurance Division at 1.800.523.5800 or www.aarphealthcare.com for further information.