

Be Prepared



Cardiovascular

Having a heart condition certainly changes your life, but it doesn't need to run your world. Taking on an international assignment should be an amazing experience. Cigna Global Health Benefits is here to help you make sure it is.

We've written this checklist just for you. Follow these tips and suggestions and you'll spend more time exploring and working – and less time worrying about your heart.



Before you go.

Talk to your doctor now.

In many cases, your doctor will need to determine if you are well enough for an international assignment. If you have a negative angiogram and don't have health complications, you should receive a green light to take the assignment.

Remember, you'll need to talk to your doctor if:

- you have congestive heart failure, arrhythmias (irregular heart beats) that require medication, a pacemaker or an implanted defibrillator
- you take an anticoagulant medication
- your condition is not considered "stable"
- you will be working in a remote location where medical care is less sophisticated

After getting approval, ask for 6-12 months' worth of prescriptions.

Most Cigna plans cover up to one year of prescriptions. Ask your doctor about both medications and medical devices you might need while abroad. Bringing a doctor's letter for any devices you are carrying will simplify your life.

Get to know your medication.

Use [CignaEnvoy.com](https://www.cignaenvoy.com) to learn the generic and local brand names of your heart care medication. Then, find out if the medications you take are available in your country of assignment. Cigna can help you get any medication that may not be available.

When flying, wear
compression
socks, drink water
and abstain from
alcohol. This will help
you avoid blood clots.

While you're there.

Choose a new specialist before you leave home.

Even if you expect to visit your current doctor on vacation or holidays, it's better to build a relationship with a skilled specialist who lives in your new location.

For referrals, call our International Service Center, 24/7/365 using the number on the back of your Cigna card. Or, simply search the provider directory on CignaEnvoy.com.

Turn to Cigna for help in an emergency.

If you get into an emergency situation, you should reach out to our International Service Center ASAP. This includes crises such as lost medicine or an unexpected hospitalization.

Get help with hypertension.

Minimize the effects of stress, travel and dietary changes by regularly monitoring your blood pressure. Stay hydrated and never forget to take your medication!

Watch your weight.

Excess weight can mean extra work for your heart. If you would like to lose weight, talk to your doctor about the best ways to do so. You can also find helpful weight-loss programs on CignaEnvoy.com.

Know when to say when.

Drinking in excess is dangerous for heart patients. It can raise blood pressure and lead to heart failure and stroke. It can also contribute to higher levels of triglycerides and produce irregular heartbeats. If you do drink, stick to just one or two.

5 ways to take stress out of your travel experience.

- If you need wheelchair assistance or oxygen in flight, arrange it with the airline in advance.
- Call ahead and check on airport security measures. Most won't affect pacemakers and implanted defibrillators, but it's important to know.
- When traveling, keep your prescriptions in their original containers to minimize potential issues with airport security and customs.
- Always carry an identification card for your cardiac device or implant. This is essential in case of a medical emergency.
- Give yourself a little extra time. Get to the airport early, get a lot of sleep before your trip and allow yourself sufficient time to recover from jet lag.



No matter where you go, we're here for you.

An international assignment can be a professional and personal experience you'll never forget. Take steps before you go to help ensure a healthy assignment. And when you've reached your destination, remember that we are just a phone call or e-mail away. Send us a secure e-mail via CignaEnvoy.com or call using the number on the back of your Cigna ID card.

More Tips

- If you need help translating a medical term or phrase – like the name of a medication – go to CignaEnvoy.com and use our translation tools.
- One of the best ways to keep your heart healthy is to exercise regularly. Joining a gym or health club can help with that. It's also a great way to meet people.
- Go to CignaEnvoy.com to download country guides that detail everything you want to know about your assignment location.

This material is provided for informational purposes only, is believed accurate as of the date of publication, and is subject to change. It is not a contract. Terms and conditions of coverage are set forth in your policy. If there are any differences between this material and the plan documents, the information in the plan documents takes precedence. This material should not be relied upon as legal or medical advice. As always, we recommend that you consult with your independent legal and/or medical advisors. Products and services may not be available in all jurisdictions and are expressly excluded where prohibited by applicable law. Cigna Global Health Benefits' web-based tools, such as Cigna Envoy, are available for informational purposes only. Cigna Global Health Benefits' web tools are not intended to be a substitute for proper medical care provided by a physician. References to third-party organizations or companies, and/or their products, processes or services, do not constitute an endorsement or warranty thereof.

"Cigna," the "Tree of Life" logo, and "Cigna Envoy" are service marks of Cigna Intellectual Property, Inc., registered in the U.S. and other countries. "Healthy Rewards" and "ePayment Plus" are U.S. registered service marks, and "Cigna Home Delivery Pharmacy" and "Cigna Global Health Benefits" are service marks, of Cigna Intellectual Property, Inc. All products and services are provided by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Cigna Life Insurance Company of Canada, Tel-Drug, Inc., Tel-Drug of Pennsylvania, LLC, and vielife Limited, and not by Cigna Corporation. "Cigna Home Delivery Pharmacy" refers to Tel-Drug, Inc. and Tel-Drug of Pennsylvania, LLC. All pictures are used for illustrative purposes only.

© 2013 Cigna. Some content provided under license.

112159 05/13

