

# My Marvellous Guide to Travelling with Heart Failure

*What you need to know*



**Authored by patients like you**



HELPING PEOPLE LIVE BETTER WITH HEART FAILURE

# WELCOME TO THE PUMPING MARVELLOUS FOUNDATION



Welcome to the Marvellous Guide to Travelling with Heart Failure. We know people with Heart Failure, along with their carers and families, very much see going on holiday as getting back to normal after a diagnosis of Heart Failure. With the availability of better treatments and care, travelling with Heart Failure, especially abroad, has become more achievable.

It is important to be prepared when travelling with Heart Failure and we hope this guide will give you thoughts about how you can plan your trip, whether it be to Brighton or Barbados. We hope this guide resonates with you and helps you make some of those decisions so your trip is safe and organised thoroughly. We have also partnered with Medical Travel Compared on the subject of travel insurance, as this component of travelling abroad should never be disregarded; it is important to declare any existing conditions so that the right cover can be arranged.

We hope you find this guide a useful resource for a safe and thoroughly enjoyable trip.

**Nick Hartshorne-Evans BEM**  
CEO, Pumping Marvellous Foundation

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GET A QUOTE FOR YOUR  
TRAVEL INSURANCE**



**PLEASE NOTE:** This booklet should not replace and/or substitute the interactions with and advice you are given by your healthcare professional. If you have any concerns about your condition then do discuss them with your healthcare professional at the earliest opportunity.

# Travelling with Heart Failure

**If your condition is unstable, or your blood pressure is very high, travel of any kind is best avoided. Heart conditions, like any other condition, can cause you problems on holiday, so choosing your destination wisely and planning your itinerary with care should help to minimise any potential risks.**

Holidays are an important time to allow yourself to rest and relax. If you have recently been unwell, had surgery or have just been discharged from hospital, you should wait until you have made a full recovery and your doctor has confirmed that you are fit before you travel. Whether your condition is stable or unstable, you should always consult your Heart Failure team, specialist nurse, GP or cardiologist well in advance of departure and ensure you obtain advice and confirmation that you are fit to travel and, where relevant, fit to fly — especially if you have had a recent change in symptoms, hospital admissions, medication changes, worsening breathlessness, or fluid retention.

- Prepare carefully for your trip, well in advance, and choose a destination where you are confident in the medical facilities and access to medical treatment.
- Check your accommodation and the local facilities are suitable. For example, avoid staying at a hotel situated at the top of a steep hill, miles away from the nearest town.
- It is generally not advisable to use spa facilities e.g. baths, saunas, hot tubs or steam rooms if you have high blood pressure, a heart condition, angina or have had a heart attack.
- Do not use facilities that involve a sudden change of temperature e.g. a sauna followed by plunging into cold water. If you are planning to use such facilities, please consult your doctor first.
- Do not overexert yourself. Avoid hectic itineraries and, when travelling, use lightweight luggage, preferably on wheels and make use of porters.
- Take out adequate travel insurance to cover your condition.
- Take sufficient medication for your entire trip.
- Take a list of your medications and their dosages.
- Before travelling, please check the regulations for your destination country to ensure your medication is permitted and whether any documentation is required.
- Be aware you may be at greater risk of DVTs and Pulmonary Embolism (PE) when you travel with Heart Failure.



# Top Tips For Summer

If you're living with Heart Failure, then you will know that it is important to take care of your health and wellbeing all year round. However, there are particular measures that you can take throughout different times of the year (such as during the warmer summer months, when the effects of heat might become a worry) to help you with adopting healthier heart habits.

## Medications

Be aware that some Heart Failure medications, including diuretics, may increase the risk of dehydration during periods of hot weather. Seek advice from your healthcare professional if you are uncertain about managing medications during extreme heat.

## Be sensible with outdoor activities

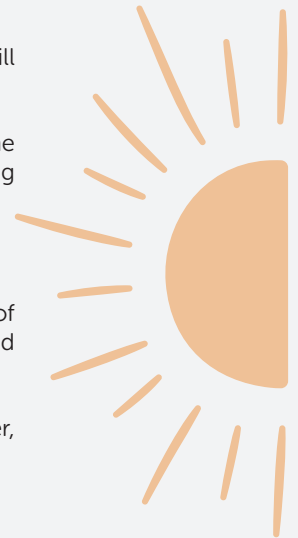
Many people love summer because it involves lots of time spent outdoors. People living with Heart Failure can still make the most of this weather, however it is best to avoid extreme physical activities and exercise.

