SMGG | GLOBAL HEALTHCARE CONTINUITY

People. Medicines. A Healthier Tomorrow.



MOVING ABROAD?

Your medication continuity journey

Six steps to help you prepare, stay supplied, and connect with care after you arrive.

1 Build your complete record

List prescriptions, over-the-counter medicines, vitamins, supplements, injections, devices, allergies, reactions, and recent changes. Include each medicine's name, strength, dose, and purpose.

2 Speak with your clinician

Ask about tests and follow-up before moving, how much medicine to bring, and a signed medication list or letter. Discuss what to do if your formulation is unavailable.

3 Speak with your pharmacist

Request a printed medication profile. Ask about early refills, storage and transport, time zones, names, strengths, formulations, and devices.

4 Check destination rules

Confirm medicine legality in your destination and transit countries. Check permits, quantity limits, translations, customs declarations, local availability, and prescribing rules.

5 Pack for continuity

Keep medicines in original labelled containers and essentials with you. Bring prescriptions, medication lists, clinician letters, pharmacy contacts, required permits, and an allowed extra supply. Protect from heat, cold, moisture, and loss.

6 Connect with care after arrival

Arrange local care before your supply runs low. Ask a clincian or pharmacist to reconcile your list before changes. Know where to get urgent care or safely replace essential medicine.

Different Places Healthier Tomorrows

Medication safety: A medication-mapping match is not clinical approval. A licensed clinician or pharmacist must review any proposed change or substitution against your complete health profile. Never stop, change, combine, or substitute medicine without qualified guidance.

CONTINUE YOUR PREPARATION

Healthcare Continuity Readiness Guide™
stmartingarcia.com/guide

Healthcare Continuity Passport™
MedMap Global Rx™ (in development)

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Educational resource only. Confirm current requirements with your clinician, pharmacist, insurer, and relevant authorities.