



# How to Stay Healthy This Travel Season

Don't forget you have access to medical care via the Galileo app - anytime, anywhere.



## Staying local?

- ➔ Get proper sleep, stay hydrated, wear sunscreen, and wash your hands—you'd be surprised how many people forget!
- ➔ Galileo can help with surprise medical issues or last-minute prescriptions—without an expensive trip to urgent care.

## Heading abroad?

- ➔ Double check whether your vaccines are up to date. The State Department has country-specific vaccine recommendations.
- ➔ If you get sick, you can message a Galileo provider for advice on how to manage your condition.



Scan the QR code to create your Galileo account

Use access code: **seqbundle**