If you wish to get active outdoors, it is advisable to do so before the hottest time of day, therefore spending time outdoors in the morning is preferable. This means less worry about overheating and less concern over placing too much pressure on your body/heart.

## Ensure you keep hydrated

Staying hydrated is of utmost importance, especially for those living with Heart Failure. Ensure to drink plenty of water throughout the day – unless you have been instructed by your healthcare professional to restrict your fluid intake due to your personal clinical situation.

Be aware that alcohol can make you more dehydrated. If you haven't been advised to give up alcohol all together, ensure to drink responsibly.



## Make healthy food choices

Summer is a brilliant time of year for food and many people find it easy to eat a healthy balanced diet during the summer months. From fresh fish and mixed salads to fruit desserts, it is easy to ensure that you're getting all of the nutrients your body needs.

Lots of the cold foods that are eaten during summer are also brilliant for anyone living with Heart Failure. Not only are they packed full of vitamins and minerals, but they also usually have a higher water content too which will help with hydration.

## Utilise sun cream and seek shade

Even if you used to spend lots of time in the sunshine, when living with Heart Failure it is safer for you to enjoy the sunshine from the shade. You can still spend time outside with your family and friends, just try to ensure that you're keeping cool.

When travelling, wear a hat to protect yourself from the sun, especially if you take amiodarone, which can make your skin more sensitive to sunlight.

If you're heading outside, make sure that you're using plenty of high factor sun cream. Get into the habit of topping up your sun cream regularly to prevent yourself from getting sunburnt. If your body does get sunburnt, it is much harder for it to stay at a cooler temperature.

## Update your summer wardrobe

Lots of people will have different 'wardrobes' for summer and will swap their jumpers for their strappy tops. It goes without saying that this is one of the best ways to keep yourself from getting too hot no matter whether you're inside or outside. Ideally, you should try to wear light-coloured, loose-fitting, lightweight clothes. It may be time to update your summer wardrobe to clothes that are most suitable when living with Heart Failure. With the right clothes, you should be able to enjoy the warm weather without overheating.

## Having an amazing summer with Heart Failure

All in all, just because you're living with Heart Failure doesn't mean you can't have an amazing summer. Yes, you will need to be slightly more careful and listen to your body, but in general, these are all things that everyone should be doing anyway. If you have a heart problem, extreme heat can place an extra burden on your heart so it is important to stay cool and look after yourself, but you can still enjoy your summer with your family and friends.



# Air Travel

Following a recent heart attack, stroke, operation, acute illness or hospital admission, seek advice from your clinical team before flying. The appropriate waiting period prior to flying depends on the reason for admission, your recovery, complications, duration of flight and the airline's medical requirements.

Ideally, you will have been stable on Heart Failure medications for some time prior to travelling, with no recent worsening of breathlessness or fluid overload.

Always check with your airline on current restrictions regarding the carriage of medicines and GTN sprays in hand luggage.

Air pressure and oxygen levels are reduced on board aeroplanes; however, people with well controlled, stable heart conditions should have no significant problems with air travel. The probability of developing a heart problem during a flight is relatively low.

The majority of airline passengers end up sitting in one position

for long periods of time. Long periods of immobility can cause reduced flow of blood through the veins and increase the risk of deep vein thrombosis (DVT). People with a history of medical problems are considered to be at an increased risk of DVT when flying. To minimise the risk of DVT, try to mobilise during the flight to improve circulation and move regularly throughout the journey where safe to do so. If you remain seated, perform ankle circles, calf exercises and foot pumps regularly.

Follow airline crew advice regarding seatbelt signs and turbulence. Keep hydrated. Wearing flight socks or compression stockings can also help reduce the risk of DVT\*.

\*If you have a history of DVT, PE, cancer, significant immobility, previous thrombosis, or other risk factors, discuss compression stockings and any additional preventative measures with your healthcare professional before travel.

# Accessibility & Airport Assistance

**Patients who may have reduced mobility or difficulty standing for extended periods should allow additional time for the EU Entry/Exit System (EES)**

If Heart Failure limits your mobility, breathlessness or walking distance, you may be entitled to free airport and airline assistance.

