

## Tips for Business Travel

Prepare, prepare, prepare..... but this doesn't mean you have to do all of the work.

- Keep up with the basics: prevention, immunizations, prophylaxis
- Have a plan for when things go wrong
- Know your resources and how to access them
- Recruit a team to keep up with things for you

### Transition well

- Know your strengths and risks
- Don't ignore the warning signs
- Utilize your resources both at home and away
- Identify the person who has your back, and make sure you listen to them

### Reassess

- As things change make adjustments
- When things aren't working, revise the plan
- Establish a quarterly and annual rhythm for assessment and adjustment

If you are interested in discussing the development of a plan for yourself or your company for traveling well, please feel free to contact me.

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