



HOW TO SAVE MONEY ON YOUR TRAVEL HEALTH COSTS

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1

Keep good vaccine records - so you don't have to repeat vaccines that you have forgotten. Repeating vaccines will not do you medical harm, but it is a waste of money. The doctor will be more time efficient if they do not spend unnecessary time trying to guess your vaccine history. Blood tests can be undertaken to determine some of your vaccine history but this takes time, and adds cost. Extra time with the doctor adds extra cost to your consultation charge. (Once you have been to our clinics - we will keep your vaccine records safely, so vaccine records are less of a problem.) We recommend you keep your vaccination book safely

2

Bring the names of any medications you take regularly or occasionally. Some regular medications interact with travel medications. We need to give you a letter for your tablets and it will cost more if you have to come back with this information.

3

Bring the brochure for any package tours you will be undertaking - that way the doctor does not have to spend time looking up the internet to see where your tour is going, in order to figure out things like which days you will be at malaria risk.

4

Come for your consultation well before departure - if possible 6- 8 weeks before departure. if you come late, you may need to pay for extra doses of vaccine if you require faster antibody development, e.g. JE vaccine is twice the price if you need the fast acting vaccine because you came for your visit at the last minute.

5

Be prepared to make your decisions about kits etc at your first visit, so you do not have to come back and pick up things later - even though you generally only see the nurse on subsequent visits, it still costs \$30 to see the nurse if you are collecting prescription medications.

6

Visiting a specialised clinic like ours can mean saving money because you only get the recommended vaccines. Our doctors have the international information that is required so they can confidently say “no you really don't need malaria pills or cholera vaccine etc for that itinerary”.

7

Specialised clinics mean all the vaccines are available onsite. If you go to a GP, you may have to have a consultation to get the scripts, then have the scripts filled, then go back to have the vaccines administered. This inefficiency may mean extra time and monetary costs.

8

Specialised clinics have secure supplies of vaccines so they are less likely to ‘run out’ of vaccine, so you don't have to come back when the vaccine is in stock.

9

Specialised clinics buy lots of vaccines and medicines so generally get the medication cheaper than other suppliers. AND you take home exactly the number of malaria pills you need. Malaria pills like Malarone cost \$5.20 per tablet, so you don't want to have to buy a box of 24 tablets when you only need 15 tablets.

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At our specialised clinic you also receive a free copy of the book, Travelling Well as part of your consultation. This book retails for \$24.95.