Assistance should normally be requested at least 48 hours before travel through your airline, tour operator or travel provider. This can include:

- Wheelchair assistance
- Assistance boarding and disembarking
- Help through security and immigration
- Transport between airport terminals

# Medically Fit to Fly

All airlines have their own guidelines for defining when a patient is medically fit to fly. To avoid problems you must always check with the airline before booking. If you cannot find the information you are looking for on your airline's website, give them a call and they will be able to check with a medical adviser on your behalf.

Medical fitness to fly should be assessed individually. Functional ability may provide a useful guide; however, some travellers may require airline medical clearance (MEDIF forms), specialist review or assessment of oxygen requirements before flying.

According to the British Cardiovascular Society guidelines, most people with a heart condition can fly safely, but this varies based on the severity of the condition. Contact your airline and your GP or specialist about establishing whether you're fit to fly.



**You are generally unfit to fly if you are in one of the following categories:**

- Have trouble breathing when at rest
- Unsatisfactory control of Heart Failure
- Uncontrolled arrhythmia
- Unpredictable angina
- Severe symptomatic anaemia
- Have recently been hospitalised due to Heart Failure

# Deep Vein Thrombosis (DVT)

There is a common misconception that you are only at risk of a DVT when flying. The fact is that, even in healthy people, long periods of immobility can increase the risk of DVT. Long distance travel (of roughly four hours or more) whether by car, train or aeroplane will increase the risk of blood clots forming in the veins of your legs.

# Reducing The Risk On Board

## Here are some things you can do to reduce the risk of developing DVT:

- Consider wearing in-flight circulation socks.
- Keep the space in front of your feet free to enable you to exercise your legs and feet.
- Stay mobile and move regularly throughout the journey where safe to do so. **Consider booking an aisle seat so that you are free to mobilise. If you cannot get up and walk around then follow the advice in your in-flight safety manual and do some lower limb exercises.**
- Bend and straighten your legs, feet and ankles as often as possible during your journey.
- Wear loose-fitting clothing.
- Maintain hydration while remaining within any fluid restrictions advised by your Heart Failure team. Do not increase fluid intake beyond your prescribed limit without clinical advice. This is particularly important for Heart Failure patients. Avoid dehydration and excess coffee or alcohol.
- Avoid sleeping pills.
- If you cannot walk, perform frequent ankle pumps and calf contractions. People with significant immobility or additional thrombosis risks should obtain personalised advice before travelling.
- Recline as far as possible.
- Forcefully press the balls of your feet against the floor. This will improve your circulation.

## Seek urgent medical attention if you develop:

- Unilateral leg swelling, redness or pain
- Sudden shortness of breath
- Chest pain
- Coughing up blood

These may be symptoms of Deep Vein Thrombosis (DVT) or Pulmonary Embolism (PE).

## What is the treatment?

If you suspect that you have developed or are developing a DVT, seek immediate medical advice or head to the nearest emergency unit. Generally speaking DVTs and PEs are treated with anticoagulant medications (blood thinners). Treatments may include anticoagulants such as warfarin, low molecular weight heparins, or Direct Oral Anticoagulants (DOACs) such as apixaban, rivaroxaban, dabigatran, or edoxaban, as advised by the treating clinician.

# Top Tips for Beating Jet Lag

## 1. TOP UP ON SLEEP

Make sure you get your rest in the days leading up to your flight. If you are travelling overnight, try and sleep on the plane. It all helps towards keeping you awake and getting accustomed to local time once you arrive.

## 2. STOP OVER

If flying long-haul and you are not too worried about getting to your destination as fast as possible, include a stopover in your journey. Try to make your stopover long enough to get some sleep or have a shower.

## 3. PRE-EMPTY THE TIME CHANGE

If you are flying east, try getting up and going to bed a little earlier for the few days before you travel. If you are going west, try getting up and going to bed a little later.

## 4. FLY ON DESTINATION TIME

When you board the plane, change your watch to the local time at your destination. During the flight eat, drink and sleep at times similar to those of your final destination if possible.

## 5. PLAN YOUR MEDICATION

If you take medication at regular intervals, get advice from your GP about what to do when crossing time zones. This is especially important for insulin users.

## 6. KEEP HEALTHY

Be sure to stay hydrated and active. Ideally, drink something at hourly intervals. Drink plenty of water (being mindful of keeping to the limits of fluid intake as advised by your Heart Failure team) to maintain appropriate hydration (according to your recommended individual fluid limits as advised by your Heart Failure team).

Avoid alcohol. If possible, walk around the cabin, perform the seated exercises suggested to you by the airline and stretch.

