



IMPERIAL MEDICAL DEPARTMENT

MAINTAINING THE HEALTH OF THE DOMAIN



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HEALTH TIPS TO NOBLES AND DAUGHTERS IMPERIAL SESSION Adapted from Dr. U. Watkins' Tips

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 medication card (one will be supplied with your registration packet) place it in the back of your badge holder for easy access.
3. Make sure to bring your medication (bottles) both prescribed and over the counter. If you have medications that need refrigeration, you may want to make sure that your room has access to a refrigerator.
4. Be sure to hydrate yourself with plenty of water. Other beverages may cause dehydration.
5. Be sure to eat enough food to withstand the day and bring snacks that you can put in your souvenir bag.
6. 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!**
7. There will be a special Diabetic Screening that will be available at the Nobles Headquarters and the Daughters Headquarters. You are advised to check to see exactly where it is located in each place.
8. There will also be screenings for HIV and Prostate Cancer. Please see souvenir journal for locations and times.
9. 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.
10. 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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