

Be Prepared



ADD and ADHD



Before you go.

Have an open discussion with your doctor.

Talk to your doctor about how best to deal with ADD/ADHD while abroad. It's important to understand who is able to treat ADD/ADHD in different countries. Look for family medicine doctors, pediatricians, psychiatrists, neurologists, and nurse practitioners specializing in psychiatry.

Get help finding a doctor in your new location. Contact us.

With so many health care professionals to choose from, it may be hard to decide which is best for you. Go to **CignaEnvoy.com** to search our extensive directory. Or simply call the International Service Center using the number on the back of your Cigna ID card. Once you choose, make an appointment immediately.

Pay special attention to your prescriptions.

Depending on your plan, a year's worth of medication may be covered under your Cigna policy. But certain types of medications used to treat ADD/ADHD can be a hassle to get at home. In a new country, it may be even more difficult. Work with your doctor and Cigna to decide the best ways to handle this.

Keep calm and carry on.

When traveling, keep your medications in their original pharmacy-labeled containers and bring them in your carry-on. Also, keep a doctor's note explaining your condition handy.

Consider a counselor.

Change can be difficult for those with ADD/ADHD. Difficulty focusing, organizing and finishing tasks are a part of this condition and traveling can make it worse. A counselor here, abroad or both may be the perfect way to make sure you or your loved one stay focused on what matters most.

School yourself on the best education for your child.

If your child has special needs, learning issues or a 504 status, you need to seek out the best school for him or her. Start your research at the International School Services Web site, **iss.edu**.

Unlike many people with health issues who are offered international assignments, your particular health issue can impact you at work and in the rest of your life. But that's no reason to get discouraged.

Clearly, you already know how to manage it. And Cigna is ready to help in any way. Creating this brochure to guide you through this time is just the tip of the iceberg.

Keep in mind, this brochure is also for parents of children who have ADD/ADHD. So the information provided will be helpful whether you have it yourself – or love someone who does.

5 ways to focus on travel

While you're there.

Move into your new assignment with an open mind.

Making sure you or your ADD/ADHD family member gets the right care may mean reaching out to different specialists than you're used to. While their titles may be different, they can still help.

Express, don't repress.

Managing your adult ADD/ADHD symptoms or helping your child live with ADD/ADHD includes learning how to express inner creativity, inventiveness, imagination and enthusiasm at home, school and work.

Reach for protein, fruits and vegetables.

Beans, lean meats and fish are rich in protein, which may help brain cells to communicate more efficiently. You might want to consider omega-3 supplements and nutritional supplements if you have a picky eater.

You are not alone. We're always here.

While you may have a challenging condition, just know that Cigna is here for you anytime. Send secure e-mail through **CignaEnvoy.com** or call the International Service Center using the number on the back of your Cigna ID card. Whether you're dealing with a true health emergency or simply need a referral, we'll help you get the care and information you need. 24/7/365.

Packing can be a challenging task for people with ADD/ADHD because there's lots to organize. Here are a few tricks that will help you and your loved ones breeze through it.

1. Get organized far in advance. Put your important travel papers together and have a trusted friend go over a checklist of the travel documents you need.
2. Buy a travel wallet and put all of these documents in it. It's safe, convenient and reduces the fear that you are "missing something." Pack it in your carry-on.
3. Never underestimate the power of a sticky note. Whether you use a physical note or a digital app on your phone, be sure to use these reminders often.
4. If you need to memorize bankcard PIN numbers for your trip, do it far in advance. If your memory gets jumbled at times like this, leave the number in a saved voice mail on your cell phone.
5. Create a master packing list for travel and have every family member check off the items they need well in advance of your travel day.



More Tips

- Always take your Cigna ID card with you. Also, take a picture of both sides of the card and store it in your phone.
- Put a card in your wallet or purse that states your name and your preferred doctors and hospitals in the local language. Include blood type, any allergies, a list of your meds and an emergency contact.
- Before leaving home, make sure you are up to date on your vaccinations.
- ADD and ADHD are conditions that make it difficult to plan and organize. Have a system set in place to help you and your loved ones succeed.
- Start every trip with a fully charged mobile phone and arrange a reliable ride to the airport or train station.
- Be sure to pack your meds in your carry-on.
- Because they have the courage to take risks, many people with ADD and/or ADHD become self-made millionaires. Never forget this!



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