## 7. TAKE ACTION

When travelling east, try to catch a flight arriving early in the morning. When you get to your accommodation try to get some sleep straight away in order to go through the day as normally as possible. Be careful not to sleep for too long though as you will make your adjustment harder.

## 8. LIGHTEN UP

Exposure to daylight is helpful in tricking the brain to beat jet lag. If you arrive at your destination during the day, try to spend some time outside in the daylight.

## 9. TAKE IT EASY

Give yourself a break! Crossing each time zone will take a day to recover from, so take it easy when you arrive. Try and avoid strenuous activity or operating machinery until at least the next day.

## 10. USE CAUTION

There are supplements that some passengers and airline staff use to help them beat the effects of jet lag, but you must always be very careful of taking anything. Seek advice from your GP or healthcare professional before buying or ingesting anything.

## Other general advice

- Plan your trip ahead of time and allow plenty of time for transport so you are not rushed.
- Use bags and suitcases with wheels so that you do not have to carry heavy luggage.
- Inform the airline if you think you are likely to require assistance at the airport during check-in, transit and luggage collection.

# Medication

You should carry enough to cover you at the very least from check-in to baggage collection. If any of your medication is in liquid form be sure to have confirmed with the airline that you can carry it with you. Most airports allow liquids in containers of up to 100ml within cabin baggage security rules. However, prescribed medicines, including liquid medicines exceeding 100ml, are often permitted when supported by appropriate documentation. Always check the requirements of your departure airport and airline before travel. If possible take a tablet alternative to liquid medication in order to avoid any carry-on issues or refrigeration problems. If your medication requires refrigeration be sure to contact your accommodation to make necessary arrangements.

It is always a good idea to contact your airline in advance to advise them of any medical supplies you will be bringing as there are some airline restrictions that may apply. If you need to store medical supplies in a suitcase, it is advisable to label the case as containing medical supplies in order to avoid its disappearance. It may be necessary for you to carry supporting documentation from your doctor or other healthcare professionals. For the most up-to-date information contact your departure airport and airline or visit their website.

## **Always check with your airline on current restrictions regarding the carriage of medicines.**

If you do need to take equipment on board, it is a good idea to fill out an ABTA form and send it to your airline and airport in advance.

## **Always ensure you have sufficient medication to last your entire trip and perhaps a little more.**

It is wise to carry a list of your medications including both the generic and brand names of each along with their respective dosages. Keep the list separate from the medications. If necessary, keep instructions on how to administer your medication should you be rendered incapable.

## **Before travelling, please check the regulations of your destination country to confirm that your medication is permitted and whether any supporting documentation is required.**

Some medicines that are legal and commonly prescribed in the UK may be restricted or prohibited in other countries. It is also advisable to contact the embassy or consulate of the country you are visiting to verify whether your medication contains any ingredients that may be subject to local restrictions.

Further guidance is available on GOV.UK: <https://www.gov.uk/take-medicine-in-or-out-uk>

# Dos and Don'ts

- ✓ **DO** Make sure you have enough medication to cover your holiday plus a little extra.
- ✓ **DO** Make sure you have enough medical supplies to cover your holiday plus a little extra.
- ✓ **DO** Take a few days' worth (2-3 days) of medication and medical supplies in cabin luggage where possible.
- ✓ **DO** Check with your airline for restrictions.
- ✓ **DO** Check your destination embassy for possible illegal ingredients or restricted medications via the embassy webpage.
- ✓ **DO** Advise your airline in advance of any medical equipment you are taking.
- ✓ **DO** Remember Sick Day Rules in the event of illness while you are on holiday.
- ✗ **DON'T** Forget to make arrangements for refrigeration.
- ✗ **DON'T** Leave any medication in direct sunlight.
- ✗ **DON'T** Take any unnecessary medication during a flight.
- ✓ **DO** Carry with you your medical ID card if you have an implanted device such as pacemaker or defibrillator.
- ✓ **DO** Take supporting documentation with your medication.
- ✓ **DO** Write out your medication names, dosages and instructions on administering them. Consider storing an electronic copy of your medication list and medical history on your smartphone or secure cloud storage in addition to carrying a paper copy.
- ✓ **DO** Write out your personal GP or healthcare professional's information.
- ✓ **DO** Take out travel insurance that covers your condition.
- ✓ **DO** Obtain a letter from your GP or Heart Failure clinician and receive prior clearance from the airline before flying.



