The Valley Health System Travel Medicine Program
A Health Promotion and Disease Prevention Program

The Enlightened Traveler is a travel medicine program offering a personalized plan of prevention based on your medical history, physical condition, travel itinerary and exposure risks. Our purpose is to maintain your good health while you travel. We provide the best counseling possible according to your health status and the type of travel you are planning. When you make your travel plans, please call us at 201-447-8029.

**Our Program Offers:**

- A country-by-country analysis of your itinerary and expected activities. Using a state-of-the-art computer program, information on current health concerns for your travel itinerary will be considered in developing your plan.
- A review of your current immunization status. We will recommend and administer both routine vaccinations and those vaccinations specific to your travel plan.
- Counseling and prescriptions for medications to help prevent or treat illnesses while traveling.
- Suggestions for modifying your daily behavior to prevent the possibility of travel-related illness or injury.
- Your personalized written travel health plan folder. The folder will include practical tips for the prevention of ailments such as diarrhea, rabies and tropical diseases. Recommendations for a travel first-aid kit and answers to your specific questions will be included.

Before you leave the country, please call us at 201-447-8029. You will be asked to provide information about your travel itinerary.

You will then make an appointment to meet with our physician. During the appointment, the physician will review your health history, current physical condition and travel information. Please bring records of all previous routine and travel vaccinations.

You will receive recommendations for the best methods to maintain your good health while you travel. Maintaining good health during travel may include vaccinations.

Please contact us as soon as travel plans are made as it may take several weeks to complete a vaccine series.
Returning Home

Because of the preventive steps you have taken, you are likely to return home healthy. However, despite the best preventive care, it is possible on rare occasions to develop symptoms that could signal illness. When this occurs, we will assist you with a referral to an appropriate specialist if needed.

Valuable information about the care you received before leaving the country will help your primary care physician or specialist care for you.

Locations

**The Enlightened Traveler**
Dorothy B. Kraft Center
15 Essex Road, Third Floor
Paramus, NJ 07652

**The Enlightened Traveler**
Valley Health Medical Group
182 Kinderkamack Road
Park Ridge, NJ 07656

**The Enlightened Traveler**
Valley Health Medical Group
72 Hamburg Turnpike
Riverdale, NJ 07457

Contact Us

We offer day, evening and weekend hours for your convenience. To schedule an appointment call 201-447-8029.

Fees

Our fee includes the initial physician evaluation, vaccine administration and any follow-up discussions between our staff and your primary care physician and specialist. Vaccinations and prescription medications are additional. We are pleased to offer corporate discounts to businesses and organizations. Please inquire when contacting us.

For More Information

For more information on The Enlightened Traveler Program, please call 201-447-8029 or e-mail us at travmed@valleyhealth.com.