



# Health and Travel Clinic

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# Top 10 List

1. International SOS [www.internationalSOS.com](http://www.internationalSOS.com)  
**DOWNLOAD THE APP NOW!!!**
2. CDC Travelers' Health [www.cdc.gov/travel](http://www.cdc.gov/travel)
3. MIT Medical Travel Clinic  
<https://medical.mit.edu/services/travel-health-clinic>
4. Immunizations (hepatitis A, typhoid, polio etc.)
5. Malaria and other mosquito-borne diseases (dengue, chikungunya etc.)

# Top 10 List

6. Travelers diarrhea

7. BlueCard Worldwide

<https://www.bluecardworldwide.com/>

8. Access to \$10,000

9. Submit bills to Blue Cross for reimbursement within 30 days!

10. Needs assessment for international programs

<http://medical.mit.edu/pdf/intl-needs-assessment.pdf>