# Visual Screening of Medication

**To have your medication and medical equipment visually screened instead of going through the scanners you must follow these guidelines:**

- You must ask for the visual screening process before X-ray scanning begins.
- If you are planning to undergo visual screening make sure all your medication and supplies are separated in bags before you approach the body scanners for the security officers on the other side.
- Request the visual inspection and immediately hand the bags to the security personnel.
- You will be asked to remove, display and re-package your own medication and supplies to avoid any unintentional damage.
- If some of your medication or supplies fail to pass the visual inspection they will go through the X-ray screening process. If you refuse, you cannot take them through security with you.



# Oxygen

## Anyone travelling with or needing medical oxygen must:

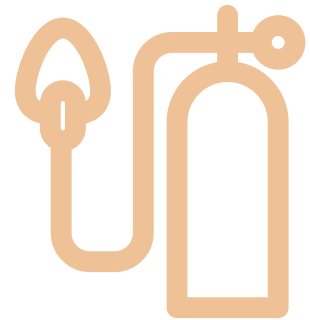
- Check with your doctor prior to travel if it is safe to disconnect you from your supply.
- Contact the airline in advance (and mention it again at check-in) for supplemental oxygen on board if required.
- If needed, make sure that any local suppliers provide you with oxygen at stopovers and your final destination.
- Make arrangements for any canisters left at the departure gate to be removed.
- Make the same arrangements for both the outgoing and incoming flights.

## Medical oxygen and respiratory equipment or devices are allowed, but will be screened. If you are connected to oxygen:

- Inform security personnel if you cannot be disconnected from your oxygen device.
- If you cannot be safely disconnected, ask security for the visual inspection process.
- If you can be disconnected, you will be responsible for that.
- Once disconnected, your equipment will be screened.

## If someone else carries your oxygen supply:

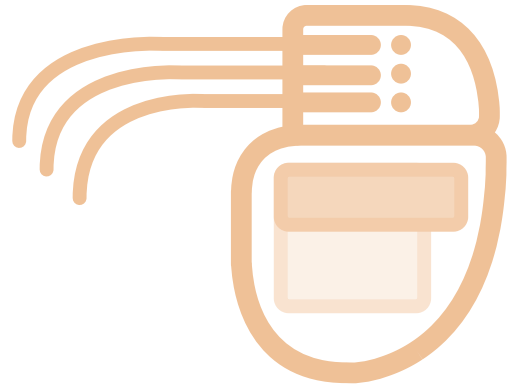
- They will not get through security without a valid boarding pass or valid gate pass.
- They may accompany you to or meet you at the gate providing they have a valid gate pass.



# Implanted Medical Devices

## If you have a pacemaker, ICD, CRT or CRT-D device

- Inform airport security staff before screening that you have an implanted medical device, and they will help keep the process discreet for you.
- If you have a device, carry your device Identification card. Show security personnel your ID card and ask for a pat down rather than going through the metal detector.
- Advise security officers where your implanted device is located.
- If you have been advised that the metal detector (or handheld metal detector) may affect your electrical implant, be sure to tell security and they will pat you down instead.
- If you need advice regarding your implanted medical device, contact your device manufacturer's patient helpline or your local pacing service who will be able to answer any questions you have.
- Consult your device clinic if travelling for extended periods.



# Climate

**If you have had a heart attack it is not advisable to travel to countries that experience extreme temperatures.**

Extremes in temperature, too hot or too cold, can have an adverse impact on how the body functions and may affect the stability of your cardiac or respiratory condition. Increasing the risk of chest pains (angina), worsening Heart Failure, and other medical problems.

If you are in cold climates, and do have to venture outside, be sure to wrap up warm with several layers of clothing. Layers will help to trap heat and keep your body temperature stable, reducing strain on the heart. Make sure you wear gloves, a scarf and a hat to minimise heat loss. Do not drink alcohol in the cold weather.

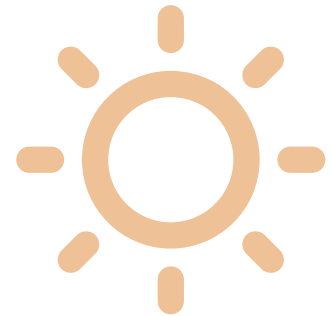
Exertion is obviously a potential threat for those with heart conditions and the cold weather can cause you to overlook possible sources of exertion. Be sure to identify potential threats, such as shovelling snow or pushing a car. Simply walking in the snow can cause potentially dangerous levels of exertion.

