

The considered India health-travel checklist

A practical companion for planning care, continuity and the journey around it.

01

Before choosing a provider

Start with the question you want the appointment to answer, not the longest package available.

- ☐ Discuss appropriate screening or planned care with your usual clinician.
- ☐ Prepare a concise medication list, allergies and relevant recent reports.
- ☐ Check the clinician's qualifications and registration.
- ☐ Check relevant facility credentials and laboratory accreditation.
- ☐ Ask who will interpret the results and whether an examination is required.
- ☐ Request a written estimate that separates consultations, tests, procedures and medicines.

02

Before confirming the journey

Care and travel need to work as one realistic sequence.

- ☐ Confirm the selected provider, property and room category in writing.
- ☐ List every included and excluded transfer, appointment, meal and session.
- ☐ Check visa, insurance and planned-care exclusions for your circumstances.
- ☐ Ask about preparation, recovery time, flying and activity restrictions.
- ☐ Allow contingency time if reports or clinical review take longer than expected.
- ☐ Keep sensitive health records within an appropriate clinical process.

Before leaving India

Useful records and a clear handover matter more than a folder of unexplained results.

- [] Collect digital reports, consultation notes, relevant images and prescriptions.
- [] Request itemised invoices for insurance or personal records.
- [] Ask what needs no action, monitoring, treatment or urgent review.
- [] Record the provider's follow-up contact and expected response time.
- [] Share significant findings with your usual clinician after returning home.
- [] Know whom to contact if symptoms or complications arise during travel.

QUESTIONS WORTH ASKING

Clarity before commitment.

- 01 What decision will this appointment or test help me make?
- 02 Who reviews the result with me, and when?
- 03 What happens if a result needs follow-up after I return home?
- 04 Which parts of the route are flexible if recovery takes longer?
- 05 What is confirmed, and what remains subject to availability or suitability?

A considered journey leaves room for both good questions and the pleasure of being in India.

This checklist is educational and is not medical advice. Medical decisions belong with qualified professionals and depend on individual assessment and suitability. Travel, insurance and entry requirements can change; verify them with the relevant official source before booking.

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