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Subject: **HEALTH TIPS TO NOBLES AND DAUGHTERS ATTENDING IMPERIAL SESSION**

1. Visit your primary Care Provider within one to two weeks of leaving home for the Imperial Session to ensure that your health status is good or stable.
2. Make a list of your present/routine medications (strength & directions) along with your medical conditions, allergies, emergency contacts, your Primary Care Provider's name and telephone numbers. Place this information on a sheet of paper and keep it with you at all times.
3. Make sure to bring your medication (bottles) both prescribed and over the counter. If you have medications that require refrigeration either try and get a refrigerator in your room or check with the hotel about your needs.
4. If you require dialysis, a wheelchair, a motorized scooter, or any other services, **you must make your own schedules/reservations for services**. The Imperial Medical Department is not responsible for doing this. However, if you need contact information you may call the contact below. **DO NOT WAIT UNTIL THE LAST MINUTE TO DO THIS!**
5. There will be a special Diabetic Screening that will be available at the Nobles Headquarters, the Daughters Headquarters, and the Convention Center. You are advised to check to see exactly where it is located in each place.
6. In case of a health emergency, contact the front desk at your hotel so that they can get immediate help for you. You may also contact your hotel front desk for the name and telephone number of the nearest pharmacy, urgent care, or hospital.
7. If you would like additional information that is not listed, then you may call the Imperial Director of Health Education/Medical Services contact below.

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