Very hot weather conditions can cause dehydration and heat exhaustion. Excessive heat and humidity can upset the body's natural cooling process and can have a negative impact on your heart and circulatory system.

**Excessive perspiration results in a loss of bodily fluid, which in turn reduces our total blood volume. This means your heart has to pump even harder to get the smaller volume of blood to your working muscles, skin and the other body parts.**

If too much fluid is lost, our internal body temperature will rise and if left untreated this can be life-threatening. It is therefore essential to reduce any strain on your heart in hot weather by keeping hydrated (avoid caffeine and alcohol), and wearing light, comfortable clothing.

Be aware that some Heart Failure medications, including diuretics, may increase the risk of dehydration during periods of hot weather. Seek advice from your healthcare professional if you are uncertain about managing medications during extreme heat.



# Altitude & Depth

**If you intend to travel to high altitudes, please check with your doctor to make sure you will be able to cope. You may require an adjustment to your medication for the period of travel. Always discuss your travel plans with your doctor or healthcare professional prior to departure. Blood pressure tends to increase at higher altitudes as the heart is forced to work harder. Inform your doctor of your travel plans and ensure they deem them safe to you.**

## High altitudes are best avoided

Altitude forces the heart to work harder. Where a healthy heart can respond to the demands, someone with a history of heart problems, Heart Failure or valve disease may struggle to cope. If you are in a location 2,000 metres (about 6,500 feet) or more above sea level, you should expect to find physical activity more difficult.

**AVOID** travelling to high altitudes (above 2000 metres) – there is less oxygen in the air which therefore puts stress on your heart and can bring on chest pain, breathlessness, dizziness or blackouts.

**If you have recently recovered from a heart attack or heart surgery, it would be preferable to choose a low-lying destination.**

If you are contemplating diving, it is essential that you have a thorough check-up with your GP. When signing up for a diving course you will most likely be asked to complete a medical form confirming any pre-existing conditions. When answering “yes” you will be required to visit your GP and complete a PADI (Professional Association of Diving Instructors) medical statement. This will confirm if you are fit to dive.



# Healthcare Cover in Europe (GHIC & EHIC)

The UK Global Health Insurance Card (GHIC) allows UK residents to access medically necessary state healthcare during temporary stays in many European countries under the same conditions as local residents. The GHIC has replaced most new EHIC applications, although existing EHICs remain valid until expiry.

Remember: a GHIC/EHIC is not a substitute for travel insurance. It does not cover private healthcare, medical repatriation, air ambulances, mountain rescue, lost luggage, cancellations, or all treatment costs. Comprehensive travel insurance is strongly recommended.

## Before travelling:

- Check your GHIC/EHIC expiry date.
- Carry your card, passport, travel insurance details, and a list of your medications.
- Ensure all pre-existing medical conditions are declared to your insurer.
- Check that your medication is permitted in your destination country and whether supporting documentation is required. Some medicines legal in the UK may be restricted abroad. Contact the relevant embassy or consulate if needed and refer to GOV.UK guidance: <https://www.gov.uk/take-medicine-in-or-out-uk>. If you need medical care abroad, have your GHIC/EHIC, passport, insurance details, medication list, and healthcare team contact information available.

Apply for or renew a GHIC free of charge via the NHS website and avoid unofficial websites that charge application fees.

# Travel Insurance

Ensuring you have the right travel insurance is absolutely essential. Without proper protection, an unexpected medical emergency could leave you facing bills of tens of thousands of pounds. Having the right insurance tailored to your condition, at an affordable price, provides peace of mind for you and your family.



Medical Travel Compared makes it easy to find travel insurance, especially for those with pre-existing medical conditions, including heart conditions. Simply answer a few straightforward medical questions and their specialist comparison site will instantly provide quotes from over 30 providers – all in one place.

BBC Radio 2's resident doctor, Dr. Sarah Jarvis, collaborates with Medical Travel Compared, offering expert tips on travelling with pre-existing medical conditions, especially heart conditions. You can find out more by scanning the QR code below using your device.

Scan our unique QR code to visit Medical Travel Compared's website. With every policy purchased through this, Pumping Marvellous Foundation receives a donation to help the charity with achieving its goals.

You can also access this link via our website:

<https://pumpingmarvellous.org/community-hub/heart-failure-travel-insurance/>.

