

Tips for staying healthy in preparation and while attending Conferences

Preparation

1. In order to increase your exercise tolerance, IF you are cleared by your healthcare provider, attempt to begin walking now.
2. If you take medication, bring your medication, have a list of your medications (and allergies) with you at all time. Bring your emergency bracelet. Keep the contact information of your healthcare provider and pharmacy in your wallet/purse.
3. Break-in and wear comfortable walking shoes or sneakers to avoid unnecessary foot pain, muscle cramps and poor blood circulation.
4. Wear support socks or hose if required or suggested by your healthcare provider.
5. Pack (or obtain immediately upon arrival) healthy snacks to keep your blood sugar level and avoid low blood sugar during meetings.
6. If you require dialysis, please make arrangements before you leave home. If you need assistance while onsite, please come to the Wellness Room.
7. Do not forget your oxygen, CPAP machine or other equipment. Take a picture or write down your settings prior to leaving home, just in case equipment malfunction occurs. If you encounter equipment malfunction, please contact your equipment vendor. Inform the Wellness Room immediately if you require assistance.

During the conference

1. Stay hydrated! Drink and/or sip on water throughout the day.
2. Bring and take your medication as prescribed. Wear your emergency bracelet. Keep the contact information of your healthcare provider and pharmacy in your wallet/purse.
3. Wear comfortable walking shoes or sneakers to avoid unnecessary foot pain, muscle cramps and poor blood circulation. Please do not wear shoes that have not been “broken in” or are too tight.
4. Do not sit for long periods of time. Take walking and stretching breaks several times during the day.
5. Make time for rest and sleep. Lack of sleep and proper rest can lead to medical complications, confusion and poor decision making.
6. Wear comfortable clothing. Avoid tight clothing that can hinder proper breathing, cause overheating and interfere with proper digestion of food. Bring a jacket or sweater for air conditioned rooms.
7. Avoid big meals and over eating. Big meals while traveling away from home and in a new location can lead to stomach ache, constipation, heart attacks, gas and unnecessary discomfort while sitting in long meetings or worship services.
8. Adhere to your dietary restrictions. There are several restaurants and stands in the area that provide healthy meals.
9. Eat vegetables, berries and apples with natural fiber to help control blood sugar and to help avoid constipation and other bowel problems.
10. If you have food allergies - bring your emergency medication (Epi-Pen and antihistamine). Ask what is in the food before you eat, do not try unfamiliar food and do not eat food you know to which you are allergic (i.e. seafood, nuts or strawberries)
11. If you have a chronic medical condition of which you would like us to be aware, come to the Wellness Room as soon as you arrive and provide us with your hotel room number, medical information and contact information.
12. If you are diabetic - monitor your blood sugar daily as required. Stress and being off your normal routine may cause fluctuations in your glucose.
13. If you are sick or have a fever - notify the Wellness Room volunteers or your delegation health coordinator immediately and they will notify the Health Commission. If you are ill, please do not enter the Conference Ballroom prior to being triaged.