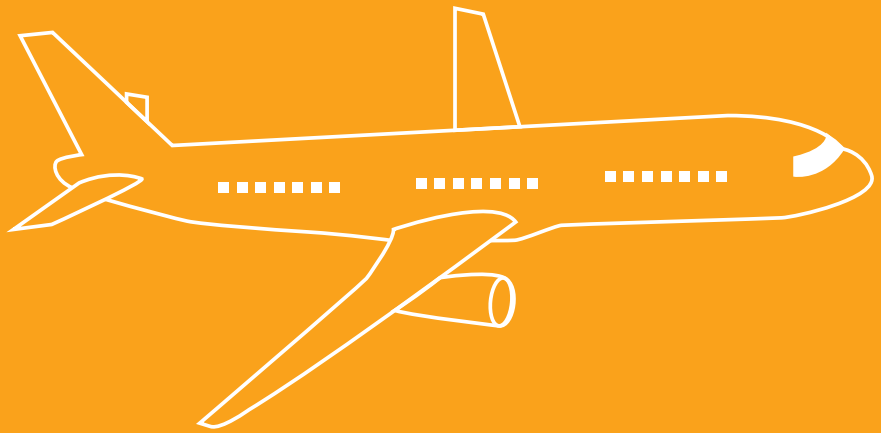
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Your AUSTRIAN health brand

DIABETES AND TRAVELLING GUIDE





HOLIDAYS DIABETES TRAVEL TIME

Dear Reader,

Regardless of wether you prefer beach holidays, sunbathing, excursions, mountain climbing, glacier expeditions, rambling or "just"recovery, this applies to everyone:

"A good travel preparation is half of the battle"

To avoid unpleasant surprises during the best time of the year in connection with your diabetes this small "information package" will help you with the upcoming travel preparation.

If you have any questions or problems about the next pages, please apply to your attending physician or your diabetes team.

With best regards,

Your MED TRUST team

General travel preparation – your check list:

- Replacement blood glucose meter incl. replacement batteries
- Sufficient supply material: blood glucose test strips, lancets, pen needles, replacement insulin pen (plan additional demand)
- Insulin – ensure sufficient cooling, for example with Wellion FRIGO bags
- Wellion invert sugar syrup or similar for a possible hypoglycaemia
- Diabetes diary
- Vaccination card – are you up to date with all required vaccinations?
- Snacks for on the go, snacks between meals
- Diabetes emergency pass, in English or in your national language (for example Wellion club card with diabetes pass in german/english)
- Sufficient supply of required drugs (plan reserves)

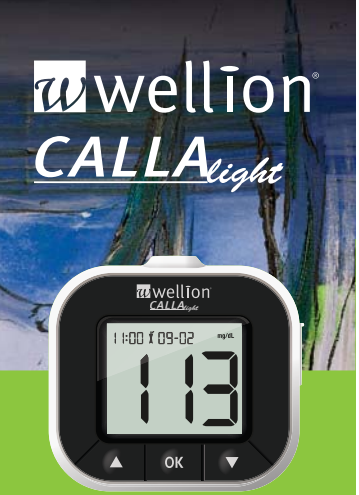
Please consider that you might need a proof document for the required supplies (pen needles, lancets etc.) at the airport security control issued by your attending physician.

Make sure that your health insurance covers all health related risks during travelling.



wellion Club

ICH BIN DIABETIKER	I AM DIABETIC
Ich bin zuckerkrank. Im Fall von Unwohlsein, anormalen Verhalten oder Bewusstseinsverlust geben Sie mir bitte mehrere Stücke Zucker zu essen, Bonbons, Brot oder ein sehr süßes Getränk. Wenn ich nicht schluden kann oder nicht sehr schnell zu mir komme, sollte man mir umgehend Glukagon injizieren. Dazu benachrichtigen Sie meine Familie oder einen Arzt oder lassen Sie mich sofort ins Krankenhaus bringen.	I am a diabetic. If I seem to be ill, behave abnormally, or lose consciousness, please give me several lumps of sugar to eat, bread, or something very sweet to drink. If I cant´swallow or if I don't regain consciousness quickly, I need an immediate glucagon injection, so please get in touch with my family or a doctor or let them bring me to the hospital.



NO CODE

- LARGE NUMBERS
- MEALTIME MARKERS
- SIMPLE USE

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Travelling by car: a few tips

If you are travelling to your holiday destination by car, please make absolutely sure you avoid having low blood sugar at the wheel. If you inject insulin or take insulin-releasing tablets (e.g. glibenclamide), take these at the normal time and in the usual quantity.