Whether you're struggling to get cover based on age or medical history, or perhaps you're looking for a better quote, Medical Travel Compared can help you find the cover most suited to your needs.

## Get a quote today!

You must declare all pre-existing medical conditions, including Heart Failure, atrial fibrillation, implanted cardiac devices, previous heart attacks, DVT, PE, stroke and significant medication use. Failure to disclose relevant information may invalidate your cover.

**SCAN THIS QR CODE TO  
GET A QUOTE FOR YOUR  
TRAVEL INSURANCE**



# Travel Insurance Tips

- Most insurers need to know if you have ever been diagnosed with or treated for a heart or circulatory condition. Always declare full details about your condition — non-disclosure could invalidate your policy.
- Travel insurance doesn't have to be expensive just because of your condition. Comparing prices from specialist providers can save you both time and money.
- Your destination affects your insurance premium — healthcare costs vary significantly between countries.
- If you've already booked your trip, take out travel insurance as soon as possible. Cancellation cover starts immediately, protecting you if you need to cancel due to unforeseen circumstances.
- Ensure your cancellation cover is sufficient to reimburse any pre-booked flights and accommodation.
- If you plan to travel multiple times in a year, an Annual Multi-Trip policy may be more cost-effective.
- If you choose an Annual Multi-Trip policy, start it as soon as possible — cancellation cover only begins from the policy's start date.
- If you're unable to get a quote for an Annual Multi-Trip policy, try a Single Trip policy instead.
- Rather than just choosing the cheapest policy, check what's covered. Do you need protection for baggage, gadgets, or cruise travel? Are you covered if your airline fails?
- If your medical condition changes or worsens after purchasing your policy but before you travel, notify your insurer immediately.
- Keep a record of your policy details, including the emergency contact number, so you can access help quickly if needed.



# How You Can Support The Charity

Your support gives the Pumping Marvellous Foundation its energy in supporting people and their families. The support received contributes significantly to the organisation's efforts to help Heart Failure patients.

## Fund our educational support guides

Delivered to patients and their families through the NHS. Save Lives, Fund Our Guides.

Scan the code or visit:

[qr.pumpingmarvellous.org/EducationGuides](https://qr.pumpingmarvellous.org/EducationGuides)



## Support our National Campaign

Increase awareness of Heart Failure, get faster diagnosis, and get better support living with Heart Failure. BEAT HF, our National Campaign.

Scan the code or visit:

[qr.pumpingmarvellous.org/SupportBEAT](https://qr.pumpingmarvellous.org/SupportBEAT)



## Fundraise

Raise money to help people like you and your loved ones. We can help you realise your idea.

Scan the code or visit:

[qr.pumpingmarvellous.org/FundraiseNow](https://qr.pumpingmarvellous.org/FundraiseNow)



## Help fund our educational podcasts

We have some superb educational podcasts on our YouTube and podcast channels. Patients and family members really find them useful. Our guests include world-leading experts in healthcare and our amazing patient volunteers talking about their experiences.

Scan the code to join our Patient Educators or visit:

[qr.pumpingmarvellous.org/PatientEducator](https://qr.pumpingmarvellous.org/PatientEducator)



## Consider a legacy donation in your Will

Gifts in your Will can make a huge difference in our ability to transform support to people with Heart Failure and their families.

Scan the code to place us in your Will or visit:

[qr.pumpingmarvellous.org/MakeAWill](https://qr.pumpingmarvellous.org/MakeAWill)

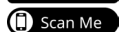


## Other 'Marvellous Guides' in the series

All guides are written by patients and clinically validated for accuracy by leading UK Heart Failure specialists.

Scan the QR code or visit:

[qr.pumpingmarvellous.org/TravelGuides](https://qr.pumpingmarvellous.org/TravelGuides)



# Scan this QR code to get a quote for your travel insurance

Scan our unique QR code to visit Medical Travel Compared's website. With every policy purchased through this, Pumping Marvellous Foundation receives a donation to help the charity with achieving its goals.





# If you have any concerns or questions, get in touch with **Pumping Marvellous Foundation.**

All travel, insurance and aviation guidance should be checked  
against your provider requirements and legislation before travel.



*Another Midi Toolkit by The Pumping Marvellous Foundation  
Crowdsourced information from REAL patients.*

## *Acknowledgements*

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# Contact Us



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heart failure aware



help for hearts (closed support group)



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