Ensure you consume a sufficient amount of carbohydrates before starting your journey. Measuring your blood sugar level before starting your journey is absolutely essential, as is taking a measurement every two hours during long journeys. The driver should always keep sufficient amounts of fast-acting carbohydrates (e.g. inverted sugar syrup) close at hand.

At the first signs of hypoglycaemia, pull over immediately and drive to the right-hand side of the road. For your safety, turn on your hazard lights and apply the handbrake. Only continue driving to the nearest parking place after successful hypo treatment. Once there, you should check your blood sugar level and have a meal before resuming your journey.

Travelling by air: a few tips

If you are travelling to your holiday destination by plane, it is sensible to consider a few things in advance: the length of the flight, the climatic conditions at the holiday destination, the possible provision of a refrigerator in the hotel room to be able to store the insulin, etc. In the room and during the journey insulin can be easily and conveniently stored in the Wellion FRIGO cool bag, which can be used without a power supply.

During the flight, you should carry all the medication and equipment you need (blood sugar meter and test strips) in your hand luggage. Plan more frequent blood sugar measurements and arrange for any snacks between meals.

A long flight can be very tiring in some circumstances. To counteract thrombosis, you should drink plenty of mineral water, wear compression stockings, and regularly get up and walk around.

Your injection routine may become confused due to time differences when travelling long distances. The following general rule applies: if the day is considerably prolonged (flights travelling west) you will need more insulin and additional injections. In the other direction (flights travelling east) you will need fewer injections in some circumstances. In this case, individual consultation with your diabetes team is necessary.

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Skin Care Cream



• WITH 10% UREA FOR EXTRA INTENSIVE CARE

• HELPS CARING FOR DRY SKIN

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When you have reached your destination

BLOOD SUGAR MEASUREMENT

Many patients do not consider the fact that the blood sugar measurement is also linked to a certain operating temperature.
Please always close the lid of the test strip bottle immediately after removing a test strip, as the test strips and the meter should also be stored under optimal conditions. The required temperature range for storage is normally between 4°C and 30°C. A very high level of moisture can also lead to a false meter reading.

INSULIN

Insulin is very sensitive to temperature. Therefore, in warmer regions you must ensure it is kept sufficiently cool. For example, you can use:
Wellion FRIGO cool bags – which can be used without a power supply – thermos flasks or polystyrene containers.

During a winter holiday, however, insulin must be protected from the cold. You can do this by carrying the insulin close to the body (inside jacket pocket).

EATING AND DRINKING

When eating exotic or unfamiliar foods, it is often very difficult to estimate the exact carbohydrate content. This can be problematic for patients injecting insulin. You can only assess whether you have injected the appropriate insulin dose by taking frequent blood sugar measurements. So please think in advance about taking extra blood sugar strips.
Please give particular consideration to the risk of hypoglycaemia when consuming alcoholic drinks.

ACTIVE HOLIDAYS

Many holidaymakers make the most of the nicest time of the year to be more active than they are in everyday life. Physical activities such as hiking, bike riding or swimming enhance well-being and simultaneously improve your metabolism.

But be careful: unusual exertion can quickly lead to lower blood sugar levels. Ensure you carry out regular blood sugar checks in this case and provide for all eventualities (e.g. inverted sugar syrup).

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LUNA trio



GLU, CHOL & UA

- EJECT BUTTON
- NO CODE (GLUCOSE)
- ADDITIONAL FUNCTION: CHOLESTEROL & URIC ACID

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- **NO CODE**
- **KETONE MEASUREMENT**
- **ILLUMINATED TEST STRIP PORT**

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Don‘t forget your first-aid kit

- Invert sugar syrup
- A small selection of bandages/plasters for dressing small wounds
- Medication for fever and pain
- Medication for digestive problems
- Insect repellent
- Sunscreen

In any case, it is advisable to check expiry dates in good time prior to the trip and observe the storage instructions.

Now, there is only one more thing left to do – wish you a good trip.

Bon voyage and happy travels!

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INVERT SUGAR SYRUP



10 Beutel,
ca 12-15g / Beutel



ca. 40 g



ca. 15 g

ORANGE
with orange flavour

GOLD *1SHOT*
with vanilla flavour

ENERGY SOURCE
Immediate and longterm effect due to 3 different types
of sugar: Glucose, Fructose, Saccharose

IDEAL FOR SPORT
Provides quick energy, also quick absorbed with a dry mouth.

wellion®

FRIGO



FOR QUICK AND EASY INSULIN COOLING

ANTIBACTERIAL
Special antibacterial impregnation of the inside pocket

WITHOUT POWER SUPPLY
Activated with cold water, no electric power supply necessary.

WITHOUT FRIDGE
No need for a freezer or cooling elements.

QUICK AND EASY

NOTES

NOTES

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